

Root Cause Guide:

How Protein Isolate Can Boost Your Bloodwork



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Achieving optimal bloodwork involves addressing the root causes of common deficiencies and imbalances in the body. Protein isolates, with their high protein content and minimal fats and carbohydrates, can significantly enhance various aspects of your bloodwork. This root cause guide details how protein isolate can help and the specific solutions it offers.

1. Low Protein Levels

Root Cause: Inadequate dietary protein intake can lead to low protein levels in the blood, impacting muscle mass, enzyme function, and overall health.

Solution with Protein Isolate:

- **High Protein Content:** Protein isolate provides a concentrated source of protein, helping to quickly and efficiently increase overall protein intake.
- **Muscle Maintenance:** Regular intake supports muscle protein synthesis, which is crucial for maintaining muscle mass, especially during weight loss or aging.

2. High LDL Cholesterol

Root Cause: Poor diet, lack of exercise, stress, specific liver pathogens, and genetic factors can elevate LDL (harmful) cholesterol levels, increasing the risk of cardiovascular disease if plaques oxidize.

Solution with Protein Isolate:

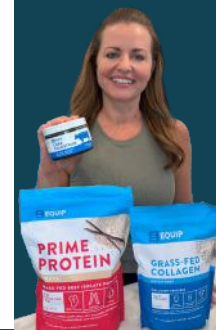
- **Lipid Profile Improvement:** Consuming protein isolate can help balance LDL cholesterol levels, contributing to a healthier lipid profile.
- **Weight Management:** Protein isolate can aid in weight management by promoting satiety and supporting muscle maintenance, indirectly benefiting cholesterol levels.

3. Low HDL Cholesterol

Root Cause: Low HDL (good) cholesterol can result from poor diet, lack of physical activity, smoking, STRESS, liver pathogens, and other lifestyle factors.

Solution with Protein Isolate:

- **Increased HDL Levels:** Some studies suggest that high-protein diets, including protein isolate, can help raise HDL cholesterol levels.
- **Healthy Fats:** Protein isolate supports cardiovascular health with a balanced diet.



4. Elevated Blood Sugar Levels

Root Cause: High blood sugar levels can be caused by insulin resistance or too much insulin, poor diet, and lack of exercise, leading to conditions like type 2 diabetes.

Solution with Protein Isolate:

- **Improved Insulin Sensitivity:** Protein isolate can enhance insulin sensitivity, helping to regulate blood sugar levels.
- **Stable Glucose Levels:** Slow digestion and protein absorption can prevent spikes in blood sugar, promoting better glucose control as the higher protein stabilizes it.

5. Low Iron Levels

Root Cause: Insufficient iron intake or poor absorption, as well as heavy bleeding or parasites, can lead to anemia, low hemoglobin levels, and fatigue.

Solution with Protein Isolate:

- **Enhanced Iron Absorption:** While protein isolate is not a significant source of iron, it supports overall nutrient absorption and can be part of a balanced diet that includes iron-rich foods.
- **Amino Acid Support:** Essential amino acids in protein isolate help produce hemoglobin, crucial for oxygen transport in the blood.

6. Inflammation

Root Cause: Chronic inflammation can result from poor diet, stress, pathogens, trauma, heavy metals, industrial toxins, lack of exercise, and underlying health conditions, leading to various diseases.

Solution with Protein Isolate:

- **Anti-Inflammatory Properties:** Protein isolate supports the body's repair mechanisms, reducing chronic inflammation.
- **Muscle Recovery:** It aids muscle repair and recovery, reducing exercise-induced inflammation.

7. Low Albumin Levels

Root Cause: Low albumin levels can indicate poor nutrition, liver disease, or inflammation, affecting the body's ability to maintain fluid balance.

Solution with Protein Isolate:

- **Protein Supplementation:** Increasing protein intake through protein isolate helps raise albumin levels, supporting overall health and fluid balance.
- **Nutritional Support:** Regular protein isolate consumption ensures adequate protein intake, which is crucial for those with dietary restrictions or increased protein needs.



Types of Protein Powder

With so many protein powder types available, choosing the right one for your needs is essential. Here's a brief overview of the most common types:

Whey Concentrate Protein

- **Benefits:** Affordable, mixes well with water and milk, rich in essential amino acids.
- **Side Effects:** It contains more carbohydrates and lactose, which can cause intestinal distress for those with dairy intolerance or parasites and lead to insulin spikes and metabolic issues.

Whey Isolate Protein

- **Benefits:** Highly purified, low in fats and carbs, quickly absorbed, excellent for post-workout recovery.
- **Side Effects:** It is more expensive, can cause digestive issues due to its dairy content, and may not be ideal for weight loss due to rapid digestion and insulin response.

Casein Protein

- **Benefits:** Slow-release protein, ideal for nighttime use to support muscle recovery overnight.
- **Side Effects:** It can cause digestive distress for those with dairy intolerance/parasites and may lead to prolonged inflammation and discomfort.

