PROTEIN

"Life Coaching For Your Individual Greatness"

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ABOUT ONE 80 TURN, LLC

One 80 Turn[SM] is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 Turn[SM] was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

1.1 Life Purpose Coach Rhonda Bradley

Rhonda Bradley is a native of Nashville, TN and has been partnering with clients for personal coaching since 2003. In addition to being an award winning athlete, entrepreneur, health enthusiast, martial arts instructor and aspiring bass player, she has received her certifications, degrees and training from the following:

Tennessee State University
- BS, Architectural Engineering

Vanderbilt University
- ME, Management of Technology

Aquinas
- Certificate, Human Resources Management

Coachville
- Personal Coaching

Max Scruggs Karate Center
- Nidan, Wado-Ryu Karate-Do (2nd degree Black Belt)

The Qigong and Human Life Research Foundation
- Certified Qigong Healer
- Certified Qigong Instructor

Alternative Learning Technologies
- Reiki Master, Sei-Chem Tibetan Reiki
- Practitioner, Neuro-Linguistic Programming (NLP)
- Practitioner, Time Line Therapy[TM]

In addition, she supports her community and various activities as member of the following:

- Coachville
- Delta Sigma Theta Sorority, Inc.
- Nashville Public Radio
- Nashville Public Television
- Nashville Sports Council

1.2 Herbalist Chad Kelly

Chad is an herbalist who spends a lot of his time learning about ancient systems of herbal medicine and the natural healing traditions of our ancestors. He has attended numerous workshops and classes learning about the various facets of maintaining a healthy lifestyle, using natural methods such as organic farming, fermentation and detoxification. He loves to share his knowledge with those who share his fascination with nature and the nourishing gifts that nature provides and, as such, is a contributing writer to *True C.H.A.MP., The Natural Athletes Newsletter*. Currently, Chad manages the supplement department at The Turnip Truck Urban Fare in downtown Nashville, TN.

DOCUMENT INFORMATION

2.1 Description

The information in this document, on protein, is taken from various internet sources and is provided in this compiled format for easy reading.

2.2 Objectives

Provide general information about, and on the consumption of, protein.

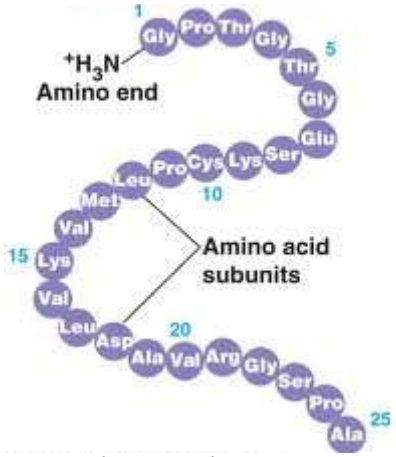
2.3 Suggested Users

Any person desiring to increase their knowledge about protein as they make choices for their individual nutrition/exercise needs/requirements.

DOCUMENT CONTENT

3.1 What Is Protein?

A protein is a long train of amino acids, linked together, which form the structural material of bodily tissues. Proteins have different functions; they can provide structure (ligaments, fingernails, hair), help in digestion (stomach enzymes), aid in movement (muscles), and play a part in our ability to see (the lens of our eyes is pure crystalline protein). Even some of your hormones are made of mostly protein.



Primary Protein Structure
Source: w3.hwdsb.on.ca

The human body is able to produce 14 of the 20 naturally occurring amino acids. We have to get the remaining amino acids from the foods we eat. Athletes consistently train harder than the average individual and thus need more protein. Besides making muscle, protein helps athletes keep their hormones functioning at optimum levels to fight off disease by enriching the immune system. Increased protein for athletes comes from studies showing that amino acids are also broken down for energy in exercising muscles. When glycogen stores get low during exercise, the body breaks down some fat and a little muscle. During post exercise recovery, rebuilding with protein is necessary.

