

The Protein Skinny

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Question #1: Is there really a need to supplement with Protein Powders?

Question #2: How much of it should you actually supplement with?

Question #3: And in what form?

Bone Broth Protein. I always have ball jars filled with bone broth in my fridge ready to go, year round. Bone broth is that good and not new, just re-branded. So, what about this Bone Broth Protein supplement powder? Currently, Whole Foods sells a 460gm container with 20g of protein for around \$50.00 that should last you about one month or so.

Since I was old enough to stand next to my grandmother in the kitchen and cut up the chicken with the BONES and CARTILIDGE, onions, carrots, celery, Rapini, swiss chard, mustard greens, tumeric, garlic, ginger, etc. I have been making bone broth. Put it all in a large pot filled with water, sea salt and olive oil and simmer it for 10 -12 hours. Broth has always been considered a healing food. Chefs have been using the feet, knuckles, tendons and bones of poultry, beef, pig and fish to make nourishing broths and stock, forever.

Although, there are few scientific studies examining the specific healthful properties of bone broth, the theories for years are that it has been used for improving joint mobility, modulating the immune system and assisting bone and cartilage health with collagen. When you boil down animal bones, skin, cartilage, tendons and ligaments, a gelatin rich liquid is created that provides amino acids (protein) necessary to make collagen, which is like the glue that holds the body together. And the theory with ingesting this collagen is that it will benefit bone structure.

To build bone structure you will need more than “bone only” broth. Plants, in the form of deep green leafy vegetables and bitter, offer additional sources in collagen building blocks and provide nutrients for strong structure.

The new Bone Broth Protein is an electrolyte rich soup which is why I have used homemade bone broth as a sports recovery drink for decades. The electrolytes are the minerals like sodium, magnesium, potassium, etc that you lose during training, serious training. It is a great way to rehydrate and replenish during training and after. My safety paddlers always had bone broth on board during long swims and I carried bone broth on the bike in triathlons.

Now the question is, is the commercial Bone Broth Protein Powder supplement really a potent protein powder supplement guaranteed to pack on muscle. Even though it is animal protein, which is preferred, one should be cautious with the protein claims. It is more of an electrolyte replacement beverage.

Bone Broth Protein conclusion: For the \$50 price point, enough real nutrient dense bone broth from real food can be made for several months and you know the sources of the fresh food used, particularly the chicken carcass. No waste products. Return to the kitchen

and prepare homemade whole foods from scratch. Prep time for the bone broth.....about 15 minutes, the stove does the rest for the next 2-3 hours.

Before we go any further, here is what you need to understand. Protein is not a fuel source and does not, nor has it ever fueled any of the 3 energy pathways of the body. So, as your obsession with protein supplementation prior to training grows you are looking at the wrong product to fuel and maximize your training potential. This is basic human physiology. PROTEIN IS NOT, NOR EVER HAS BEEN NOR EVER WILL BE A FUEL SOURCE FOR THE HUMAN BODY.

If your body has the need to use your muscle (protein) as a fuel source, you are in very big trouble. Like ya'll best draw up that last will and testament kinda trouble.

Pea and vegetable protein powders. A 2015 study published in the Journal of Nutrition exposes that beef, raw dairy and egg proteins were more effective than plant based sources for supporting muscle building and rebuilding. This is not new research. We have known this for decades. We just need to keep rehashing these studies because pure Vegans which are rare to find, very rare, as in they lie and most eat dairy and eggs and PIZZA, think everyone can effectively exist sans animal products. That is, physiologically not sound for everyone, at a peak level. Once again, we are all not the same and our needs are varied.

Plant based proteins have lower digestibility rates which means you actually absorb less protein per ounce. Additionally, the plant proteins contain fewer essential amino acids, methionine, in particular. You can call vegetable proteins complete proteins all day long however if they do not contain all the essential amino acids with Methionine leading the pack, then the benefit to muscle physiology is minimal at best.

Soy is by far one of the most detrimental foods you can ingest to include organic. It contains phytoestrogens that raise estrogen levels and decreases testosterone levels. Does that make sense for any athlete or you? In fact studies done on Soy fed infants exposed that soy formula fed female infants reached menses at 8-9 years old and soy formula fed males had sexual maturation (puberty) retardation and reduction in size of genitalia. It contains goitrogens which attack the thyroid, a master gland. And phytic acid which is an anti-nutrient chemical. If you want to play the plant protein game, choose Hemp. It has the perfect ratio of Essential fatty acids, Omega 3's & 6's and closer to complete than Pea and certainly Soy however still will not pack on the muscle you are looking for. Now we have protein formulations from sunflower seed, pumpkin seed, flaxseed, almond and coconut powders. All that miss the mark when it comes to packing on muscle, and all because of your good intentions to want to minimize your carbon footprint on the earth or you think animal products are harmful to the body.

