

## Research Assessment #8

**Date:** November 12, 2021

**Subject:** Protein on Gaining Muscle

Nelse, Miriam E. “Will Eating More Protein Help Your Body Gain Muscle Faster?” *WebMD*,

WebMD, 29 May 2002,

[https://www.webmd.com/fitness-exercise/features/will-eating-more-protein-help-your-bo](https://www.webmd.com/fitness-exercise/features/will-eating-more-protein-help-your-body-gain-muscle-faster#2)

[dy-gain-muscle-faster#2](https://www.webmd.com/fitness-exercise/features/will-eating-more-protein-help-your-body-gain-muscle-faster#2).

Kammie Green: what most people see

Kammie Green: can be detrimental, further than just not beneficial

### **Assessment:**

Ironically, I have been touching closely with the myths and controversies of nutrition. I am not doing this intentionally, but it has opened my insight into realizing that many people are violently uninformed, including myself. Now this document is of course opinionated, as so is what I mention, but it caught my eye because it was so persistent against what I was expecting. Specifically, people struggle with their protein intake because of lack of knowledge as well as inaccurate ratios of protein in regards to their diet in general.

Kammie Green: interesting

Kammie Green: build just as much fat as muscle

In today's day and age I feel like everyone knows if you want to gain muscle, you have got to increase your protein, but is that really true? It does not seem like it is linear. I am not going to deem this statement completely untrue, that being because for some people it really does work. But I suppose it does work because they have done their research on how much protein will really do the job based on both their activity and caloric intake. My analyses have allowed me to conclude that people are incorporating protein and leaving out other food groups, the most prime example being carbohydrates. But this can be unsafe because, “leaving out carbohydrates may force your body to fight back” (Nelse). I am seeing that a lot of these “trending” ways of

Kammie Green: a lot of people do not consider it twice, as to why they do it

Kammie Green: dehydration in high protein intake

getting fit or skinny have the potential to work, that is if one considers the effects that come as a result. If one knows the negatives of cutting carbs, they can actually carry out with more protein in a safe fashion. Another negative effect of too much protein includes, “losing a significant amount of water, which puts you at risk for dehydration” (Nelse). Like I mentioned before, I personally had no idea that protein can cause dehydration, so I can assume most others do not either. This effect is easily reversible by drinking more water with the more protein ingested, but if people do not know that this is a result they are not going to make the effort to counteract it. I propose I could come up with a way to educate people on the things that are unhealthy that come out of the “healthy” things they do.

Kammie Green: further dehydration effects

Kammie Green: different for everyone, which people are unlikely to consider

Kammie Green: who is vulnerable

Without consulting a nutritionist, it seems that any level of protein intake can be not only lacking benefits, but further harmful to one’s body. It is said that, “you should consume .36 grams of protein for every pound of body weight” (Nelse). With that being such a specific number, I imagine that a lot of people are not seeing positive progress as a direct result of protein like they may think. It is also mentioned, “15% of your caloric intake should be protein” (Nelse). For the same reason of these calculations being so precise, it is obvious protein is not performing to its potential in nearly anyone. If someone sat in front of a scale and measured these things, I know for a fact it would not be precise and would it really be worth the time? Although the average person could say that ensuring there is at least a bit of protein in every meal will allow it to serve its benefits, just maybe not to this potential. It is critical people get at least some protein because of its benefits for hair, skin, nails, bones, cartilage, and blood. So although it may not be the best source to get lean or maintain muscle mass, it is still quite important.

Kammie Green: whats "right"

Kammie Green: hard to calculate, makes it hard for people to follow that

Kammie Green: not all negative

This field has opened me up to a lot of unknowns already, as I am sure is why nutritionists can maintain success as people are just completely unsure. Every article seems to

have a different definition of everything and we see controversy after controversy. I hope to develop enough research and background knowledge to be able to formulate my own opinions and contradict them to those people may believe. I hope to further develop a way for people to become more aware of the minor harms they are enduring as a result of small diet alterations.



Kammie Green: very general statement