

PROTEINS THAT HEAL

As the amount of animal protein in the diet increases, the rate of all diseases also increases.

Based on how they behave in the body, there are two kinds of protein:

animal and plant.

Diseases linked to high animal protein intake include:

Type 1 Diabetes, multiple sclerosis, osteoporosis, bone fractures,

Cancers: ovarian, colon, prostate; cardiovascular disease; Diabetes, hypertension, dementia.

Diseases linked to high plant protein intake include:

none,

According to Valter Longo, PhD., consumption of animal protein leads to increased levels of IGF-1 in the body. IGF-1 has been linked to age-related diseases such as diabetes and cancer.

Eating a high animal protein diet (>20%) has been linked to a five - fold increase in the risk of dying from diabetes.

The average American eats twice too much animal protein.

The journal, *Diabetes Care*, in 2010 reported that for every 5% increase in animal protein intake, there was a 30 % increase in the incidence of diabetes.

Most high protein foods have more calories from fat than from protein.