

*Happy*

# The **TRUTH** about **PROTEIN**



by **Hannah Allen**

- Revealing our biologically correct protein diet.
- Revealing proteins of the highest biological value.
- Revealing marvelous foods with all the essential Amino acids.
- How to avoid protein poisoning.
- Exposing the many myths and fallacious notions about protein.
- Names a common plant of the cabbage family that has more protein than soy beans!

**QUESTION:** *Your books advocate strictly vegetables, fruits, nuts and some seeds. Your diet doesn't supply even half the amount of proteins we should have, namely 70 to 100 grams per day. Wouldn't it be wise to supplement this diet with some protein foods?*

**RESPONSE:** Every food natural to the human diet is a "protein food." You can't find a single food in all Nature that does not have its own complement of this primary substance of life. You're getting good protein even if you are eating water-melons or other fruits which, by current attitudes, are worthless for proteins.

Certainly, when you eat nuts and green leafy vegetables you are getting protein rich foods of the *highest biological value* (a term used to mean of greatest utility to the organism).

The "recommended" daily amount of protein of 70 to 100 grams is inspired, we believe, as a gesture to the meat, dairy and poultry industries rather than any genuine concern for the health of our citizenry. Among the most healthy people on the globe today are groups of cassava root eaters in the Pacific who aggregate perhaps 15 grams of protein daily.

Experiments of Chittenden and Voight for extended periods of time with students and others indicate that a daily intake of 25 to 30 grams is sufficient protein for the highest level of well-being. It might be noteworthy that they found this to be so for athletes and heavy workers also.

Certainly excessive amounts of protein which we Americans are inclined to stuff ourselves with, contribute to putrefactive processes in the intestinal tract that constipate and poison our systems.

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**THE TRUTH ABOUT PROTEIN**

By

**Hannah Allen**

**Exposing the Many Myths  
and  
Fallacious Notions  
about the  
Body's Primary Building Material**

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## INTRODUCTION

### THE ENIGMA OF PROTEIN

Even though the truth about protein as delineated in this book and its role in human nutrition have been known for nearly a century, there still rages a conflict and welter of confusion on the subject.

The misconceptions are primarily fostered by commercial businesses that are selling protein products, primarily meat and milk products. Even our American government prates the lines that serve these entrenched interests.

The truth will not down but ever keeps rising to fuel the fire of this controversy.

At the outset I would like to dispel some of the prevalent myths about protein.

*MYTH NO. 1: We must have meat for best health.* The argument goes that the best source for protein is meat inasmuch as it has all the requisite amino acids in a very assimilable form. Even the eminent (in so-called health food circles) Carlton Fredericks has gone on record as stating that the more nearly the composition of the flesh is to human flesh the more wholesome it is for us. Of course there was never a better argument made for cannibalism than this!

The “we must have meat argument” is obviously good for the meat-packing industry but it is patently absurd – the argument obviously destroys itself. If this were true every species could live from other animals but best of all from its own kind! The fact that almost all animals, including humans, do not have the anatomical and physiological equip-

ment to make good use of any kind of meat is conveniently overlooked or denied. Cattle, rabbits, elephants, horses, etc. are herbivores and are equipped only for a leaf/grass diet. There are a class of graminivores, primarily birds, that thrive on the grains of various grasses. There are other animals that thrive on fruits. And so it goes. Every animal has a class of food to which it is adapted.

Humans are anatomically and physiologically adapted to a diet of fruits, vegetables and nuts and can profitably use certain seeds and legumes under certain conditions. That this is true is denied by commercial interests and their "scientific" apologists. An educated populace would bring an end to their niche in the marketplace.

Not even carnivores thrive on an all meat diet. For humans, meat is a pathogenic and deficient food. This booklet will delineate some reasons why.

