

# Outsmart Cancer, Eliminate Poisonous Toxins, Boost Antioxidant Levels & Reverse Signs of Aging with this Powerful Protein

Discover Which **Super Food** Contains This Protein &  
Two Things You Must Make Sure of Before You Buy

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Toxicity is at the root of all disease. **If you want to heal, you must start with detoxifying your whole body.**

Glutathione is one of the body's most important antioxidants. It's **essential to the immune system and liver for the detoxification** of heavy metals and other toxins.

**Unheated whey protein powder** delivers the highest dietary source of the key amino acids needed by the body to produce glutathione.

We did a little research and discovered **nearly every whey protein powder on the market uses heat** at some point during processing. This damages proteins, rendering the whey useless to the body.

One brand, however, stands above all the rest, using patented proprietary cold-processing from start to finish, producing a superior whey protein.

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## *Detoxify the Culprit Behind Chronic Disease*

**Heavy metal toxicity** is one of the **main reasons we degenerate** with age. Heavy metals, such as mercury, lodge in our cell structures. For most of us, mercury toxicity comes from **mercury/silver tooth fillings** and **vaccines**. Secondary sources are **fish** and atmospheric mercury from coal-fired power plants.

Once our tissues become impregnated with mercury or heavy metal toxins, your **body's ability to detoxify is significantly reduced**. Metabolic wastes then begin to accumulate, which causes cellular aging and disease.

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## *Boost Master Antioxidant Levels by 64%*

A study conducted by Ohio State University revealed **whey protein, significantly increases the body's production of the master antioxidant glutathione**. Results of study also showed whey protein acted as a protective defense against oxidant-induced cell death.

**Unheated whey protein** contains high levels of non-denatured amino acids, which **provide the building blocks for glutathione** production.

Glutathione is essential for immune system function and the detoxification processes of the liver. It is particularly effective at binding to and **eliminating heavy metals and other toxins from the body**. Other antioxidants, such as vitamins C and E, directly depend on glutathione to be most effective, which is why it is called the "master antioxidant."

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## *What Happens When Protein is Heated?*

Once heated, the natural shape of proteins and amino acids bend and twist into shapes the body cannot use. This damaging change is referred to as denaturing. To preserve liquid whey's protein and amino acid integrity, it must be dried without any heat.

Properly prepared whey is a **super food** that can be used by anyone looking to restore or maintain health in our very toxic world.

Because the human body is 75% protein by dry weight, the **dominant nutrient needed to support repair and maintenance is amino acids**.

The fastest way to raise amino acid levels in the blood is with **unheated, undamaged whey protein powder**.

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*Can Heated Milk Cause Disease & Shorten Your Life Span?*

In a famous 10 year study on 900 cats, Francis Pottenger, MD showed cats fed a diet of **raw milk and raw meat from grass fed animals thrived free of disease from generation to generation.**

However, more detailed studies showed that the lifespan of all cats that consumed one-third raw meat, plus pasteurized or cooked milk products, which included **Condensed Milk, Evaporated Milk and Metabolized Vitamin D Milk, all had their life spans shortened dramatically.**

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### *Quality of Milk is Determined by Cows' Diets*

Cows fed dry feed consisting of molasses, cottonseed meal, beet pulp, orange pulp, grape pulp and other industrial by-products, plus field dried alfalfa and grain had inferior adrenal gland development. Their milk also proved inferior. Even in its raw state, their milk produced similar deficiencies as in the cats fed pasteurized milk.<sup>1</sup>

**The quality and effectiveness of milk and the whey protein it contains is determined by both the feed of the cow and temperature to which the milk was exposed.**

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### *The Tale of Two Calves*

To see the vast difference in the health of two cows, one fed pasteurized milk and the other fed raw, go to: [www.thebovine.wordpress.com](http://www.thebovine.wordpress.com).

### *Europeans Used Liquid Whey as Cure-All*

Fresh liquid whey was used in European clinics for centuries to cure people of disease. The book *The Whey Prescription, The Healing Miracle in Milk*, tells of a sick man in Zurich, Switzerland in 1749. **Doctors gave him little time to live.** He traveled to a mountain village called Gais, where he **drank fresh raw whey on a daily basis and was healed.**

News soon spread of this man's miraculous healing and numerous people with illnesses flooded to Gais to drink fresh raw whey. A health spa was soon created

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<sup>1</sup> Pottenger's Cats, By Francis M. Pottenger Jr., M.D.

in this tiny village. The opening of more than 160 others in Switzerland, Austria and Germany followed.