3.2 How Much Protein Is Recommended?

Consuming protein is a balancing act, and just how much should be consumed is often debated. Athletes who get too little protein may find that their hair falls out easily, and females may develop amenorrhea (the absence of a menstrual period). Athletes who consume too much protein can also create problems. Extra calories, no matter what the source, can be converted to stored body fat, and protein beyond the suggested recommended limits is processed by the kidneys and liver to rid the body of unwanted nitrogen byproducts. The kidneys have to flush out toxins in urine, so athletes getting an excess of protein could risk dehydration. Consider using the following table as your guide when determining how much protein you should consume daily:

Level Of Activity
A. Recreation/Sedentary = 0.4 grams/lb of body weight
B. Light Daily Muscle Use = 0.5/lb of body weight
C. Runners/Heavy Body Sports =0.6 to 0.9/lb of body weight

Body weight x Level Of Activity = Grams of protein needed each day
Example 150 pounds x 0.5 = 75 grams of protein each day

Also, keep in mind that some studies suggest that the human body can only process 9 – 12 grams of protein at any given time, meaning it appears best to spread your protein consumption throughout the day

over several small meals (5 to 6) so as not to overload the kidneys. The bottom line is to *know your body and know what is required for you* to operate at optimum levels.

3.3 What Are Food Sources Of Protein?

Most athletes tend to consume protein by eating meat, fish, eggs and dairy products as a part of their daily eating plan, but there are also good sources of protein in nuts and whole grains. As you examine your own protein requirements, a good source of information is *Mike's Calorie And Fat Gram Chart For 1000 Foods* (http://www.caloriecountercharts.com). This web site has food listed by grams of protein, but it also provides information on fat, cholesterol, carbohydrate and sodium content:

Description of food		Food Energy (Kilocalorie	Protein (Grams)	Fat (Grams)	Saturated Fat (Grams)	Cholesterol (Milligrams)	Carbohydrate (Grams)	Sodium (Milligram
LEMON MERINGUE PIE	1 PIE	2140	31	86	26	857	317	2369
CHICKEN, CANNED, BONELESS	5 OZ	235	31	11	3.1	88	0	714
COTTAGE CHEESE,LOWFAT 2%	1 CUP	205	31	4	2.8	19	8	918
CHICKEN, FRIED, FLOUR, BREAST	3.5 OZ	220	31	9	2.4	87	2	74
CHEESEBURGER, 4OZ PATTY	1 SANDWH	525	30	31	15.1	104	40	1224
WALNUTS, BLACK, CHOPPED	1 CUP	760	30	71	4.5	0	15	1
TUNA, CANND, DRND,WATR, WHITE	3 OZ	135	30	1	0.3	48	0	468
MISO	1 CUP	470	29	13	1.8	0	65	8142
RICOTTA CHEESE, WHOLE MILK	1 CUP	430	28	32	20.4	124	7	207
RICOTTA CHEESE, PART SKIM MILK	1 CUP	340	28	19	12.1	76	13	307
COTTAGE CHEESE,CREMD,LRGE CURD	1 CUP	235	28	10	6.4	34	6	911
CHEDDDAR CHEESE, SHREDDED	1 CUP	455	28	37	23.8	119	1	701
COFFEECAKE, CRUMB, FROM MIX	1 CAKE	1385	27	41	11.8	279	225	1853

Description of food		Food Energy (Kilocalorie	Protein (Grams)	Fat (Grams)	Saturated Fat (Grams)	Cholesterol (Milligrams)	Carbohydrate (Grams)	Sodium (Milligram
VEAL RIB, MED FAT, ROASTED	3 OZ	230	23	14	6	109	0	57
BEEF STEAK,SIRLOIN,BROIL,LN+FT	3 OZ	240	23	15	6.4	77	0	53
VEAL CUTLET, MED FAT,BRSD,BRLD	3 OZ	185	23	9	4.1	86	0	56
BEEF ROAST, EYE O RND,LEAN+FAT	3 OZ	205	23	12	4.9	62	0	50
CHICKEN POTPIE, HOME RECIPE	1 PIECE	545	23	31	10.3	56	42	594
LAMB,LEG,ROASTED, LEAN+ FAT	3 OZ	205	22	13	5.6	78	0	57
BEEF, CANNED, CORNED	3 OZ	185	22	10	4.2	80	0	802
PORK SHOULDER, BRAISD, LEAN	2.4 OZ	165	22	8	2.8	76	0	68
BEEF, CKD,CHUCK BLADE,LEAN+FAT	3 OZ	325	22	26	10.8	87	0	53
ROAST BEEF SANDWICH	1 SANDWH	345	22	13	3.5	55	34	757
BEEF STEAK,SIRLOIN,BROIL,LEAN	2.5 OZ	150	22	6	2.6	64	0	48
BEEF ROAST, EYE O RND, LEAN	2.6 OZ	135	22	5	1.9	52	0	46
LAMB,CHOPS,LOIN,BROIL,LEAN+FAT	2.8 OZ	235	22	16	7.3	78	0	62

