



*Question & Answer
Session for Women's
Health Academy
Members*

With Nancy Desjardins

Q: Will I have a problem getting enough protein on a vegan or raw diet?

A: Most people worry about this when considering this diet, but protein doesn't come from just meat and dairy. Every living cell contains protein – every plant cell has protein as a basic constituent in its cytoplasm, which means that vegetables contain protein! Seeds and nuts also contain proteins, and seaweeds and algae are very rich sources, too.

Physiologically, your body doesn't use whole proteins - it must break these down into amino acids. Plant proteins generally break down faster than animal proteins, and are often found in the form of amino acids, making your body do less work.

Think about the animal kingdom. Horses, cows, deer, elephants and gorillas are natural vegetarians, so where does all their muscle and body mass come from? Grass, leafy greens and, in the case of the gorilla, fruit!

The meat and dairy industries have spent billions of dollars on advertising to convince people that the only way to get protein is from meat and dairy products, and they have been very successful. In reality, The protein in meat is coagulated and in a form that the body cannot assimilate easily and cannot use effectively. The consumption of meat and dairy (and the fat within it) has been linked to all kinds of fatal illnesses, including heart failure.

Your body needs 22 amino acids in order to build protein molecules and muscles. Of these 22 amino acids, there are 8 that the body cannot make and must get from food sources. All 8 are available in live plant foods. If you are still worried about protein, get started on a living food diet, but eat very small amounts of meat (3 to 5 ounces) a few times a week. Try to get the cleanest organic meat (with no hormones) that you can. After some time of doing this, people generally find that they no longer feel they need meat, and end up eliminating it from their diets.

Q: Will eating more living food affect my weight?

A: Most people lose excess weight when they eat an unprocessed, high enzyme living food diet. These foods provide you with nutrition without stressing your digestive system. If the food is organic, your body gets high quality nourishment to keep it running smoothly, with no toxins that it has to stash. Also, you're not eating the high-fat, high-calorie foods that caused you to gain weight in the first place. You will find that you are more in tune with your body and its actual needs when you stop eating toxic, processed foods.

When you eat live, it is almost impossible to gobble down foods without realizing how much you are eating. Your body gets reacquainted with sources of actual nutrients when you eat living foods, and you may find yourself craving certain foods. That's fine! You can indulge in things your body really needs and still lose weight! In fact, your body will get rid of the fat and stored toxins when you give it what it really needs and craves.

If I don't eat dairy, how do I get enough calcium?

You get lots of calcium from various vegetables, especially green leafy vegetables such as kale, as well as broccoli and sesame seeds. Calcium is readily available in many foods. Better yet, these foods are alkaline producing, so the body can actually use the calcium it gets from them. Dairy products actually do not provide sufficient calcium. The countries with the highest dairy consumption are also the ones with highest osteoporosis levels!

Dairy is one of the most acidic foods on the pH scale and calcium is the number one mineral the body uses to buffer against excess acidity. There is just never enough calcium in any dairy product to offset the acid-producing effect it has. So you actually end up losing calcium when you eat dairy products, not gaining it!

Shocking, right?

About Nancy Desjardins



Nancy is a Registered Nutritional Consulting Practitioner and Founder of www.healthlady.com. She has moved her business to a cottage in Bancroft, Ontario, where she's adding, "tree hugger" to her "health nut" title.

Her husband, Yvan, and she are living off the grid, relying on the sun and the wind to provide all of their power. A wood stove keeps them warm during those cold Canadian winter months. She's going green big time! She is about as close to carbon-neutral as a person can get. Nancy believes "it's our small step to help the environment."

Her new year-round home is a place where she can grow her own organic food and help others, through the website and newsletters, do the same. It's the perfect environment to get her creative juices flowing so she can expand her programs and share her knowledge.