

# A Touch of Life Health and Wellness Program

## Proteins the Building Block of Life

Week 6

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## PROTEIN

Proteins are comprised of chains of amino acids linked together, which are essential to life. The word Protein is derived from the Greek word “protos” meaning “first”.

Proteins, like carbohydrates are composed of carbon, hydrogen, and oxygen. However, nitrogen is added to its composition to assist in the generation and repairing of tissues.

Protein is three-fourths dry weight of most body cells and is second in abundant only to water, making up the basic chemical of blood, collagen, hair, tissue, nails, hormones, enzymes, infection-fighting antibodies, nerve chemicals, muscles, skin. It is the primary building block that promotes and regenerates cells and tissues to sustain life. Children’s growth and development depend on protein more than adults who need it more for regeneration of the cells and tissues. Pregnant and lactating mothers need more protein than men and non-pregnant women.

It is needed to maintain the body’s pH balance and to regulate water balance in the blood serum for cellular stability. Protein chemical reaction is important in the immune system to create antibodies in order to fight bacterial, viral infections and unhealthy fungi. Without protein the body would have no structure or be able to move, stand, run, jump or think.

The difference between plant and animal protein is in the numbers and arrangements of individual amino acids. The construction of proteins in living creations such as humans, birds, fungi, yeast, bacteria, lizards, plants, etc consist of twenty amino acid, however, eight them are essential and can not be produced by the body. These eight essential amino acids are what make a complete protein, so they have to be introduced to the body through food or supplementation. If there is less the eight essential amino acids than there is no protein. The remaining amino acids are not essential because the body manufactures them through the combinations of foods and other chemicals within the body. Amino acid has to maintain a certain balance with each other in order to construct a protein molecule and affect the DNA/RNA code. The universe is comprised of thousands of amino acids.

Amino acids are the framework of proteins forming long chains consisting of helixes, spheres and branched structures. These amino acids are unique in their ability to make a protein because of their numbers, varieties, chain structures and their DNA encoding in the nucleus of each cell. Amino acids are bonded by peptides, which comes from the Greek word “peptos” meaning cooked.

When vegetables, fruits, grains or flush foods are eaten, they go through the digestive process and reduced into different amino acids or free acids. This enables them to be absorbed into the blood stream and circulated throughout the bodies billion of cells.

## THE EIGHT ESSENTIAL AMINO ACIDS

HISTIDINE: Controls mucus pathogens. It is an important element in semen's ability to impregnate of the ovum and fertility. It improves and induces good hearing.

### COMPLEMENTARY ELEMENTS

Vitamins: b-5 (pantothenic acid), C, B-3 (niacin),  
Vitamin E

Minerals: Potassium, Bromine, Sodium, Chloride,  
Chromium, Zinc

DEFINICIES: All matters dealing with injuries to the nerves that control hearing as well as unable to distinguish words. Female reproductive imbalances (sterility, abortion, still birth, and premature birth).

FOODS: Alfalfa sprouts, beets, carrots, celery, chicory, cucumbers, dandelion greens, endive, garlic, horseradish, sorrel, spinach (uncooked), turnips (roots and tops), apples, papaya, pineapple, pomegranate,

ISOLEUCINE: Regenerate the hemoglobin (red blood cells). Aids in muscle function, and it affects the eyes, hypothalamus, kidney, lymph glands, thymus, and pineal gland. During childhood through adolescence it regulates the thymus. From adolescence to old age it governs the spleen and maintains metabolism.

### COMPLEMENTARY ELEMENTS:

Vitamins: A, B-3 (niacin), C, B complex, B- 15, E, B-12

Minerals: Chrome, Zinc, Calcium, Selenium,  
Magnesium, Sulfur

DEFICIENCIES: urine disorders, lack of muscle tone, blood disorders, flu and cold symptoms

FOODS: Beans, coconut, legumes, nut (except the cashews, chestnuts, and peanut), olives, ripe papaya, sunflower seeds,

LEUCINE: treatments urine disorders (especially maple syrup urine disease - when the urine has a sweet smell), good to lower blood sugar level,

it aids in skin and bone healing. Leucine polarizes the left (levorotatory) side of the body. It counter balances Isoleucine.

