

Edema and Protein

Chronic edema (fluid accumulation in various parts of the body) has a variety of causes. The most common are a weak heart and weak kidneys. Both of these can be brought on by drugs for blood pressure and other circulatory ailments. If you have been on blood pressure drugs for several years, fluid will usually begin to build up because the drugs have induced a form a weakened heart. The medical answer to this side effect is another drug called a diuretic to flush the excess fluid through the kidneys. Long-term use of diuretics can damage the kidneys, putting you back to square one with a fluid retention problem.

Obviously, the only answer to the catch—22 medical dilemma is to resolve blood or heart problems without drugs. This can be accomplished by starting a nutritional protocol as outlined in this special heart report while you are still taking drugs. After a few months pass and your condition improves, you and your doctor can start a slow but steady weaning procedure. Once weaned from drugs, you will no longer be at the mercy of their side effects.

Another common cause of edema, which is frequently overlooked by most doctors, is a lack of **protein** in both the diet and the blood. When blood protein drops, the body begins to accumulate fluid. It can be in the legs, ankles, feet, arms, lungs, heart, etc. If you are on a strict vegetarian diet and you have this condition, you are at risk. This is especially true if your blood type is B or O.

It is not unusual for people who have this protein deficiency as the cause of their edema to lose five, 10 or even 25 pounds of fluid from their body with the addition of dietary protein and a protein supplement. So make sure your diet is correct if you suffer from chronic edema or fluid buildup. Start eating organic eggs (boiled or poached) daily. Add some deep-water fish or organic meat to your diet. And try taking three **Protefood** tablets from standard Process Labs daily. If your edema improves, you will have confirmed you need the additional protein.

Not all protein supplements are the same. Indeed, all contain amino acids (the building blocks of protein). But Protefood also contains critical enzymes that spark the utilization of amino acids. It is a complete product so it “rounds out” your protein ingestion on a daily basis. Amino acids are used **together**. If you eat only foods that contain incomplete amino acid profiles (this can easily happen with vegetarians), much of your daily protein will be wasted. Taking Protefood will insure your daily protein needs and provide balance.

The extreme low-fat diets prescribed by so many heart “experts” can backfire for the very reasons discussed here. It is difficult indeed to get complete protein while on an extreme low-fat diet. Use caution if you have been prescribed this style of eating, especially if you are blood type B or O. If you insist on following

your doctor's orders regarding this type of eating, at least use Protefood to try to shave off some of the side effects which can be caused. In most cases the **Mediterranean Diet** is the preferred style of eating with heart disease patients.

Health Alert; Healing Heart Program