Hemp Protein

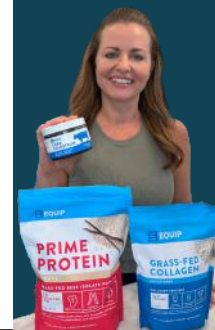
- **Benefits:** Vegan-friendly, contains all nine essential amino acids, supports immune function and cell repair.
- **Side Effects:** They are higher in carbohydrates and fats, grainy and hard to mix, and may contain artificial compounds and gums for improved solubility.

Soy Protein

- **Benefits:** Complete vegetable protein, affordable, high in protein, and low in carbs.
- **Side Effects:** Contains phytoestrogens that may affect hormone levels and thyroid function. 90% is genetically modified unless USDA is organic.

Beef Isolate Protein

- **Benefits:** It is dairy-free, high in collagen and gelatin, supports joint and connective tissue health, and is low in carbohydrates and fat.
- **Side Effects:** Not suitable for vegetarians or vegans.



Beef Protein vs. Whey Protein

For those seeking to improve their overall health, beef protein has gained popularity over the last several years due to the paleo diet and those looking for dairy alternatives. Here's how beef protein stacks up against whey protein:

What Is Beef Protein?

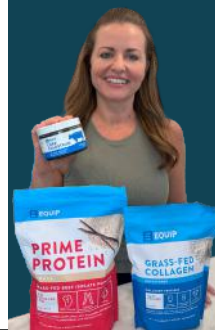
Beef protein is created using beef protein isolate and hydrolyzed gelatin, which is essentially the same as collagen. Unlike steak, beef protein supplements are made from spare animal parts like hooves, ligaments, hides, and ears. This means that you supplement with collagen when you're using beef protein.

What Is Whey Protein?

Whey protein is a complete, high-quality protein derived from cow's milk. It has a high concentration of essential amino acids, particularly branched-chain amino acids (BCAAs), crucial for muscle protein synthesis.

Comparison: Whey vs. Beef Protein: Key Differences

Amino Acid	Whey Protein	Beef Protein
Alanine	4	8.8
Arginine	1.43	7.3
Aspartic Acid	8.78	6.2
Cysteine	1.83	0.5
Glutamic Acid	13.57	11.3
Glycine	1.43	20.1
Histidine	1.3	1.2
Isoleucine (BCAA)	4.7	1.7
Leucine (BCAA)	8.09	3.9
Lysine	6.87	5.1
Methionine	1.74	1.2
Phenylalanine	2.3	2.3
Proline	4.26	11.1
Serine	3.52	3.4
Threonine	5.35	2.1
Tryptophan	1.43	0.3
Tyrosine	2.35	0.9
Valine (BCAA)	4.48	2.8
Hydroxyproline	0.9	0.9



Whey vs. Beef Protein: Key Differences

- **Amino Acid Profile:** Whey protein contains a higher concentration of essential amino acids, especially BCAAs like leucine, isoleucine, and valine, vital for muscle protein synthesis.
- **Digestibility:** Whey protein has a higher digestibility score and bioavailability, meaning your body can absorb and use it more efficiently.
- **Protein Quality:** Beef protein lacks the same concentration of essential amino acids as whey protein, making it less effective for muscle protein synthesis.
- **Health Benefits:** Beef protein contains unique amino acids (glycine, proline, hydroxyproline, and arginine) that support skin, joint, and bone health, which are less abundant in modern diets.

The Importance of Muscle Mass

Maintaining muscle mass is critical for several reasons:

- **Metabolic Health:** Muscle tissue is metabolically active, helping to burn more calories even at rest. This aids in weight management and metabolic health.
- **Strength and Mobility:** Muscle mass supports strength and mobility, reducing the risk of injuries and enhancing overall physical performance.
- **Bone Health:** Muscle mass supports bone density and reduces the risk of osteoporosis.

How Protein Stabilizes Blood Sugar

Protein plays a crucial role in stabilizing blood sugar levels:

- **Slow Digestion:** Protein slows down the digestion and absorption of carbohydrates, preventing spikes in blood sugar levels.
- **Increased Satiety:** Protein promotes feelings of fullness, reducing the likelihood of overeating and subsequent blood sugar fluctuations.

Benefits of Stable Blood Sugar

Stable blood sugar levels offer several health benefits:

- **Better Energy Levels:** Preventing blood sugar spikes and crashes helps maintain steady energy levels throughout the day.
- **Improved Sleep:** Stable blood sugar levels can enhance sleep quality by preventing nighttime hypoglycemia, which can disrupt sleep.



Protein Intake: How Much Should You Eat Per Day?