**COMPLEMENTARY ELEMENTS:**

Vitamins: A, B-complex, B-2, B-12, Folic Acid  
Mineral: Copper, Manganese, Calcium, Selenium

**DEFICIENCIES:** The inability to loss or gain weight, spasms in the colon, problems of the digestive tract, liver congestion, kidney disorders

**FOODS:** They are the same as Isoleucine

**LYSINE:**

Aids the liver and gallbladder in fat metabolism. Converts calcium for bone growth as it maintains cartilage and connected tissue. It's an immune system balancer and prevents degeneration of tissues and body cells. It is very important in female disorder of the corpus luteum mammary glands, ovaries, and pineal gland. Vitamin C regulates lysine converting for body absorption. It corrects the herpes simplex virus imbalance. L-Lysine inhibits dental decay. It is the binding element of this Co-enzymes Lipioic Acid, Biotin and Pyridoxal Phosphate.

**COMPLEMENTARY ELEMENTS:**

Vitamins: Niacin, PABA, B-complex, A, B-2, B-5, B-6, B-15, E  
Minerals: Chromium, Zinc, Rubidium, Iodine, Sodium, Calcium

**DEFICIENTICS:** Chronic fatigue syndrome and tiredness are linked to a deficiency of L-Lysine, a loss of muscle integrity, hypoglycemia (blood sugar deficiency), antidote to allergy of Brewers Yeast, Methionine is displaced by lysine, it is recommend that they be taken together.

**FOODS:** The herbal food Comfrey is a rich source of lysine. Alfalfa, beets, carrots, celery, cucumbers, dandelion, parsley, soy beans (tofu), spinach (uncooked), turnips, apples, apricots, grapes, papaya, pears

**L-METHIONINE:**

Has a high concentration of the sulfur. Its part of the lipotropic team, including Choline and Inositol. Kidney and liver cell depend on this amino acid for regeneration. It also aids in the removal of waste and poisons from the liver. The serum and tissues benefit from this amino acid's is important to the blood hemoglobin. L-Methionine maintains balances in the spleen, pancreas, and lymph glands. This amino acid prevents destruction of vital organs,

tissues and necrosis. It hinders accumulations of excessive fat in the liver, as its production of lecithin increases, preventing cholesterol build up in the systems. Because of its high sulfur constitution, L-Methionine protects against cancer and slows down the aging process; at the same time it neutralizes free radicals and dispel toxins from the body. It synthesizes protein and is a fat allergy antidote. Hair growth is also stimulated by this amino acid.

**COMPLEMENTARY ELEMENTS:**

Vitamins: A, C, B-5, B-12  
Minerals: Chromium, Zinc

**DEFICIENCIES:**

Loss of hair, skin quality poor, sore throat, enlargement of tonsils, cancer, high cholesterol, liver and gallbladder disorders, body toxicity,

**FOODS:**

Brussels sprouts, cabbage, cauliflower (uncooked), chives, egg yolks, garlic, horseradish, onions, the herbal food sarsaparilla, watercress, apples, pineapple, Brazil nuts, filbert nuts,

**L-PHENYLALANINE:**

Aids the brain in the manufacturing of Norepinephrine, (neurotransmitter) which is a chemical that transports brain signals along nerve neurons to communicate with the body. The thyroid gland depends on this amino acid to secrete the hormone thyroxin, which is rich in iodine. It eliminates food, tissue, and cell waste from the body. It is valuable in learning and memory function as well as releasing all forms of depression (manic depression, schizophrenia, endogenous, and withdrawal syndrome). Phenylalanine suppresses the appetite as it increases energy levels, through releasing the hormone Cholecystokinin from the brain into the body systems. The kidneys and bladder's balance relay on this amino acid.

