

A simple way to keep your muscles strong as you get older (and it *isn't* exercise)

This one step can strengthen aging muscles, boost your immune system, and even help you manage your weight.

By Nan Kathryn Fuchs, Ph.D.

It's normal for our muscles to lose tone and become a bit flabby as we age. But just because it's normal, it doesn't mean it's good.

Not only are flabby muscles unsightly, they're also a sign that we're losing muscle mass and strength.

Losing muscle mass makes it harder to do the things you take for granted. Like walking up stairs. Lifting a bag of groceries. Or recovering your balance instead of falling.

Losing strength also makes you more prone to injuries that can keep you from enjoying the activities you've loved for years. It's a major reason people lose mobility and end up in nursing homes.

We all want to stay strong and vital for as long as possible. So many of us turn to exercise. While a regular exercise program can help, it's often not enough. We need to feed our muscles, too.

What's the best food for muscles? Protein. Your body craves protein for building muscles and for healing faster after a workout or an injury. Protein is a vital "building block" for enzymes, hormones, bones, skin, cartilage and blood, too.

The problem is, as we get older, it's hard to get enough protein. We tend to eat less protein. And the protein we do eat is not digested as well as when we were younger.

Poor digestion means poor absorption. So you may think you're eating plenty of protein but you're still not getting enough into your muscles and tissues.

The Best Way to Get More Protein Into Your Diet

When it comes to keeping your muscles strong, you need a well-absorbed complete protein with all the necessary fats and amino acids. The top two sources are eggs and dairy. Of these, one protein stands out.

Ounce for ounce, whey protein from milk is the best muscle-building, fat-burning nutrient on the planet. That's because it has the highest amount of protein for the fewest number of calories.

It contains all the amino acids your body needs, including the ones you have to get from your diet. Plus it's easier to digest than beef or egg protein. So whey

The Highest Quality Protein You Can Eat

If you're concerned about aging muscles,

protein is absorbed faster into your bloodstream, where it can quickly help you build muscles and repair tissues.

But not all whey protein is created equal. Many whey products today are nutritionally deficient and over-processed. What's more, many come from cows that have been fed growth hormones and antibiotics and all sorts of stuff you don't want in your body.

How to Choose the Best Whey Protein Powder

So how can you get the benefits of whey protein from milk and avoid these dangers? Here's what I look for:

- **A whey protein concentrate, not an isolate.** Isolate may have a slightly higher percentage of protein. But it's more processed. So I prefer a whey concentrate, which still has the nutritional cofactors like healthy fats, lipoic acid and CLA (conjugated linoleic acid). These cofactors make whey concentrate a more complete and natural immune-boosting, whole food. Not an over-processed supplement ingredient.
- **Cold-processed (undenatured).** Cheap whey protein is often heated in the processing. Yes, heat destroys toxins and bacteria. But it also destroys some of the most important nutrients, like ALA and CLA (beneficial fats) plus l-cysteine, an amino acid that prevents your muscles from weakening. These nutrients promote muscle growth and tissue repair.
- **From grass-fed cows.** Most dairy cows live in crowded, unsanitary conditions. They spend their days walking around dirt and manure "pastures." They eat hay, not grass. No wonder they're given antibiotics to prevent disease!

Grass-fed cows, on the other hand, produce milk with higher amounts of immune-supporting nutrients like alpha and beta lactalbumin. And higher amounts of conjugated linoleic acid (CLA) that can protect your heart.

- **Free from toxins, including pesticides and chemicals.** Your cold-processed whey should also be ultra-filtered. That means it's carefully filtered to remove impurities while preserving immune-supporting fats and amino acids. Manufacturers of cheap whey protein process their whey with acids. And the residue from these acids can be toxic.
- **Seriously high protein content!** When I look at a protein powder, I look at how many grams of protein per serving. With some products, it's only 5 or 8 grams of protein. That's about as much as a single egg! So I look for at least 15 grams of protein in each serving. If you can get 15 grams of protein in one serving, you're really boosting your daily protein intake.
- **No artificial ingredients.** Your protein powder should be sweetened with a natural sweetener like Stevia, instead of sugar or artificial sweeteners.

An Easy Way to Make the Right Choice

I've been using whey protein for years. But when I learned about the many problems with whey protein powder, I went searching for a product that met all of my requirements.

bones, and your immune system, then whey protein could be one of the most important nutrients to add to your diet.

As you can see from the chart below, whey protein has the highest biological value of any protein you can consume. Including beef. That means it has all the essential amino acids your body needs for muscle-building, immune support, weight control, and more — in the right amounts.