The carbon footprint of organic ranching is less than a veggie farm. You want to know how that works? The organic sustainable cows, chickens, pigs, etc is a self enclosed ecosystem. The animals graze freely fertilizing the soil with poop full of good bacteria, enzymes, mineral and vitamins for soil replenishment, they eat the grass and mow the lawn. They don't have to add any exogenous nutrients or harmful fertilizers to the soil which are never as good as poop. And they allow pasture resting and revitalization. The veggie farms actually use more water and damage the soil with harmful fertilizers and sprayed herbicides and pesticides that seep into the aquifers and oceans. Even the so called organic

farms do because of very loose guidelines for organic farming. Not all, of course. And they rarely allow the soil to rest.

Vegetable Protein conclusion: Again, if you are looking to pack on muscle, build or rebuild muscle, look elsewhere.

Animal Protein supplementation:

Animal based protein is complete, functionally nutrient dense and efficient and superior to plant protein in building and rebuilding muscle physiology. And it is simply that, if you know it, physiology. **Goat or Egg White protein or ,at the very least, raw whole fat milk are superior to any other protein supplementation to include Bone Broth.**

Animal Protein conclusion:

Proteins are the building blocks of human life, essential for normal growth and repair. Proteins form the foundation of muscle, bone, skin, hair, blood and heart. Lack of dietary protein can hinder those foundational areas. Protein generally contains approximately 22 amino acids, 8 of which are essential particularly, once again, methionine. The body cannot make the essentials, which means you must get them from exogenous sources. And methionine, one of the most important essential amino acids is richly supplied from red beef like lamb, bison and raw dairy in the levels you need. And more than 15g per serving is overkill as our body is challenged with absorbing more than that in supplementation and digesting it.

Just because you bought it at the “health food store” does not mean it is healthy. In fact, most of the nutritional supplements in those stores are inferior and actually will cause you more harm. Especially the Whey Protein powders with upwards of 60g of protein which goes thru your digestive system undigested and only serves to harm your system. Refer to the essay “Weighing in on Whey” on the Lifestylequixotica.com website for a deeper conversation on the detrimental effects of whey protein powder supplementation. If you want real junk food, look no further.

If you are going to supplement with protein, the superior sources are goat and egg white and in that order. The body absorbs them efficiently and maximally for your benefit. The difference is that they are not a waste product like whey and bone broth. They are from real live animal food and are processed organically so to provide you with the highest nutrient content. And unlike whey and bone broth supplements, goat protein is expensive to produce and the margins very slim because we want to really assist in your well being instead of focusing on selling.

Goat and egg white will assist in packing on muscle building and rebuilding. Just ask Arnold what he thinks. After surfing in Venice we would always go to the Omelet Parlor on Main for breakfast.

We would frequently see Arnold, Frank Zane, David Draper and the boys eating after a workout. **No soy, no pea protein, no bone broth protein, no whey protein.** We saw, eggs, milk, cheese, steaks, potatoes, butter, sour cream, bacon and sausage. Good wholesome saturated fats that do not contribute to the rise in your cholesterol levels. No whole grains, no pancakes, no toast and no English muffins. And they did not supplement

with any protein powder just like the body builder of today does not. They rep it and sell it, but they don't eat it. They eat real food. And therein lies the real problem.

You have bought into the insane notion that eating real food is not necessary. You can get all you need out of a canister.

Wrong. Dead wrong and that is why you are all getting cancer, heart disease, autoimmune diseases, neurodegenerative disease, etc

Now, on to answering the initial questions...

You need about as much protein powder supplementation as a turtle

The only reason we formulated a goat protein supplement is for a very specific targeted patient population that are challenged with eating solid food. Although, a side benefit has been that many of my student/athletes have switched from Whey to Goat protein and noticed remarkable benefit because unlike whey, it is a real food that the body recognizes, digests, absorbs and can utilize for growth. So remember....

FOOD FIRST. Real Food.

In a time of great deceit, the final sin is stupidity

Vaya Con Dios