Source: caloriecountercharts.com

3.4 Protein Powders

An additional method used by athletes to ingest protein is through consuming a protein powder, particularly after training sessions in the gym, to assist with muscle building and recovery. There are *many* forms of protein powders on the market, and some of them include:

Cow's Milk

Cow's milk has two types of protein – **casein** and **whey**. And, according to the Whey Protein Institute, cow's milk is made up of 80 percent casein protein and 20 percent whey protein.

Casein protein helps prevent the breakdown of muscle tissue and takes longer to digest and to be absorbed into the muscles. Since casein protein takes longer to digest, this makes casein protein an ideal choice for athletes at the end of the day to include in shakes used as a meal replacement or consumed before going to bed. The suggested casein protein is **Bluebonnet Dual Action Protein With Whey & Casein**:

Source: bluebonnetnutrition.com

This protein is sourced from grass-fed cows in New Zealand that are not treated with antibiotics and recombinant bovine growth hormone (rBGH), also known as bovine somatotropin (BST). Also, this product provides a blend of whey protein isolate and micellar casein that works with your body throughout your workout and during the recovery phase at night. Unlike the common practice of using heat-processed whey protein isolate and micellar casein that can denature (render useless) the protein and immunoglobulins, Bluebonnet uses a special low-temperature method for both proteins, which leaves the polypeptide chains (i.e., protein) and immunoglobulins intact.

Whey protein contains all the essential amino acids needed to build and repair muscle tissue and to provide energy. Whey protein is easily digested and quickly absorbed by the body, which is important to athletes after a workout. Studies have been conducted that compare whey protein to other sources and it has been found that whey protein contains the perfect combination of overall amino acid makeup in just the right concentrations for optimal performance in the body. Both hormonal and cellular responses also seem to be greatly enhanced with supplementation of whey protein. The suggested whey protein is by **Natural Factors**:

Source: naturafactors.com

The whey in this product comes from farms that refuse to use growth hormones and unnecessary antibiotics. It is the “whole” whey and not just the isolated protein fraction. There are naturally occurring minerals which reduce the acidity of the protein, as well as immunoglobulins which pack a powerful punch for the immune system. Also, "whole" whey ranks at the top of the list in helping the body make more glutathione, one of the most powerful antioxidants for immunity and detoxification. The Natural Factors whey is processed without heat so the protein is never altered or denatured. The taste is smooth and

blends very easily in a smoothie. It is also sweetened with a bit of stevia, instead of .sugar, so it is safe for diabetics and those concerned with blood sugar.

Egg

Before egg protein powders, athletes consumed eggs by drinking egg whites or boiling dozens of eggs at a time. Egg protein is absorbed by the body at a rate in between the fast absorbing whey protein, and the slow absorbing casein protein and can be consumed at most meals during the day. Some advantages of egg protein are:

- **Great alternative for those with allergies**
- **High biological value** (a substantial number of it's amino acids can be utilized by the body for tissue growth)
- **Low in calories** and virtually free of carbohydrates and fat
- **Excellent amino acid profile** (helps the body easily convert the protein to muscle tissue)

The suggest egg protein is **BioChem 100% Egg Protein**:

Source: biochem-fitness.com

The egg white protein used in this formula is specifically processed to ensure that it's highly bio-available and delicious. Egg protein is particularly rich in the amino acid methionine which supports the health of the liver as well as other numerous bodily processes. This product provides 5 grams of fiber per serving for steady blood sugar levels and FOS, a pre-biotic, to support healthy digestion. It is also low in sugar, with only 2 grams per serving, and is sweetened with zero-calorie stevia and just a hint of cane juice.