**COMPLEMENTARY ELEMENTS:**

Vitamins: A, B-3, C, B-complex, B-15, E  
Minerals: Calcium, Selenium, Magnesium, Sulfur

**DEFICINCIES:**

Emotional imbalances, eye illness, depression, tumors, weight gain, appetite disorders, Thyroid imbalances, (NOTE:

Administering too much Phenylalanine may result in headaches, irritability, and insomnia.

**COMPLEMENTARY ELEMENTS:**

Minerals: calcium, selenium, magnesium sulfur

Vitamins: A, B complex, B-3, B-15, C, E

**GLANDULAR INFULENCES:**

Eyes, hypothalamus, Pineal Gland, Thyroid,

**FOODS:**

Beet, carrot, cucumbers, parsley, spinach (uncooked), tomatoes, apples, pineapple

**L-THREONINE:**

This amino acid is a catalyst between other amino acids and the body. Having a lipotropic action threonine prevents the liver from fat build-ups. The digestive and intestinal tract is aided in operating smoothly with this amino acid. It is one of the major amino acid in elastin, collagen and enamel proteins. It helps the uterus maintain its health and well-being.

**Complementary Elements:**

Vitamins: Folic Acid, B-Complex, B-12,

Minerals: Copper, Manganese, Calcium, Selenium

**DEFICINCIES:**

Gastrointestinal problems, acid imbalance, fat allergies, sore throat, malnourishment and lack of assimilation, female disorders, painful and menstruation cycle difficulties (also known as dysmenorrea), spotting, cysts on the ovaries, and fluid retention in the ovaries.

**ELEMENTS OF BALANCE:**

Minerals: calcium, copper, manganese, selenium

Vitamins: A, B complex especially B- 2, 12, and Folic Acid

**GLANDULAR INFULENCES:**

Appendix, lymph, skin, stomach, thymus, tonsils

**L-TRYPTOPHAN:**

It provides an efficient optic nervous system. This amino acid is useful in promoting good digestion, as well as aiding the body

assimilate the B Vitamin Complex especially B 6. Tryptophan is found in every cell of the body. When it is converted to serotonin (which reduces the brains electrical activity), Tryptophan act as a neurotransmitter inhibitory which induce sleep. It also provides emotional stability and is useful for depression and stress relates imbalances. Another quality of Tryptophan is its ability to elevate the histamine levels in blood, as well as stimulate growth hormones. It lowers cholesterol and fat in the blood system, as it regulates blood pressure through dilating blood vessels. The high level of Nicotinic Acid (Vitamin B-3 Niacin) in this amino acid counter balances cigarette smoking.

**DEFICINCIES:**

Nervous disorders, insomnia, joint dysfunction, poor skin tone, cigarette addiction, indigestion, schizophrenia, brittle fingernails, arthritis.

**COMPLEMENTARY ELEMENTS:**

Minerals: calcium, magnesium, selenium, sulfur  
Vitamins: A, B-3 (Niacin), E

**GLANDULAR INFULENCES:**

Liver, lungs, lymph, parathyroid, spleen, thymus

**FOODS:**

Alfalfa, beets (whole plant), brussel sprouts (uncooked), carrots, celery, chives, dandelions greens, endive, fennel, spinach (uncooked), string beans (uncooked), turnips (whole plant)

**L-VALINE:**

Valine is used in conjunction with Leucine, and Isoleucine to treat sugar in urine (Maple syrup urine dis-ease). These three amino acids have to balance each other in the body for optimum utilization. It is need by body for good muscle coordination. Valine is essential for female glands (ovaries, corpus luteum, and mammary glands). Aid the nervous system in elector impulse transmissions and it also helps in maintaining a sharp memory.

**DEFICINCIES:**

Nervous disorders, spitting up of blood, skin inflammation, biting fingernails, alcohol abuse, emotional and mental disorders, insomnia, throat and rectum inflammation.

COMPLEMENTARY ELEMENTS:

Minerals: copper, magnesium, manganese, sulfur,  
Vitamins: A, B complex, C, E,

FOODS:

Almonds (raw, unbleached, unsalted), apples, beets (whole plant),  
carrots, celery, dandelion, lettuce, okra, parsley, parsnips,  
pomegranate, squash (uncooked) tomatoes,