



## **Health Advice # 5 PROTEIN A NECESSITY FOR EVERY BODY**

Protein is an important component of every cell in the body. It is an organic compound, composed of 22 amino acids, otherwise known as the building blocks of life. Protein is stored in muscles and organs, and the body utilizes it to build and repair tissues, as well as for the production of enzymes and hormones. Protein also makes it possible for blood to carry oxygen throughout the body. Along with fat and carbohydrates, protein is a "macronutrient," meaning the body needs relatively large amounts of it. The Institute of Medicine of the National Academy of Sciences has concluded that our daily protein requirements should be 10 percent to 35 percent of our total caloric intake, with men needing slightly more than women. A lack of protein can cause loss of muscle mass, decreased immunity, as well as weakening of the heart and respiratory system.

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)  
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