Protein quality rankings

Protein Type	Protein Efficiency Ratio	Biological Value
Beef	2.9	80
Black Beans	0	
Casin	2.5	77
Egg	3.9	100
Milk	2.5	91
Peanuts	1.8	
Soy protein	2.2	74
Wheat gluten	0.8	64
Whey protein	3.2	104

Adapted from: U.S. Dairy Export Council, Reference manual for U.S. Whey Products 2nd Edition, 1999 and Sarwat, 1997.

To add this healthy source of pure protein to your diet, ask for your risk-free trial of *Advanced Protein Powder* today.

It wasn't easy! There are so many different brands, trying to choose the right protein powder can drive you crazy. So I did the work for you. I did a lot of digging. And what I came up with will end your confusion — and help restore your lost muscle tone.

I spoke with my colleagues at Advanced Bionutritionals. Together, we formulated a new, high-quality protein powder made from pure whey protein imported from grass-fed cows in New Zealand. It's called **Advanced Protein Powder**. And here's something else you should know about it...

The One Nutrient Everyone Over 50 Should Have

Did you know a fast-absorbing protein like this can be even better at limiting muscle loss in older adults than in younger people?

It's true. Whey protein is not just for athletes and bodybuilders. In fact, it might be even more important for the rest of us.

Recent studies show that whey protein can slow down muscle loss due to aging. It can help build muscle in those over 65. And in another study of elderly adults, eating whey protein helped them strengthen the big skeletal muscles that are so important for balance and mobility. These are the muscles that keep you safe from crippling falls. And there's even more good news...

It's a Potent Antioxidant and Immune Booster

Whey protein also strengthens your immune system. It's packed with nutrients that enhance your immunity, such as lactoferrin, beta-lactoglobulin, and immunoglobulins.

In addition, whey protein contains an important amino acid called cysteine, which has been shown to boost your glutathione levels. Glutathione is your body's master antioxidant and detoxifier. It helps your body defend itself against infections, free radical damage and toxins.

Whey protein also supports your intestinal health. It acts as a "prebiotic" to help you digest your food better and produce antibodies that fight germs and bacteria.

For all these reasons, I tell my patients to add a whey protein shake to their daily diet. It's the best way I know to keep your muscles strong and toned, your immune system healthy and your energy levels high.

More Than a Muscle-Builder

The benefits of adding whey protein to your diet go well beyond building stronger muscles. They also include:

- ✓ **Stronger bones.** Whey protein contains lactoferrin, which stimulates the osteoblasts that grow new bone cells.
- ✓ **Greater endurance.** In both animal and human studies, eating whey protein helped improve strength and endurance.
- ✓ **Lower cholesterol and blood sugar.** Adding whey protein to your diet can help you better manage your cholesterol and balance your blood sugar, too. Especially if you are carrying a few extra pounds.
- ✓ **Healthy blood pressure.** There's evidence that whey protein can help you maintain healthy blood pressure and vascular function. Whey protein has a group of substances called kinins that can lower blood pressure by relaxing the blood vessels.
- ✓ **Faster recovery.** Adding whey protein to their diet helped patients recover faster after injuries. It also fights infections and helps you bounce back faster after surgery.

[Click here to start getting all the benefits of Advanced Protein Powder.](#)

It's Not Just for Smoothies or Protein Shakes

Chances are you've tried a protein shake before as a meal replacement or as a healthy snack. But you can get the health benefits of **Advanced Protein Powder** in many other ways than a blended drink. For example...

- ✓ Stir some **Advanced Protein Powder** into oatmeal or granola to increase your protein at breakfast. (Oatmeal with a dab of peanut butter and protein powder is a nutritional powerhouse with protein, carbs and essential fats.)
- ✓ Use protein powder in your favorite recipes, like soups, salad dressings, and casseroles.
- ✓ Sprinkle some on cottage cheese for a healthy, high-protein snack. Add a few teaspoons of honey or cinnamon for extra flavor.
- ✓ Add protein powder to yogurt. The natural vanilla flavor in **Advanced Protein Powder** will liven up fat-free, unsweetened yogurt. Add fruit for even more flavor and antioxidants.
- ✓ Bake with protein. It's a great way to make your favorite cakes, cookies, muffins, pies or frozen desserts a bit healthier.

Advanced Protein Powder is one of the simplest ways to get this amazingly versatile nutrient into your diet. **Ask for your risk-free trial today!**

[To keep your muscles and immune system strong – click here...](#)

Helps You Manage Your Weight – Up or Down

Here's another interesting fact about **Advanced Protein Powder** that shows it's truly one of the most versatile foods you can eat.

It can help you control your weight – whether you want to lose weight or gain a few pounds!

If you are looking to slim down, you can have a protein smoothie as a meal replacement. It helps you shed pounds without losing the lean muscle you need to stay healthy.

