



# THE FASTING PODCAST: EPISODE 10 – ANIMAL VS PLANT PROTEIN

## EPISODE 10: ANIMAL VS PLANT PROTEIN

The **Fasting** Podcast; Wellness & Optimal Weight (WOW)!



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### Animal Protein Considerations



- ✓ Animal protein typically break down acidic in the body
- ✓ Meat is difficult to digest, especially for those with heartburn
- ✓ Meat can cause wear and tear on the kidneys and liver
- ✓ Meat is estimated to be 40-60% absorbable
- ✓ Animal protein in grocery stores and restaurants typically contains hormones, steroids, and antibiotics (tumor risk, toxins, probiotic risk)
- ✓ Fish protein often contains mercury contaminants
- ✓ Cow's milk protein is believed to be incompatible with humans
- ✓ Organic meat is considered expensive and high in calories
- ✓ Animal protein typically has zero or low carbs, some high saturated fat
- ✓ Animal protein is a primary source of B12, so vegans are often deficient



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### Other Proteins

- ✓ Organic eggs are excellent “complete” protein, low carb, best with liquid yoke – yet 1 large egg provides only 6 grams of protein, 43% in the yolk
- ✓ Organic legumes are not all “complete proteins” with all essential amino acids, and legumes often provide carbs to account for when fasting
- ✓ Organic veggies containing protein may also have carbs (e.g. 1 serving broccoli contains 4.2g protein and 10g of carbohydrates)
- ✓ Soy protein is highly controversial, often GMO, with other concerns related to hormones and risk of cell health for over-use – jury is still out
- ✓ Some organic nuts have carbs (e.g. cashews 1oz = 8g carb, 5g prot, 12g fat)
- ✓ Some organic seeds too (e.g. pumpkin seeds ½ c = 17g carb, 6g prot, 6g fat)
- ✓ Variety is good, but be aware of grams of protein, carbs, & fats (from episode 1, all consumed food & glycogen stores will burn before stored fat)





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### Organic Plant-Based Protein Powder

- ✓ Prefer plant-based to avoid soy and whey/milk protein powders
- ✓ May be over 90% absorbable compared to 40-60% for meat
- ✓ More digestible than meat protein
- ✓ Easier on the kidneys/liver than meat protein
- ✓ Likelier to break down alkaline compared to acidic meat protein
- ✓ Convenient and portable – no cooking required
- ✓ May contain enzymes, probiotics, prebiotics, and fiber
- ✓ Our favorite contains all 4 of these, is pea and cranberry protein, organic, super pure, dairy free, gluten free, GMO free, soy free, cocoa mix for muscles and orange mix for hair/skin/nails (from drops company in WOW Program)
- ✓ Same company has our favorite greens product with enzymes & good taste





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## Recap from Previous Episode – Use Your Metrics



- ✓ Body composition scales are affordable (see [TheFastingPodcastWOW.com](http://TheFastingPodcastWOW.com) for links that include muscle %)
- ✓ Determine if your muscle % is mid-normal range or higher (while fat is mid-normal or lower and visceral fat normal as low as possible)
- ✓ As you move forward, check bi-weekly to monitor percentages
- ✓ For more accurate measure, BIA (bio-impedance analysis) doctor devices w/electrodes connected to wrists/ankles tell actual amounts
- ✓ Heartburn or muscle atrophy people – focus on next episode
- ✓ Use the SAME body composition scale for consistent trends
- ✓ If applicable, measure how protein isolate affects your blood sugar
- ✓ If desire is ketosis fat burning, measure impact of protein choices

Skeletal Muscle % Chart				
Gender	Age	- (Low)	0 (Normal)	+ (High) ++ (Very High)
FEMALE	18 - 39	< 24.3	24.3 - 30.3	34.0 - 35.3 >= 35.4
	40 - 59	< 24.1	24.1 - 30.1	30.2 - 35.1 >= 35.2
	60 - 80	< 23.9	23.9 - 29.9	30.0 - 34.9 >= 35.0
MALE	18 - 39	< 33.3	33.3 - 39.3	39.4 - 44.0 >= 44.1
	40 - 59	< 33.1	33.1 - 39.1	39.2 - 43.8 >= 43.9
	60 - 80	< 32.9	32.9 - 38.9	39.0 - 43.6 >= 43.7





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# NEXT EPISODE 11: EMOTIONS & FASTING

The **Fasting** Podcast; **W**ellness & **O**ptimal **W**eight (**WOW**)!



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## POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:  
[www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com)

Watch WOW (Wellness & Optimal Weight) video: [www.LifeboatDoctors.com](http://www.LifeboatDoctors.com)

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Stay Positive, Focused, & Determined Because  
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

