



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Elite Performers

“The first step to be an elite performer is to desire to be an elite performer. Your mind set is where everything starts.”

Are you an elite performer? I always thought of elite performers as highly trained athletes. But if you think about it, executives, small business owners, moms, emergency personnel, military personnel, pilots, and sales professionals all qualify as elite performers. In fact, anyone NOT willing to accept status quo and is willing to set themselves apart from their peers is an elite performer. This includes much of the aging population.

Of course, if you are in treatment for pain or a chronic condition, you may not qualify right now. But the first step to be an elite performer is to desire to be an elite performer. Your mind set is where everything starts.

Let's talk about one of the primary categories necessary for elite performance, digestible protein. Protein is needed for every bodily function. We need protein for: growth, both bone and muscle, red blood cell development, blood proteins, particularly albumin and globulin, which support and regulate immune function, satiety, immune function, how our blood vessels function, how we feel via our neurotransmitters. Bioavailable protein influences our microbiome in a positive way.

And let's not forget that as we age, our bioavailable protein needs increase. That's one of the reasons patients lose lean muscle mass as they age. Here's a chart I think will help you determine what your needs

are. It's a little tricky because it is in grams per kilogram, but I can help you with the conversion.

- Demand per kg of body weight
- Sedentary – 0.8
 - Minimal physical activity – 1.0
 - Moderate – 1.3
 - Intense – 1.6
 - High intake – 2.0
 - Tolerable upper limit – 3.5

So, a sedentary individual needs 0.8 grams of protein per kilogram. If someone gets minimal physical activity, they need 1.0 gram per kilogram. A person who experiences moderate exercise needs 1.3 grams per kilogram. The intense exerciser needs 1.6 grams per kilogram.

Just to give you a comparison, a high intake of protein is considered 2 grams per kilogram. But according to the research, the tolerable upper limit is 3.6 grams per kilogram. Here's how use the chart. Take your weight in lbs. and divide by 2.2 to get kilograms and then multiply by activity level. For example, if someone exercises moderately and weighs 200 pounds divide by 2.2 to get 90.9 kilograms then multiply 90.9 times 1.3 and get 118 grams of protein a day.

To put that in dietary perspective, consuming 6 ounces of fish or beef or 2 cups of lentils will give you approximately 40 grams of protein. You can see how people with physical jobs or maintain an aggressive exercise program have an increased need for protein. Now, if you have been very ill or stressed out, chances are pretty good that you are not digesting the protein you are eating. If you experience gas, burping, or bloating, that is a sign you are not digesting your protein and a conversation to have with your wellness clinician.

Biotics Research produces 3 different protein options: Hydrolyzed Collagen protein, Whey Protein Isolate, and Organic Pea Protein from yellow peas grown the United States. Biotics' Hydrolyzed Collagen Protein is a popular choice for many. Each 2 scoops contain 17 grams of predigested collagen and 21 grams of protein in vanilla or chocolate creme.

Because of the way it's manufactured, it's comparable to clean bone broth with protein. It's how I start my morning every day. I brew about 14 ounces of organic coffee and add 2 scoops of vanilla Hydrolyzed Collagen Protein, 1 tbsp of

Bio-MCT oil, and a tbsp of grass-fed butter with a hand blender every morning. It's delicious and very satisfying. It keeps my blood sugar stable till noon. I call it "Botox in a bottle."

Whey Protein Isolate is unique for a lot of reasons. First, it is produced using micro-filtration technology, and as a result, the casein is removed, which takes most, if not all, the food sensitivity concerns out of the conversation. And because it is produced at ultra-low temperatures, it has a plethora of bio active peptides beyond the protein itself. Bio-active peptides are signaling molecules that have hormone like activity. They modulate physiological function and have been classified as antimicrobial, antithrombotic, antihypertensive, immunomodulatory, mineral binding, and anti-oxidative.

In other words, the bio-active peptides are significant in and of themselves, beyond the protein content in Whey Protein Isolate. If you total the bio-active peptides in one serving of Whey protein you will get almost 19 grams of bioactive peptides. 2 scoops of Whey Protein Isolate supplies 20 grams of protein and is available in 3 flavors.

It's a complete protein with an excellent amino acid profile with over 4600 mg of branch chain amino acids. Branch chain amino acids provide raw materials to stimulate anabolic growth. One of Whey Protein Isolates' ultimate benefits is its unparalleled mixability. It mixes easily with anything. Remember, whether we are an elite performer or not, we need sufficient protein for every bodily function. Talk to your wellness clinician about how much protein you need and how to address that need.