WHY WHEY FOR SENIORS

Reduction in muscle size and strength often occurs as we age. This can contribute to problems with mobility and balance. Paying attention to nutrition may help offset some of these negative body changes. Both physical inactivity and inadequate nutritional intake contribute to the reduction of lean body mass. Regular exercise can slow the rate of decline, limiting the age-related losses in muscle strength and size. Weight training has proven effective at improving muscle function, stimulating the body's metabolism to produce more protein as protein is the major component of all lean tissue (muscle).

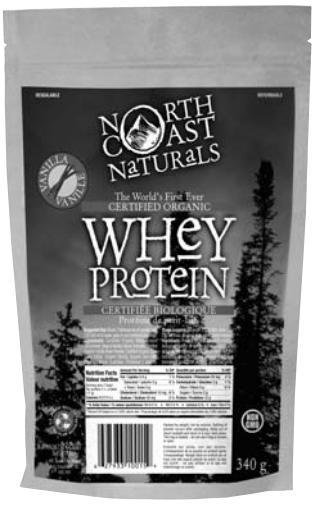
Protein can easily be supplemented into the diets with good quality protein powders. The protein we consume in our diet is essential for maintenance and formation of muscle tissue. Research has shown the need for protein in our diet increases with age because of reduced ability to use and store amino acids (which we can only get from protein). Recent studies have proven that taking protein after weight training is the best way to promote the formation of new muscle and preserving existing muscle tissue. Protein powder is one of the most underutilized tools you can use to improve and protect your health.

Whey protein is derived from cheese-making, but only has 1/8th the lactose that you would normally get in a cup of milk. In the early 1980's dairy groups began to explore the use for whey, developing several ways to remove fats, milk sugar and milk salts. Research discovered several health benefits from the consumption of whey powder which is naturally high in protein. Athletes had already discovered high-protein diets allowed them to recover at faster rates and have more energy, without the usual fat associated with high protein foods (like beef, hamburger, eggs) and without the lactose of other protein rich foods (cheese, milk, cottage cheese).

Now, the secret is out and people of all ages are using whey protein to boost their health – and as we age, whey protein becomes more crucial for us, since we eat less yet need more bang for our buck from our foods. Whey protein powder is a quick and easy way to add protein to your diet. It is a complete protein, meaning that it contains all the essential amino acids required in the daily diet. Whey protein is easy to digest and is efficiently absorbed into the body. It is convenient, tastes good and requires no cooking.

Protein malnutrition can be a matter of life and death in the elderly. Protein malnutrition contributes to poor health and reduces chances of recovery from health complications. Inadequate protein in the diet weakens the intestinal wall and allows foreign substances to enter the bloodstream. This invasion can rapidly escalate infection and life threatening illness. Coronary patients had over a four time higher risk of dying than those that were properly nourished.

Heart disease is one of the primary reasons for hospitalization of the elderly. Proper protein nourishment could have profound effects in the field of coronary card. Patients that are supplemented with protein lose less weight and experience fewer complications. Whey protein improved the body's immune response to all type of pathogens. The regular use of whey protein can help keep your body prepared to ward off everything from the flu to cancer. Whey protein is unique in that it can help the overweight lose excess fat while it can help the underweight in gaining lean tissue. Supplementation of protein is a way of ensuring adequate dietary protein without unnecessary weight gain.



Regular exercise and adequate amounts of whey protein in the diet can make a positive difference in bone health and the reduction of osteoporosis. Minimizing bone loss will help increase the quality of life in the elderly. Whey protein has long been the circumstance of gross misconception that it is only for athletes. Whey protein is a valuable supplement for individuals of all ages – it is the superfood of vibrancy and health and should be utilized everyday for optimal health.