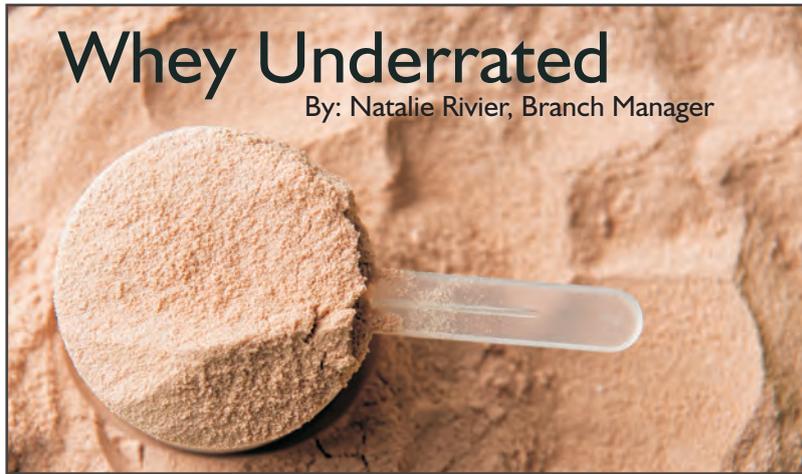


Athletes and sports enthusiasts are no stranger to whey protein, but the health benefits of whey protein go far beyond body builders and gym rats. Protein is an essential macronutrient used by the body to build things like hair, skin, nails, organs, tissues, antibodies, hormones, enzymes, and yes, muscles. Without adequate protein in the diet we are susceptible to disease and illness.

Protein rich foods typically require a great deal of digestion. Unfortunately many of us suffer with digestive insufficiencies due to poor diets that are high in sugar and contain refined carbohydrates and trans fats. This can lead to poor digestive function resulting in constipation, diarrhea, bloating, gas, allergies and incomplete digestion of food. If food is not properly digested then it cannot be absorbed and used properly by the body.

Protein based whole foods have a Biological Value (BV) associated with them. This rating



# Whey Underrated

By: Natalie Rivier, Branch Manager

indicates how well the body can absorb and use the protein in a particular food as well as how many different amino acids are in it. A protein containing all nine of the essential amino acids our body needs, plus many of the non-essential amino acids, has a high BV. For example, eggs have a BV of 100. Eggs are the standard to which all other foods are compared. Beef has a BV of 94 and chicken has a BV of 79.

To many people's surprise, the one food that weighs out over all of these is whey protein isolate;

it has a BV of 110! Whey protein isolate, found in most health food and supplement stores, is a powder derived from the whey in milk. What makes whey protein isolate such a great protein rich food is that it contains all the essential and non-essential amino acids our bodies need to build and grow. In addition, because the amino acids derived from whey have been isolated in their purest form, they require essentially no digestion so they can be sent to work in the body almost

immediately after consumption.

After a workout, when the body is in overdrive trying to repair muscle tissue, whey protein is the perfect recovery food. But whey protein can be beneficial in other areas of life as well. During times of growth and development, our protein needs are higher. Teens, women who are pregnant or lactating, anyone recovering from an injury and vegetarians who may not be consuming enough protein can all benefit. People who lead busy lives and don't always eat enough of the right foods could also consider whey protein in their diet.

Whey is a simple and effective way of ensuring enough protein that the body will actually use.

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### ASK THE EXPERT:

Natalie Rivier, Branch Manager  
 Canadian School of  
 Natural Nutrition  
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*Kenny White, R.H.N., PTS, HLC, is a holistic nutrition professional, Canfitpro Certified Personal Training Specialist, C.H.E.K certified Holistic Lifestyle Coach, and the owner of FIT-NUT Fitness & Nutrition Coaching. Since retiring from the Canadian Air Force in 2009, Kenny has been able to follow his passion and help his clients improve their health through FIT-NUT by offering an integrated approach to both fitness and nutrition in a holistic way. Specializing in rehabilitation training and athletic strengthening, he works with people of all ages and fitness levels to help with everything from nutrition and weight management to strengthening and physical conditioning. Kenny regularly delivers workshops on nutrition, fitness and wellness at conferences, and to audiences at the Running Room and Department of National Defence. Learn more about Kenny and FIT-NUT at [fit-nut.ca](http://fit-nut.ca).*

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