The renowned benefits of the **whey cure brought emperors, princes and aristocrats** from all of Europe to these spas to be healed of their ailments or simply to improve their general health.

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### *Centuries Ago Doctors Knew of Whey's Healing Properties*

Whey's curative properties had been known for centuries prior.

**Hippocrates** (466-377 BC), the father of medicine, recommended whey to his patients. Following him, Galen (131-200 AD), another founding father of medicine, advised his patients about the whey cure. For a time, Galen even directed a treatment center in Italy. Many famous physicians followed in recommending whey to their patients as a cure for a variety of ailments.

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### *Liquid Whey Protein – A Proven Treatment*

Fresh liquid whey's therapeutic success boasts an impressive track record of helping people with many ailments, including:

- ✓ **High Cholesterol**
  - ✓ **High Blood Pressure**
  - ✓ **Liver Insufficiency**
  - ✓ **Hepatitis**
  - ✓ **Gallstones**
  - ✓ **Kidney Infections/Stones**
  - ✓ **Edema**
  - ✓ **Intestinal Disorders**
  - ✓ **Constipation**
  - ✓ **Indigestion**
  - ✓ **Rheumatism**
  - ✓ **Arthritis**
  - ✓ **Gout**
  - ✓ **Fat Loss**
  - ✓ **Acne**
  - ✓ **Eczema**
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## *So Why Not Use Liquid Whey Instead of the Powdered Form?*

Fresh liquid whey's popularity declined because it has an **extremely short life span before it becomes toxic**. Fortunately, by using an unheated whey protein powder this toxicity can be avoided.

**Unheated whey protein powder offers an extremely digestible protein**, even for those who are lactose intolerant. This super food also allows those with compromised digestive systems to fully assimilate the vital amino acids needed for repair and healing.

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## *Whey Protein's Critical Role in Healing from Cancer*

**For the cancer patient, whey protein powder can be a lifesaving food**. It is well known that cancer aggressively consumes proteins, leaving the rest of the body to starving for optimal amounts of this vital nutrient. Many anti-cancer diets have found that a mostly vegetarian diet is essential to healing from cancer.

German scientist Gunther Enderlein discovered that **cooked animal proteins indirectly feed and encourage cancer**. He also remarked that milk was one of the exceptions and thus was conducive to health and long life. Of course, the milk should be raw (non-pasteurized, non-homogenized) from grass-fed cows.

Since raw milk is not easily obtained in most areas, **unheated whey protein powder is one of the most important recovery foods for someone with cancer**. It provides the concentrated nutrients of milk in a sterile form that is easily assimilated to encourage whole body repair.

Additionally, **lactoferrin, a component of whey, has been studied and shown to inhibit tumor cell growth, along with many other impressive health benefits**.

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## *Lactoferrin Shown to Stop Growth of Tumors*

Japanese researchers showed **that lactoferrin stopped the growth of some solid tumors** in laboratory mice. They also found it **prevents the spread of cancer cells in these animals.**

The researchers studied the effects of bovine-derived lactoferrin on cells intended to mimic either skin cancer or leukemia. Mice were injected with the experimental cancer cells, which are known to spread easily from tumors to other organs and tissues.

When researchers administered lactoferrin just after tumors formed—lactoferrin went to work on suppressing tumor growth. What's more, they found that the spread of cancer cells to the lungs and liver was significantly less than in control animals that did not receive lactoferrin.<sup>1</sup>

**So lactoferrin suppresses cancer AND helps keep it from spreading to other organs.**

**What makes the lactoferrin in whey a cancer-fighting superhero?**

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### *Here's How Lactoferrin Starves Hungry Cancer Cells...*

The key to lactoferrin's cancer-fighting properties is its **amazing ability to bind with iron. It forms a bond with iron that's 100 times stronger than transferrin—your body's major iron transport protein.**

**Studies show that excessive amounts of iron in your diet may increase your risk of developing certain types of cancer.** Researchers believe many diseases and cancers need iron to reproduce and grow.<sup>2 3</sup>

**By starving cancer cells for iron, lactoferrin helps deprive them of life.** This molecule binds with excess iron and then prevents the bacteria or tumors from feeding on it.