If you are looking to maintain your weight or even add a few pounds (as so many of us are, after age 60), have a protein shake as a snack or at bedtime.

If you are looking to strengthen your muscles, simply have a protein shake before or after exercise. The extra protein and amino acids can really ramp up your body's natural muscle-building ability.

Advanced Protein Powder is especially helpful in your 60s, 70s and 80s, when you may not have as much of an appetite as before. It's a quick, easy way to add protein to your diet.

Try **Advanced Protein Powder** risk-free right now

I truly believe **Advanced Protein Powder** featuring New Zealand Whey Concentrate will make a big difference in your life. And I want you to see for yourself.

That's why I've arranged for you to receive a special discount on your first order. You can get a six month's supply of **Advanced Protein Powder** right now for as little as \$24.95 per bottle.

Just select our Best Value pricing. You'll save \$30.00 off the regular price ... and get FREE Shipping with your order.

And of course, with every Advanced Bionutritionals product, you are completely protected by a "**Down-to-the-Last-Scoop**" guarantee. If at any time you are not satisfied with **Advanced Protein Powder**, simply return it for a full refund of every penny you paid. Including the shipping charges.

Advanced Bionutritionals will even refund your money if you've finished the entire container. That's fair enough, isn't it?

[Click here for the easiest way to strengthen your muscles, without exercising more.](#) Or call toll-free at 1-800-791-3395 any time 24 hours a day, seven days a week. Once they receive your order, they'll rush it to your door.

Supplement Facts

Serving Size 2 Rounded Scoops (Approx. 20.64 grams) • Servings Per Container: Approx. 20

Amount Per Serving	%Daily Value	Amount Per Serving	
Calories	83	Threonine	1,174 mg *
Calories from Fat	15	Tryptophan	333 mg *
Total Fat	1.5 g 2%	Valine	1,011 mg *
Saturated Fat	1 g 5%	Typical Non-Essential Amino Acid Profile	
Cholesterol	45 mg 15%	Histidine	317 mg *
Total Carbohydrate	1 g <1%†	Alanine	856 mg *
Sugars	1 g *	Arginine	444 mg *
Protein	16 g 32%	Aspartic Acid	1,793 mg *
Calcium	82 mg 8%	Cysteine/Cystine	460 mg *
Sodium	28 mg 1%	Glutamic Acid	2,951 mg *
Whey Protein Concentrate	20 g *	Glycine	333 mg *
Typical Essential Amino Acid Profile:		Proline	1,031 mg *
Isoleucine	1,110 mg *	Serine	856 mg *
Leucine	1,809 mg *	Tyrosine	555 mg *
Lysine	1,492 mg *		
Methionine	412 mg *		
Phenylalanine	555 mg *		

Other Ingredients: Natural vanilla flavoring, stevia, and methylcellulose.
CONTAINS MILK

Sensitive to Dairy?

Some people who are sensitive to dairy products find that the casein protein in milk is the real culprit. If that's the case, you may be able to tolerate whey protein. Why? Because it doesn't contain casein. Plus, **Advanced Protein Powder** is ultra-filtered to remove all but trace amounts of lactose. So even if you are lactose intolerant, you may be able to enjoy the many health benefits of **Advanced Protein Powder**. My advice would be to try a bottle risk-free and see.



Rebuild Your Aging Muscles and Regain Your Strength

You don't want to get weaker as you grow older. But if you don't make any changes now, you're likely to wind up with poor balance, brittle bones, and weak muscles.

You need to feed your muscles and organs to keep them moving. And the best source of "muscle food" is the pure, concentrated whey protein in **Advanced Protein Powder**.

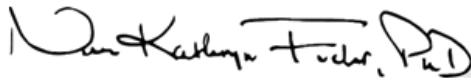
Advanced Protein Powder does much more than strengthen your muscles and immune system. It also helps you build stronger bones, manage your cholesterol levels, maintain healthy blood sugar and blood pressure, and recover faster from injuries and surgery. It really is a magical food when it comes to staying healthy.

I use it myself to stay strong and vibrant and to keep my daily calorie intake under control.

In fact, if you're over 50, it's one of the most important nutrients you can use to maintain strong muscles, stay mobile, avoid life-threatening falls, and stay independent for as long as possible.

If you're going to add this delicious and healthy food to your diet, why not use the very best? Try **Advanced Protein Powder** today!

Yours for better health,



Nan Kathryn Fuchs, PhD,
Editor, *Women's Health Letter*

P.S. [Click here](#) or call 1-800-791-3395 right now to prevent the muscle weakness that comes with age. **Advanced Protein Powder** can help you build lean, strong muscles, fire up your immune system, and help you keep up with the younger generation. Try **Advanced Protein Powder** today.

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