

# Understanding Proteins



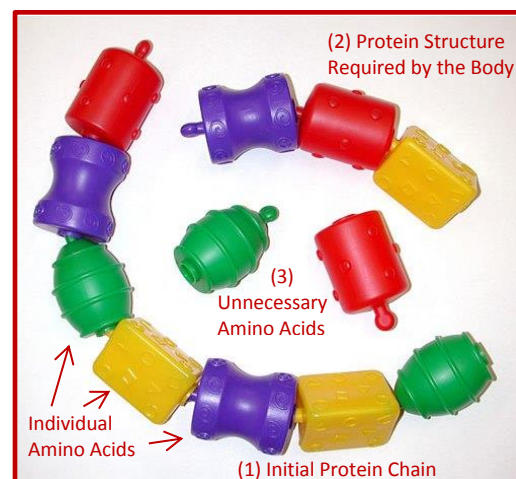
Foods that have a high concentrate (complex) structure of amino acids are called proteins. This includes flesh (muscles, organ & gland tissues, etc.), and to a lesser degree, nuts, beans, and sometimes starches (like grains).

Amino acids (not proteins) are what the body requires to build tissue and act as carriers and buffers. These amino acids group together in a specific sequence to become a useable protein, are nitrogen rich and have dominance on the acid side when broken down. When we consume proteins from animal flesh, nuts, beans, etc., the body must

first break those proteins down into their respective amino acids. These separated amino acids are then grouped into the sequences our bodies need.

Think of it like a string of children's pop beads, with each individual bead representing an amino acid and the completed chain of beads a protein (1). When we eat a protein, the body must "pop apart" those beads. The necessary beads are then recombined in the order the body requires (2), and the unnecessary beads discarded (3).

This requires a lot of energy and an initial acid (hydrochloric acid releasing pepsin) to break these complex proteins back down through the peptide stages and finally into amino acids before your body can use them. This is why we call proteins, especially flesh proteins, second hand amino acids. Unlike fruits and veggies, which are considered first hand superior amino acids further leaving an alkaline ash.



It's important to note that the body does not burn amino acids for energy. This would be like burning your cabin walls in your fireplace for fuel. Carbon (carbohydrates) and oxygen are used for energy. These foods are

predominantly your fruits and vegetables. All foods have and are made up of amino acids. This gives them structure. However, these amino acids are simple and easy for your body to break apart and use.



When man looks at his health issues they fall predominantly on the acid side of chemistry.

Remember there are only two sides to chemistry. You can substitute acidosis (the buildup of acids in tissue) for inflammation, pain, and destruction of the body. Proteins can be constipating and putrefactive causing toxemia and acidosis. Flesh protein makes for body odor, where fruits and veggies cleans the body and eliminates body odor.