

FORM

Seed Protein Redefined



Dr. Susan Mattes Bostian

Integrative Holistic Health & Nutrition Specialist

www.drsusansph.com



(610) 417-2448

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FORM has been designed to:



- ❧ 1. Promote energy and fuel performance for muscles
- ❧ 2. Support healthy body mass index and overall leanness
- ❧ 3. Repair and support lean muscle mass
- ❧ 4. Suppress appetite
- ❧ 5. Increase muscle density
- ❧ 6. Promote healthy weight
- ❧ 7. Supports triglyceride and blood glucose levels already in normal range

The Ingredients in FORM



- ❧ Sacha Inchi Seed
- ❧ Hemp Seed
- ❧ Chia Seed
- ❧ Cranberry Seed
- ❧ Pumpkin Seed
- ❧ Organic Dutch Cocoa
- ❧ Stevia Leaf
- ❧ Sea Salt
- ❧ Natural flavors



Why FORM is different than other protein powders



- *Rain FORM's Dairy free, gluten free, vegan/vegetarian, soy free, and low carb*
- *FORM does not contain Whey protein/whey protein isolate*
- *FORM does not contain soy, soy isolate, or soy based products!*
- *FORM can be easily digested*
- *FORM is so versatile it can be added to yogurt, recipes, oatmeal, and other foods as well.*
- *FORM is paleo approved*
- *FORM is made in the USA*



Why you should say no to Whey protein:

Whey protein can cause:

- ✓ Lactose intolerance
- ✓ Intestinal irritation
- ✓ Kidney stones and kidney failure due to the over abundance of protein that you ingest and cannot digest properly.
- ✓ Ketosis
- ✓ Gout
- ✓ Along with the excess protein in whey protein, there is also a large amount of amino acids that does NOT come from natural sources. If your body can't process the excess acids they'll build up in your system and turn TOXIC.

The WHEY Problem...whey defined for those who need more information...



Definitions of the types of WHEY: (Taken From INH Health and MIH Health systems sources).

Whey protein concentrate (WPC)- this includes low levels of fat, low levels of carbohydrates (lactose). The percentage of protein in WPC depends on how concentrated it is. Lower-end concentrates typically have about 30% protein and higher-end versions up to 90%. So how much protein are you really getting? Most ingredient labels do NOT detail this.

Whey protein isolate (WPI) - this is chemically processed even further to remove all the fat and lactose. WPI is usually at least 90% protein. Can your liver digest that much protein in one shake?

Whey protein hydrolysate -this is the "predigested" form of whey protein as it has already undergone partial hydrolysis - a process necessary for the body to absorb protein. **WPH doesn't require as much digestion as the other two forms of whey protein.** Commonly used in medical protein supplements and infant formulas because it is considered easy to digest, but the question is, can your body process and use it?

The problem with the protein myth...Science Made Simple



- ❧ You need amino acids in your system to MAKE proteins.
- ❧ Eating various forms of protein do not automatically mean that your body will produce the essential amino acids needed to make *the* protein it needs to function properly.
- ❧ If you just eat protein, and not the foods that naturally provide the essential amino acids you need, your body must use enzymes in order to break down those proteins into amino acids. If you don't have those enzymes, your body will NOT break down the protein...and you can't digest it. (In some cases, the protein you eat can't be broken down at all).
- ❧ That means a toxic environment.

Amino Acids 101



Scientists have discovered over 50 amino acids, and 20 of them are used to make protein in the body. The 20 key Amino Acids are broken down into categories: Nine are defined as **essential and must be made from food that we eat**. The other eleven can be synthesized by an adult body. Thousands of combinations of those twenty are used to make all of the proteins in your body. Amino acids bond together to make long chains called proteins.

The 20 Amino Acid Line Up:

Essential Amino Acids we must get from food: Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine.

Nonessential Amino Acids: Alanine, Asparagine, Aspartic Acid, Glutamic Acid.

Conditional Amino Acids: Arginine (essential in children, not in adults), Cysteine, Glutamine, Glycine, Proline, Serine, and Tyrosine.

Seed Based Nutrition



- ✓ The most basic form of nutrition for the body
- ✓ Seeds contain powerful genetic material
- ✓ Seeds contain minerals for optimal health (magnesium, phosphorus, zinc, calcium)
- ✓ Seeds provide fiber (aids in digestion, helps decrease fat absorption, helps control appetite)
- ✓ Seeds contain healthy fats that lower cholesterol and decrease inflammation: monounsaturated and polyunsaturated
- ✓ Seeds contain powerful antioxidants
- ✓ Seeds enable the liver to produce essential enzymes for effective cognitive function



Sacha Inchi Seed



Rich in protein, omega 3, 6, and 9, alpha tocopherol vitamin E, carotenoids (vitamin A), and fiber!