Lactoferrin is also a powerful, broad-spectrum microbe-killer, too! It helps fight bacteria, fungi, viruses and even protozoa.<sup>2</sup>

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<sup>2</sup> Lee Euler, Newsletter

<sup>1</sup> Tsuda H, Sekine K, Nakamura J, Ushida Y, Kuhara T, Takasuka N, Kim DJ, Asamoto M, Baba-Toriyama H, Moore MA, Nishino H, Kakizoe T. "Inhibition of azoxymethane initiated colon tumor and aberrant crypt foci development by bovine lactoferrin administration in F344 rats." *Adv Exp Med Biol* 1998;443:273-84.

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## Whey Contains Therapeutic Nutrients

Whey protein powder is the most valuable supplement you can add to your diet, especially when battling illness.

- Beta Lactoglobulin: Binds to fat-soluble vitamins, making them bio-available
- Lactokinin: Helps **lower high blood pressure**
- Immunoglobins: **Destroy infectious organisms**
- Glycomacropeptide: Binds to Cholera & diarrhea-causing Rotavirus
- Lactoferrin: **Inhibits growth of viruses, bacteria, fungi, & tumors**, eliminates abdominal fat & activates immune response.

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## Ultimate Source of Muscle Building Amino Acids

Whey contains high levels of the **branched chain amino acids** (BCAA) that **feed and build muscle tissue**. Approximately one third of muscle tissue is composed of branched chain amino acids.

**The body requires higher amounts of BCAA during and following exercise**, because they are **taken up directly by the skeletal muscles**, versus first being metabolized through the liver, like other amino acids. Low BCAA levels contribute to fatigue and they should be replaced within one hour or less following exercise or participation in a competitive event.<sup>3</sup>

A recent study published in *Medicine and Science in Sports & Exercise* found that consuming **20 grams of whey protein**, 30 minutes before and immediately after training can **boost your body's metabolism for as much as 24 hours** after a workout.

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<sup>2</sup> Medscape. (2010). "Dietary iron and cancer." Retrieved March 10, 2010 from [http://www.medscape.com/viewarticle/502752\\_4](http://www.medscape.com/viewarticle/502752_4) Nov 2, 2010

<sup>3</sup> Leong, K. (2009, August 29). "Can too much iron in the diet increase breast cancer risk?" Retrieved March 10, 2010 from [http://www.associatedcontent.com/article/2091065/can\\_too\\_much\\_iron\\_in\\_the\\_diet\\_increase\\_pg2.html?cat=70](http://www.associatedcontent.com/article/2091065/can_too_much_iron_in_the_diet_increase_pg2.html?cat=70) Nov 2, 2010

<sup>4</sup> Kwiat, G. (2009). "Lactoferrin: Nature's premier immune-boosting protein." Retrieved March 10, 2010 from <http://intelegen.com/ImmuneSystem/lactoferrin.htm> Nov 2, 2010

<sup>3</sup> <http://www.wheyoflife.org/faq.cfm#16>, Nov 2<sup>nd</sup> 2010

- ✓ **Build Lean Muscle**
- ✓ **Increase Fat Burn**
- ✓ **Boost Thyroid Function**
- ✓ **Increase Metabolism**
- ✓ **Protect Against Testosterone Level Decline**

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### *Whey Wipes Out Free Radicals Caused by Exercise*

While staying active also boosts your metabolism, **exercising actually creates cell-damaging free radicals**. Whey protein increases glutathione levels, neutralizing free radicals, stopping the damaging effects that would be done to muscles, thereby increasing the time it takes to reach muscle fatigue. **Increased endurance means you can enjoy longer, more intense workouts.**

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### *Whey Protein Packs a Powerful Punch!*

**What?! Hold on to your seats...**

**Whey trumps eggs when it comes to protein!**

**Yes, it's true. The protein utilization of unheated whey protein is higher than that of milk, eggs, or meat.**

In fact, studies have shown that the overall composition of amino acids in whey is identical to that of human blood, which makes **whey** the **most easily assimilated** and **therapeutically helpful protein to consume**.

**Unheated whey protein obtained from grass fed cows proves superior** to whey that has been subjected to heat during processing.

### *Protein Comparison BV\**

<b>Whey Protein</b>	<b>104</b>
Whole Egg	100
Cow's Milk	91
Casein	77
Beef	80
Potato	71



Soy	74
Rice	59
Wheat	54
Beans	49 <sup>4</sup>

\*Biological Value (BV) is the proportion of absorbed protein that is retained in the body for repair or growth.

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For more information please visit [www.sgn80.com](http://www.sgn80.com).

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<sup>4</sup> Technical support information powerpro whey proteins Land O Lakes Inc. 1997