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JOEL FUHRMAN, MD

Protein for weight loss?

We are all taught that protein is a super nutrient that will make us lean, strong and healthy. We do need protein, but more is not necessarily better, and high-protein foods are not always healthy.

In every cell in the human body, the DNA contains a code that tells the cell which proteins to make. Proteins have a lot of different roles in the body, some provide structure like collagen, some facilitate contact or movement, and others act as enzymes, signals, receptors, or transporters. In order to make all of these proteins, we have to consume protein and break it down into its constituent amino acids.

High-protein foods do tend to be low in glycemic load. This is what the high-protein, low-carb diets get right. They avoid dangerous high-glycemic refined carbohydrates-sugar, white rice, and white flour products.

In the process, they also limit

dangerous trans fats. It is important to remember though, just like excess carbohydrate and fat calories, if you take in more protein calories than your body can use right away, those calories get stored as fat.

Refined carbohydrates are empty calories that are absorbed quickly, and they lead to overeating. Foods that are higher in protein, fiber, and/or resistant starch provide the satiety factor that is missing in refined carbohydrates and help to prevent blood glucose spikes, so we are not driven to overeat.

High protein diets can be successful for weight loss in the short-term, but because they are so focused on animal foods, they are dangerous in the long-term.

Low-carbohydrate/high-protein diets have been linked to increased risk of heart disease, cancer and premature death.

Although plant protein is

often described as "incomplete," it has been known for many years that all plant foods contain all of the amino acids. Different plant foods may be low in a certain essential amino acid, but as long as you are eating a variety of plant foods and taking in an adequate number of calories, you will get adequate amounts — but not too much — of all the essential amino acids.

Animal protein and plant protein both provide us with adequate amounts of all of the amino acids, but animal protein is more concentrated in the essential amino acids, and for this reason animal protein increases the body's production of a hormone called IGF-1, which is associated with aging and an increased risk of several different cancers.

One interesting study followed over 85,000 women and 44,000 men for more than 20 years, (26 years in women and 20 years in men) recording over 12,500 deaths.

This research team found ani-

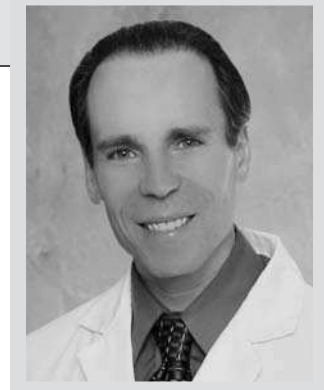
mal protein-rich diets were associated with a 23 percent increased risk of death from cardiovascular disease and cancer, whereas plant protein-rich diets were associated with a 20 percent decreased risk. In addition to animal protein, a diet high in animal products delivers additional harmful, pro-inflammatory, or pro-oxidant substances.

Animal foods are higher in arachidonic acid, saturated fat, carnitine and choline, heme iron, substances linked to disease pathologies, which should be minimized for good health.

The number of grams of protein humans need in a day has been estimated at .8g/kg/day (about 36 grams of protein per 100 pounds of body weight).

However, it is not important to count the number of grams of protein in the food you eat to make sure you reach this number.

If you are eating adequate calories and a variety of foods, it is almost impossible to consume too little protein. For a typical



day, a Nutritarian menu of 1700-1800 calories provides approximately 60-70 grams of protein. The point is that when you eat an anti-cancer diet to promote longevity, you strive to consume more colorful plants, reducing animal protein considerably.

It is both these features that lead to the dramatic disease-protective lifespan benefits.

Eat a high-nutrient (Nutritarian) diet, and forget about protein, you will automatically get the right amount.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

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SANTA

Spruce Point invites the Community
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Friday, December 18th
2:00 - 4:00 pm

We will be giving out Goodie Bags and serving refreshments
(while supply lasts)

Please contact Rik or Annette
for more information
541-997-6111

Spruce Point
an assisted-living and memory care community
www.spruce-point.com

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SEA SEACOAST ENTERTAINMENT ASSOCIATION
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Merry Christmas and Happy Holidays

See You in 2016 for five more Amazing Concerts!

Jesse Cook Friday, January 29th, 7 pm Pre-concert talk 6:15 pm	Ballet Fantastique Saturday, February 20th, 7 pm Pre-concert talk 6:15 pm	Glenn Miller Orchestra Friday, March 18th, 7:00 pm open seating on the flat floor
Shuffle Concert Thursday, April 7th, 7 pm Pre-concert talk 6:15 pm	The New Hot Club of America Friday, May 13th, 7 pm Pre-concert talk 6:15 pm	

Gift Certificates Make Great Gifts! (hint...hint)

Reserved Seating Tickets: \$30 • Youth/Students Under 18: \$10
Florence Events Center Box Office | 541-997-1994 | 715 Quince St.
Buy Tickets Online: www.SEAcoastEA.org

Thank You SEA Patrons and Sponsors for supporting this event and the Florence Community

SHS hosts financial aid night Dec. 14

Siuslaw High School (SHS) ASPIRE is holding a Financial Aid Night on Monday, Dec. 14, at 6:30 p.m. in the SHS library.

The event will be open to all area high school seniors and their parents, including students who are home-schooled or from Mapleton High School.

Lane Community College will provide current updates on filing for federal and state funds and the Oregon Promise.

Free Application for Federal Student Aid (FAFSA) is the key to opening financial aid opportunities at any qualifying post-secondary program, from certificates to degrees.

The FAFSA offers the PELL Grant, worth \$5,750, as well as others such as the Oregon Opportunities Grant, worth \$2,100, and manages student loans.

The Office of Student Access and Completion (OSAC) application makes available over 400 scholarships including the Ford Foundation, which pays 90 percent of students' college costs.

OSAC also manages Oregon Promise, where students with a grade point average of 2.5 or better who attend community colleges within 6 six months of graduation get help with their tuition.

At the event, find out additional information and sample food prepared by the SHS culinary arts' catering program.

Florence Relay For Life to hold 2016 kickoff

Relay For Life of Florence, Oregon event leaders have scheduled a meeting for Dec. 14, to organize the kickoff event, which will be a chili cookoff.

The meeting will be from 6 to 8 p.m., at Craig's Family Barbecue, 1161 Highway 101.

Many committee positions will be open. To volunteer for a position and help plan the kickoff, come to the meeting and bring a holiday ornament for the "ornament exchange."

The goal this year is \$60,000 and so far, \$1,700 has been raised.

The theme for this year's Relay is: "Lights, Camera, Cure!"



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