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Fwd: podcasts with intro proteins 1

1 message

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To: Susan Viebrock <susanviebrock@me.com>, Alan Safdi <alansafdi@gmail.com>

The next one will be on creatine. Thanks Alan

Episode Title: Protein — More Than Just Muscle

Description:

How much protein do you really need — and are you getting enough? In this episode, we explore why the recommended 0.8 grams per kilogram of body weight may be far too low, especially if you're over 50, trying to lose weight, or maintain muscle mass.

💡 Highlights include:

- Why **1.6 g/kg/day** may be the *optimal target* for muscle growth and healthy aging
- How one study showed people eating **2.4 g/kg/day** lost *more fat* and *gained more lean mass* — despite eating more calories
- What happens when older adults increase protein *just slightly* and do strength training
- A clear explanation of **sarcopenia**, the age-related loss of muscle starting as early as 30
- Vegetarian? We've got you covered with a breakdown of plant-based proteins
- Common myths about protein and kidney health — and who *should* be cautious

From eggs and edamame to Greek yogurt and lentils, this episode gives you actionable tips and research-backed guidance on protein — no matter your age or dietary preference.

🎧 Tune in and learn how to fuel better strength, metabolism, and longevity — one gram at a time.

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