I support the high protein diets but is not black and white, heavy high protein diets could be bad for your body but a proper intake is a better than most diets. I read a lot and went through many articles and I found out that there is a lot of misconceptions about Protein Diets. Because many of the disadvantages of them are not completely proven and sometimes have no fundament.

Protein produces the amino acids to keep working like a perfect machine, is great to keep your appetite in check because it keeps you full for a longer time which will make you consume less calories overall, also stabilize the blood sugar, repair your muscles, maintains strong bones, promotes heart health and longevity, if you’re doing a diet you’re most likely doing some type of exercise too and protein will repair everything in your body from the hair to the muscles. Your body uses more calories to consume protein than consuming fat and carbs and that’s another advantage. Great choices to add to a high protein diet are: beef, whey protein, lentils, wild fish, chicken, beans, milk, yogurt, eggs and cheese. In the long term keeping this diet is easy, foods are accessible and you can just the method of 1 cheat day to eat whatever you like and consume some sugar because these diets suppress sugars and our body is going to be having a sugar rush every day. Be consistent and the body will adapt.

Why don’t overdue:

Many high protein diets include almost total elimination of carbs these could result in serious effects, will completely reduce the glucose which will affect the brain and muscles. That’s why we need some portion of carbs and vegetables, it is wise to always keep eating some carbs even when taking high levels of proteins. There are also some high protein diets that go beyond the necessary and try to push you to eat more than 100g of protein, this is totally useless because after your body gets the necessary amount it will get rid of the rest. For example, someone with 150 pounds needs 54 grams of protein a day, going beyond that a little bit is ok, but doubling is dangerous to our body. The body goes through a process called ketosis where we get headaches and nausea in the short term.

Taking protein supplements is fine, they are rigorously tested but is always better to eat animal or plan based protein without processing, specifically plant based like black beans, split peas, peanut butter, tofu, etc. Animal-based protein is often related to cancer and other diseases when overconsuming, that’s why many diets try to limit meats to only 2-3 times/week. To get the necessary fat to our body fish is a great choice.

This is an example, not the best example but is valuable:  
Lebron James arguably the best basketball player in the world has this rule of cutting carbs almost completely one month before the preseason starts; is a ketogenic paleo weight loss diet. He’s a machine that goes to the gym every day but stills during summer he gains some pounds and to be ready for the season he takes this diet high in protein and one month after he losses all the weight and looks completely different, he also cuts sugar completely.

In conclusion, I totally support high protein diets, I think they are more effective than other diets but we should not overconsume protein and this is a rule for nutrition in general, eat a variety of food and as many colors as you can.

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