Protein needs vary based on several factors: activity level, age, muscle mass, and overall health. Here's a detailed guide on optimal protein intake:

- **Weight Loss:** Approximately 30–40% of daily calorie intake from protein can boost metabolism and reduce appetite, aiding in weight loss.
- **Muscle Gain:** To build muscle, aim for 0.7–1 gram of protein per pound (1.6–2.2 grams per kg) of lean body mass.
- **Pregnancy:** Around 70 grams of protein daily, accounting for 10–35% of daily calorie intake.
- **Increased Needs:** Physically active individuals, older adults, and those recovering from injuries may require up to 1.3 grams per kg of body weight.

Does Protein Have Any Negative Effects?

For most healthy individuals, there is no evidence that high protein intake has adverse effects. However, those with preexisting kidney conditions should consult a healthcare professional before increasing protein consumption significantly.

How to Get Enough Protein in Your Diet

Incorporate protein-rich foods like lean meats, fish, eggs, dairy, legumes, and nuts into your diet. Protein supplements like beef isolate can help you meet higher protein requirements efficiently.

Best Times of Day to Consume Protein Isolate

Understanding the best times to consume protein isolate can help maximize its benefits for blood sugar balance and overall health. Here are the best times to include protein isolate in your diet:

Morning (AM): Blood Sugar Balance

Consuming protein isolate in the morning can help stabilize blood sugar levels throughout the day. A high-protein breakfast can slow the absorption of carbohydrates, preventing spikes and crashes in blood sugar. This steadier blood sugar level can lead to sustained energy and reduced cravings, making it easier to manage weight and avoid unhealthy snacking.

Recommendation:

- **Morning Shake:** Mix protein isolate with water, milk, or a non-dairy alternative for a quick and nutritious start to your day. Fruit of your choice is also a nice addition.



Dr. Jess Healed Herself With Equip Foods Protein

Dr. Jess is committed to recommending the best quality supplements to support holistic health, and Equip Foods Protein stands out for several reasons:

Equip vs. Others

- **No Junk:** Unlike many other protein supplements, Equip Foods Protein contains no chemicals, fillers, artificial flavoring, or coloring. It's just pure, high-quality protein.
- **No Filler:** Equip ensures that every scoop is packed with essential nutrients your body needs without unnecessary additives.
- **No Artificial Flavors:** Equip uses natural ingredients to flavor their protein powders, avoiding any synthetic additives.
- **Third-Party Tested:** Every batch of Equip Foods Protein is third-party tested for quality and purity, ensuring you get only the best.

Three Choices for Fueling Your Body

- **Relying on Food Alone:** While relying solely on whole foods for your daily nutrient intake is ideal, it's often impractical. The cost, time required for preparation, and the uncertainty of food sources can make it challenging to meet your nutrition goals consistently.
- **Turning to Other Supplements:** Many supplements on the market are filled with chemicals, fillers, and artificial ingredients, providing more junk than beneficial nutrients. A quick look at their labels compared to Equip Foods reveals the stark difference in quality.
- **Using Equip:** Equip Foods offers doctor-developed blends made from 100% real food. Their ingredients are carefully sourced and third-party tested, ensuring you receive only the essentials and nothing else.

Prime Protein by Equip

- **High-Quality Protein:** Each scoop of Prime Protein provides 21 grams of bioavailable, complete protein derived from grass-fed beef, with 30 servings per bag.
- **Digestibility:** Enjoy your protein without the bloat. Prime Protein is easily digested, making it gentle on your stomach.
- **Minimal Ingredients:** Each bag contains only a handful of carefully sourced, real-food ingredients. The unflavored version contains just one ingredient: grass-fed beef.
- **No Additives:** Prime Protein contains no added chemicals, fillers, binding agents, artificial coloring, or sweeteners. The flavored versions use stevia, while the unflavored version is stevia-free.



Prime Protein vs. Other Supplements

Feature	Prime Protein	Other Competitors
Protein per Serving	21g	15g
Calories per Serving	100	180
Carbs per Serving	2g	15g
Whole-Food Ingredients	Yes	No
Tastes Like Dessert	Yes	No

Why Use Beef Over Other Protein Sources (Like Whey)?

- **Nutrient-Rich:** Beef protein is packed with collagen, gelatin, and micronutrients that support overall health. It avoids common soy, dairy, egg, or whey protein allergens.
- **Health Benefits:** Studies have shown that beef protein can more effectively enhance strength, hypertrophy, and fat loss than whey.
- **Great Taste:** Despite its nutritional benefits, Prime Protein tastes like a dessert, making it a delicious addition to any drink or recipe.

Pure and Clean

- **No Unwanted Additives:** Equip Foods Protein is free from gluten, dairy, soy, hormones, whey, antibiotics, artificial flavors, and preservatives.
- **Doctor Developed:** Formulated by Dr. Anthony Gustin, a functional medicine and sports rehab clinician, Equip Foods Protein is backed by science and designed to meet the highest health and nutrition standards.

Dr. Jess trusts Equip Foods Protein to provide the pure, high-quality nutrition needed to support a healthy, holistic lifestyle. Choose Equip for a protein supplement that aligns with your health goals and provides natural, whole-food ingredients



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