Hemp

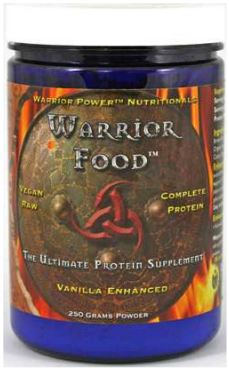
Hemp protein is a favorite vegetarian option as it is a complete protein that also provides a good source of essential fatty acids like Omega 3. Choose a hemp protein concentrate if you prefer more protein and less fiber or just the regular cold-milled organic hemp seeds if you want the full nutrition of the hemp seed, one of nature's most nutritionally dense foods. A suggestion for the hemp protein concentrate is **Hemp Pro 70 by Manitoba Harvest**:

Source: veganessetials.com

This product is the world's first water-soluble hemp protein concentrate, not clumpy and difficult to blend as most other hemp proteins tend to be. It is rich in essential amino acids as well as Omega-3 and Omega-6 EFAs as well. This rich and creamy protein concentrate touts a 70% protein concentration providing 21g of protein and 800mg of Omega-3 EFAs per serving.

Rice

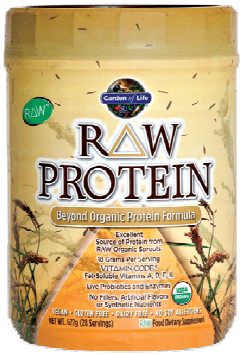
Rice protein powder is another protein source that is gaining popularity. It is a complete protein source, with all 9 essential amino acids, that is perfect for individuals with food allergies. In fact, it is considered hypo-allergenic and is very minimally processed. Usually, production involves using digestive enzymes to naturally break down most of the carbohydrate containing portion of the rice while leaving the protein in tact. The suggested brand is **Healthforce Nutritionals Warrior Food Enhanced Vegan Protein:**



Source: healthforce.com

The ingredients are sprouted, raw, non-GMO, organic brown rice protein, organic hemp protein, organic actual vanilla bean, wild crafted nopal cactus, organic whole leaf stevia and it is loaded with enzyme activity.

An alternative to Healthforce Nutritionals, which is being suggested because it may be easier to find in your local health food store, is **Garden of Life Raw Protein**:



Source: gardenoflife.com

This protein powder is the choice of many vegans because it is made up of fiber-rich sprouted brown rice, seeds and grains, but may be a little gritty in taste. This protein should digest very easily in the body since it is naturally loaded with enzymes and probiotic bacteria. Also, it is mineral rich and alkaline forming in the body and therefore, it should aid in detoxification and digestive health.

Soy

Soy protein, which is derived exclusively from soy beans, is a complete protein that holds its own with the best in the Protein Digestibility Corrected Amino Acid Score (PDCAAS) and provides a healthy way to get non-animal protein into your diet. Soy protein is generally very low in or free of fat, cholesterol, and lactose and is typically used by those who are lactose intolerant.

Soy protein is great tasting and its valuable constituents include saponins, phytosterols, and isoflavones. Saponins support healthy immune system function and combine with cholesterol to reduce its absorption into the body through the small intestine and phytosterols have been shown to help maintain cholesterol levels already within normal range.

It is very important to only consume "fermented" forms of soy protein. Most of the negative information and opinions that people hear regarding soy are in reference to non-fermented forms of soy like soy protein isolate, tofu, soy milk, and the vegetarian soy dishes that line the grocery's freezer shelves. These foods, and proteins, are inflammatory and can negatively impact metabolism, hormonal balance, and the thyroid gland. **Traditional Asian diets mostly include fermented forms of soy** such as miso, tempeh, and cultured soy milk. When soy is fermented, the protein is pre-digested and easy to assimilate. The amino acids, anti-oxidants and other nutrients are unlocked and activated making soy a healthy compliment to one's diet. Given this information, the recommended soy protein is **Jarrow Formula's Fermented Soy Essence**:

Source: jarow.com

This product utilizes organic soy milk that is fermented (predigested) using the best of the probiotic bacteria, including L. acidophilus, L. bulgaricus, L. casei, L. plantarum and S. thermophilus. It is also a rich source of enzymes, calcium, folic acid, and selenium.

3.5 Sources

1. http://www. bionewsonline.com
2. http://www. http://www.espn.go.com/trainingroom/s/1999/1104/151285.html
3. http://www.healtharizona.edu
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