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New protein diet

Diets concentrate more or less on fats and carbs, such as the Pritikin/Ornish no fat diet and the Atkins low carb/high fat diet. The Eades wrote about protein power, but others have cautioned that excess protein can be detrimental to the kidneys. When people with low kidney function eat more protein, there is increased blood flow and more protein in the urine.

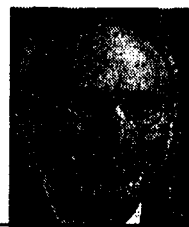
In an article published in 1982 in The New England Journal of Medicine, Dr. Brenner showed this occurred in some, but not all patients with pre-existing kidney disease. Twenty years later, Dr. Skov in Copenhagen noted this did not occur in any normals. In a six-week trial with high protein, there were no adverse kidney effects and no increase in albumin in the urine. MRI revealed as the kidney blood flow increased, so did the kidney size to compensate for this. This is similar to the enlargement of a muscle when it is exercised. In the Nurse's Health Study, those who had a high protein diet had lower cardiovascular disease. Also, in the Journal of American Medical Association, Dr. Obarzanek showed high protein diets may be cardioprotective. Protein is good for weight loss in that it increases the metabolism (thermogenesis) and decreases the appetite. That is, it takes more processing to break down the protein for energy than fat or carbohydrates.

Protein switches on the genes that make the muscle protein, actomyosin. This is particularly true in branch chain amino

Dr.

J.E.

Block



acids, (protein isoleucine, leucine and valine). These are found in higher concentrations in meat and fish, but not in vegetable proteins such as soy and legumes. However, plant protein is higher in arginine than lysine. The arginine/lysine ratio has been shown to be associated with decreased cardiovascular disease because L-arginine produces nitric oxide, which nourishes the blood vessel wall. So, both plant and animal protein are healthy.

Not too many generations ago, hunter gatherers such as the American Indians at times consumed as much as 75 percent of their diet from protein. Buffalo meat has 84 percent protein and 16 percent fat. My recommendation is to eat the 50/40/10 percent protein/fat/carb. The protein should be of high biologic value. Of all the protein, egg white has the highest value. The fats should be mostly Omega 3's and carbs of a low glycemic index. The author of the Paleo Diet, Dr. Loren Cordain, wrote the soon to be published, "The Paleo Diet for Athletes." That should detail my point of view.