



MODULE 5: EVERYTHING YOU COULD EVER KNOW ABOUT PROTEIN

Welcome to Module 5, **Everything You Could Ever Know About Protein!**

MODULE 5 OVERVIEW: I know that everything is a pretty big call! So I guess if I'm being completely accurate I should call this module 'everything I currently know about protein' ... but that wouldn't sound quite the same, would it?

In Module 5 you will learn the key differences between animal and plant proteins and how to get the best of either.

We will cover the many different important functions that protein has in a healthy body, with a specific focus on detoxification, hormonal balance, protein digestion (and what to do if it's not quite working) and fat loss.

We'll also talk about ideal protein quantities for different types of people (including you of course!), and how lifestyle can impact your protein needs. And, of course, there will be some super-delicious-protein recipes to enjoy.

MODULE 5 GOALS AND OUTCOMES: Understand your personal protein needs, the best way to include great protein in your diet, and exactly what it does for your metabolism and health – or doesn't do if you don't get enough.

SUGGESTED EXERCISE: Go Vegan for a day! Read about why to do this and what the benefits are in week 3 of this module. I'll also tell you how to do it of course 😊

MODULE 5 SUPPLEMENTS:

- **A great quality Whey Protein isolate of course!** My [Woman Incredible organic one](#) is my favourite :) **Why?** For after training when you can't digest right away and need protein to prevent muscle loss, or for before training if it's first thing in the morning or very close to your workout. Also a great back up when you're out and about.
- **Glutamine. Why?** It heals the digestive system (closes up the little leaks made by processed foods) and can help with food intolerance.



Your body will convert it into any amino acid that is lacking! It also helps you to produce more growth hormone, and it boosts your immune system! Great to use anytime of day, especially morning and night in water. For digestive health and fat loss try 8 x 10 gram doses per day for 21 days.

- **An Amino Acid complex.** Provides protein in the form of essential amino acids. **Why?** If you are vegetarian, not a big protein eater, or have poor digestion.
- **Branch Chain Amino Acids.** Provide amino acids specific to cell recovery and development. **Why?** For pre, during and post training energy, strength and even recovery. May also assist in fat loss. Great as an emergency 'snack' if you have no options!

MODULE 5 BONUS: a full overview of every module ahead of you in your Platinum Mentoring program. From hormones, to nutrition, to lifestyle and more, [click here](#) to download a PDF copy of all the goodies in store for you!

WHAT ELSE? Don't forget to add your thoughts [on the forum!](#) Go to 'Transformation Tools' and click on the **Module 5** thread. You can answer the discussion question I've left there for you, or just share any thoughts you have!

Remember -

Life is Now. Press Play.

Kat