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## **High-Quality Whey Can Boost Exercise Benefits and Help Optimize Your Health and Longevity**

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As you age, your body gradually loses its ability to produce critical amino acids—the essential proteins you need for energy production, immune function, and muscle building. Your need for these amino acids also increases in times of high physical stress, like after a workout or when recovering from injury or illness. High-quality whey protein contains all the essential amino acids, and has the highest protein quality rating among all proteins to boot, making it a valuable food for health, longevity, and fitness.

### **Whey—An Ideal Source of Glutathione**

Glutathione has been referred to as “the master antioxidant.” It’s a tripeptide found inside every single cell in your body, and is an important ingredient for optimal health and longevity. Glutathione is different from other antioxidants in that it is *intracellular*. It has the unique ability of maximizing the activity of all the other antioxidants, including vitamins C and E, CoQ10, alpha lipoic acid, and the fresh veggies and fruits you (hopefully) eat every day. It also helps remove toxins from your cells and protects you from the damaging effects of radiation, chemicals, and environmental pollutants.

It’s not surprising then that glutathione supplementation has gained in popularity, but most oral glutathione supplements tend to be poorly absorbed, and hence a waste of money. Even worse, glutathione supplements may actually interfere with your body’s own glutathione production. Your body is programmed to self-produce glutathione, and synthetic supplementation signals your body to stop its own production – which leaves you dependent on synthetic supplementation.

Fortunately, there are natural ways to boost your body’s glutathione reserves by optimizing your body’s ability to produce it naturally. Foods rich in sulfur-containing amino acids are usually the best sources of glutathione, and one of the best in this category is high-quality whey protein. It provides all the key amino acids for glutathione production (cysteine, glycine and glutamate) and contains a unique cysteine residue (glutamylcysteine) that is highly bioactive in its affinity for converting to glutathione. It also provides critical co-factors (immunoglobulins, lactoferrin, and alpha Lactalbumin), which together help create the right metabolic environment for high glutathione activity.

### **The Many Health Benefits of Whey Protein**

Whey protein has undergone extensive study, revealing an impressive array of benefits, as discussed in an article by Authority Nutrition. Being a high-quality, easily digestible protein, it’s an ideal complement to strength training and high intensity interval training (HIIT), promoting muscle growth and human growth hormone production (HGH). Studies show whey consumption may also:

- Help lower blood pressure if you’re overweight and/or hypertensive

- Support normal blood sugar levels and boost insulin sensitivity in type 2 diabetics
- Reduce inflammation, including inflammation associated with inflammatory bowel disease. In the latter case, researchers have suggested its protective actions may be the result of the stimulation of intestinal mucin synthesis and modification of microflora composition
- Help normalize your weight. Not only is whey protein very filling, thereby reducing hunger pangs, it also boosts metabolism, allowing you to burn more calories, and helps maintain muscle mass while shedding excess fat stores

## Choosing the Right Whey

When it comes to whey, you need to be very careful in your selection. A majority of the whey products on the market are of inferior quality and will not provide the health benefits associated with high-quality whey. Below is a quick reference chart of what to look for and what to avoid. High quality whey is typically more expensive than lower quality whey products and I believe it's well worth the investment. However, if you can't afford high quality whey, your next-best option is raw dairy products, such as raw milk or raw milk cheese.

### High-Quality Whey Products to Look For

Whey protein concentrate: High quality whey protein concentrates have glutamylcysteine, the major precursor to glutathione.

Cold pressed, minimally processed, derived from unpasteurized (raw) milk from grass fed cows; water soluble, and highly digestible—look for medium chain fatty acids (MCTs), not long chain fatty acids.

Certified organic and naturally sweetened, with a rich, creamy, full flavor, free of hormones, chemicals, and sugar

### Whey Products to Avoid

Whey protein isolates. All whey protein isolates are devoid of nutritional co-factors including alkalizing minerals, naturally occurring vitamins, and lipids, which are lost in the processing. Additionally once the fat has been removed from whey protein isolate, you lose some of the most important components of its immunological properties, such as phospholipids, phosphatidylserine, and CLA.

Whey proteins derived from ultrapasteurized milk and/or processed using acid. Heat and acid damages the protein and makes it insoluble in water. This is one of the key ways to differentiate high quality whey protein from inferior ones.

Products containing genetically modified soy lecithin, polysorbate 80, propylene glycol, ethoxylated mono-diglycerides, maltodextrin, caseinates, hydrolyzed proteins (MSG in disguise), sugar and/or artificial sweeteners like aspartame and sucralose.

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