

PROTEIN

Why protein matters and how to use it for stability and repair.

WHY PROTEIN MATTERS

Protein (DNA) provides the building blocks for everything

- Muscles, tissues, cells, brain
- Immune system
- Enzymes
- Hormones and signaling

Principle:

High quality protein is what enables repair.

WHAT HAPPENS WITHOUT ENOUGH

When protein is low, things don't work well

- The body cannot repair itself
- Energy runs low
- Hunger signals get disordered
- Cravings increase

This can lead to ongoing fatigue and imbalance.

PROTEIN AND SLEEP

During sleep, the body:

- Repairs tissues
- Fights infection
- Resets brain chemistry
- Rebuilds systems

These processes require:

The full spectrum of High quality essential amino acids (protein).

Without enough protein, this repair process is limited.

Bad sleep can mean repair didn't happen. Eat more protein the next day.

PROTEIN & HUNGER

A lot of what feels like a willpower problem is low protein.

When protein is low:

- Hunger increases
- Cravings increase
- The body asks for more food

When you feel "off" reach for eggs, meat, fish, yogurt, or a protein shake.

WHAT TO NOTICE

Low energy - think low protein
Blood sugar crash - low protein
Random hunger - not random
Check protein intake first.

Think of your body as a campfire.

- Carbs burn fast.
- Protein is slow burning fuel.
- = stability

Protein enables you to regulate your appetite.

If you're low on protein, reach for it first.

BEST SOURCES

Focus on whole, high quality sources:

- Pasture raised eggs
- Grassfed, organic beef- Wild-caught fish, preferably red.
- SMASH - sardines, mackerel, anchovies, salmon, herring
- Dairy (if tolerated)

Protein powders & amino acid blends.

PROTEIN POWDER

Protein powders are optional, but they can be very helpful.

- Support daily intake
- Help rebuild tissue
- Improve energy and recovery
- Make a meal more filling.

Can be used as a meal and alongside food.