

Whey Healthier

(PRWEB) March 1, 2013– James Thompson and Evan Walther create the whey that goes a long way.



Whey protein powder is as good as it is going to get in terms of a "supplement" to help optimize building muscle mass, dropping body fat and enhancing your overall health and wellness, particularly your immune system. Whey protein is the optimal way to ingest high amounts of protein that is rich in branched amino acids (BCAAs), necessary for muscle building, strength, and recovery.

Compared to other proteins, whey protein is very effective because it is highly absorbed and supports your body's protein synthesis after a workout while you are in a

catabolic state. The quick injection of protein balances out this state and promotes muscle synthesis. Anecdotally, any bodybuilder will tell you the importance of using whey protein to build strength, gain size, and speed recovery times between workouts, but whey isn't just for body builders.

In my clinical practice I have used whey protein for bodybuilders, athletes and individuals who want to promote muscle growth, as well as for weight loss, infant health, wound healing as whey supports the immune system, and even for the elderly who have malabsorption issues and who are losing muscle mass as a result and are prone to injury and chronic illness.

On top of the muscle building and recovery benefits, I get excited about whey protein because it also works as an antioxidant to boost the body's immune system. Scientific studies have shown that regular supplementation with whey protein promotes a strong immune system.

One important thing to note is that not all whey protein is created equal, and there is a debate around what is best for your health and performance, Whey Protein Concentrate (WPC) or Whey Protein Isolate (WPI).

Both are great sources of protein for muscle building, however, WPC contains more lactoferrin than WPI. Lactoferrin helps the intestines fight against bacteria that cause infections due to its anti-bacterial activity. The healthier your gut is, the healthier your immune system is.

In addition to improving your gut health, there are more health-promoting immunoglobulins in whey protein concentrates versus whey protein isolates. Despite all the health benefits of WPC, most protein supplements use WPI.

The key to receiving all the benefits of whey protein is to take this supplement regularly. CustomWhey has developed an amazing concept using WPC where you can choose from a variety of flavors depending on your food mood. Gulping down the same flavor everyday lowers compliance and lowers the effects of the whey protein benefits. The powder comes plain and simple and you can add this to your morning cereal, pancakes on weekends as it come unflavored. Choose a different or favorite flavor to your morning shake or post work out and voila you have a delicious healthy supplement to take on a daily basis without getting bored or feeling like you have to literally choke the drink down to get amazing results. Enjoy the shake and the health benefits, why not have both?

Get CustomWhey here: www.customwhey.com

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