- ✓ 48-54% omega 3
- ✓ 33-36% omega 6
- ✓ 7.2-9% omega 9
- ✓ Lowers LDL and raises HDL cholesterol
- ✓ Regulates appetite due to tryptophan (precursor to serotonin which helps regulate appetite)
- ✓ Helps control the hunger hormones
- ✓ Omega content reduces risk for heart conditions
- ✓ Rich in antioxidants and anti-inflammatory properties
- ✓ Supports cell damage and helps with repair
- ✓ Supports lower blood pressure and improves circulation
- ✓ The Vitamin E can improve vision and eye health



Pea Protein



Peas supply 20 amino acids, the building blocks of body tissue (protein), skin, hair, nails, muscles, DNA, RNA, hormones, and enzymes that control body function.

- ✓ Supports oxygen transport
- ✓ 30% iron content that helps regulate cell growth and cell differentiation
- ✓ Journal of International Society of Sports Nutrition reports promotion of muscle thickness
- ✓ Rich in arginine required to build muscle
- ✓ Vegan friendly
- ✓ Medical News reports this fights high blood pressure and chronic kidney disease
- ✓ Can function as a short-term appetite suppressant
- ✓ Linked to lowering cholesterol and supports healthy levels of triglycerides



Hemp Seed



- ✓ 26% protein
- ✓ Source of magnesium (48) and zinc (23%), vital for hormone health
- ✓ Supports healthy blood glucose control
- ✓ One of the few plant sources of complete protein, containing all 20 amino acids (BCAAs) that the body cannot produce
- ✓ Contains 9 essential amino acids (EAAs)
- ✓ Strengthens immunity and reduces toxins
- ✓ Easily digestible
- ✓ More essential fatty acid than any other nut or seed oil
- ✓ Excellent source of polyunsaturated essential fatty acids
- ✓ Both vegan and vegetarian source of protein



Chia Seed



- ✓ Considered a 14% protein
- ✓ Was a vital source of nutrition for Mayans and Aztecs
- ✓ Rich in iron, calcium, manganese, phosphorus
- ✓ Contains Vitamin C, more than oranges
- ✓ Supports bone health
- ✓ High in fiber
- ✓ Has been known to help reduce appetite
- ✓ Helps support healthy blood glucose levels
- ✓ Anti-inflammatory, decreases blood sugar
- ✓ Medical News Today has reported that Chia has been shown to help diverticulitis



Cranberry Seed



- ✓ Contains polyphenols that support heart health
- ✓ Great dietary source of natural antioxidants which helps cell health, anti aging, and growth
- ✓ Contains antiproliferative compounds, which may slow the spread of malignant cells in the body
- ✓ Strengthens immune system
- ✓ Has been shown to support depression relief
- ✓ Helps support dental health
- ✓ Reduces side effects of illness
- ✓ Complete protein, containing all 20 amino acids (BCAAs) and all 9 essential amino acids (EAAs)



Pumpkin Seed



- ✓ Rich source of zinc, magnesium, iron, & copper
- ✓ Rich source of Vitamin E
- ✓ Anti-inflammatory
- ✓ Anti-microbial
- ✓ Supports health immune system
- ✓ Rich in omega-6 EFA and omega-9
- ✓ Supports healthy blood sugar and enhances regularity Contains naturally-occurring fiber
- ✓ Has been linked to improving insulin regulations which can help diabetics or those with low blood sugar
- ✓ Rich source of amino acids, especially tryptophan with enhances serotonin production, resulting in a mood-booster effect
- ✓ Helps carbohydrate metabolism, hormone production, improves immunity, and skin hair and nails.
- ✓ High in healthy fats
- ✓ Prevents yeast overgrowth

FUN WITH FORM



Form is so versatile you can:

- ✓ Add one scoop to your gluten free pancake mix (take out one scoop of that powder in exchange)
- ✓ Add a scoop to your favorite non-dairy yogurt
- ✓ Add some to your chia seed pudding (see recipes on next slides)
- ✓ Add a little bit of FORM to your herbal tea for a chocolatey taste
- ✓ Create a new recipe to share!

Chia FORMalicious



Recipe by Dr. Susan

You will need:

1 tablespoon of chia seeds

1 cup Almond Milk or Coconut Milk

1/2 scoop FORM

1/4 teaspoon of honey or pure maple syrup

Mix well together, let sit in refrigerator overnight.

Enjoy!



FORM ICE CREAM by Dr. Susan



Add 1 scoop of FORM

Add 2 Tablespoons of raw cacao powder

Add 3 tablespoons of light agave or honey

Add 12 ounces of unsweetened almond milk

Add 2 cups of ice

MIX WELL in your Vitamix for 1 minute!

ENJOY!



FORM



Remember that FORM is the most powerful blend of seed based nutrition for those looking to get healthy, stay healthy, create endurance, promote health, and live a life of healthy eating!

Dr. Susan does recommend one scoop per serving and makes all of her smoothies and ice creams in a Vitamix Blender.

If you are in need of a Vitamix Blender, Dr. Susan can order you one direct through Vitamix at special pricing. Feel free to contact/call to order yours today! 1(707) YOUR PH 1.



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