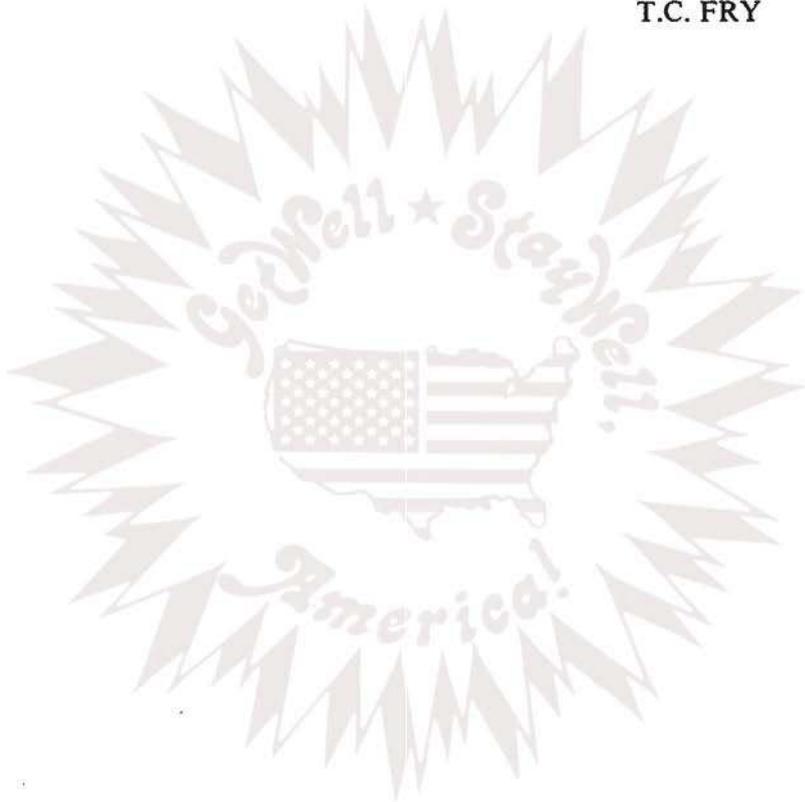
**MYTH NO. 2:** *We must have all the essential amino acids at every meal.* This argument is thoroughly treated by Mrs. Allen in this booklet. This argument is based on two premises: (A) That the body does not store protein or amino acids and (B) that, in order to synthesize protein, no more protein can be created by the body than the amount creatable as determined by the least bountiful supply of the essential amino acids. Every protein link requires so much of such and such amino acids and if any are missing from the meal, no proteins requiring these amino acids can be synthesized. This argument, too, is absurd. *It is not necessary to point out with detail that man and animals fast for lengthy periods and that, instead of suffering protein deficiency, the end of the fast finds them WITH RESTORED PROTEIN BALANCE!*

**MYTH NO. 3:** *A high protein diet is healthful and the body requires about one gram of protein for each two pounds of body weight.* Obviously the body needs only what it needs and can use no more than what it needs. This "just right" amount of protein has been determined to be about one gram for each five pounds of body weight for mature humans of normal disposition. The one gram for each two pounds of body weight is about what a baby requires for maintenance and rapid growth. Obviously adults do not re-

quire as much. The belief in a high protein diet or that we cannot get too much of it is a source of highly pathological eating practices among Americans and other peoples of the world.

It is fitting that we have this little tome to set aright the attitude of those whom it touches in this most crucial aspect of human nutrition.

T.C. FRY



## **Chapter I**

### **What is Protein?**

In 1838, a chemist named Mulder isolated a substance containing nitrogen, carbon, hydrogen, oxygen and some other incidental elements (some proteins also contain sulphur, iron, phosphorus, or iodine). He claimed this was the basis of life, and named it "Protein" – meaning "First Rank". Protein is ubiquitous and omnipresent – there is protein in every living thing. The human body is 70% water and about 15% protein, say about 20 to 25 pounds of protein, *of which almost half can be lost without serious danger.*

All proteins are composed of Amino Acids (also known as the building blocks of protein). Each plant or animal must elaborate its own protein. Plants can synthesize amino acids from air, earth and water, but animals are dependent on plant protein, either directly by eating the plant, or indirectly by eating an animal which has eaten the plant.

Protein is a food element which is useless and poisonous to the human organism unless it is broken down into its constituent amino acids, which are the nutrients from which we must elaborate our own protein.