

# **Protein: The Foundation of Strength**

## **The Origin of "Protein"**

The term *protein* originates from the Greek word *proteios*, meaning "primary" or "of first importance." Derived from *protos*, or "first," it reflects the fundamental role proteins play in cellular structure and function. This essential substance was named by Dutch chemist Gerardus Johannes Mulder in 1838, who recognized its vital role in both animal and plant tissues.

## **My Peace Corps Experience: Discovering the Value of Organ Meats**

During my Peace Corps service in Zambia, I encountered the Bemba tribe's unique dietary customs. I participated in a traditional ceremony involving the slaughter of a goat, where organ meats—considered the most nutrient-dense parts of the animal—were reserved for the household head. Packed with glycine, collagen, and essential proteins, these meats embody a nutritional approach that celebrates the body's primary needs.

## **The Nutritional Value of Organ Meats**

Organ meats are some of the richest sources of essential nutrients available, including glycine and collagen, both critical for bodily health. By consuming organ meats, one taps into a profound source of protein, supporting cellular health and overall bodily functions. Many traditional cultures honor these foods, underscoring their importance by reserving them as a sign of respect.

## **The Role of Saturated Fat and Cholesterol**

In today's dietary discussions, saturated fats and cholesterol often face undue criticism. However, they play crucial roles in synthesizing hormones such as testosterone and vitamin D, both critical to vitality. Cholesterol, which etymologically links to *sterile steroid*, is essential for balancing hormones and supporting mental and physical health. Consuming fatty red meat provides necessary cholesterol that enhances energy, mental clarity, and well-being.

### **Bone Broth and Collagen**

The word *restaurant* originates from the French word for "to restore," named after the early establishments in France that served healing broths. Bone broth, a rich source of collagen, is one such restorative food. It aids in repairing joints, enhancing skin health, and supporting cellular regeneration. In urban areas, finding true restorative bone broth is often easiest in Vietnamese pho restaurants or Brazilian steakhouses, where you can enjoy broths and organ meats prepared traditionally.

### **The Benefits of a Carnivore Diet**

A diet centered on red meat, organ meats, and bone broth has brought a profound sense of vitality and clarity into my life. With fewer meals and minimal brain fog, I've experienced benefits such as increased muscle mass, reduced body fat, and enhanced mental focus. By reducing the digestive load of carbohydrates and fiber, a carnivore diet allows the body to function at a higher level of efficiency.

### **Conclusion: Embracing Protein and Healthy Fats for Vitality**

Focusing on protein and fat intake from whole animal sources, such as red meat, organ meats, and bone broth, provides the essential nutrients the body needs. This nutritional approach, rooted in traditional practices and supported by modern science, offers a path to enhanced health, strength, and longevity. For anyone seeking to elevate vitality, consider adopting a diet rich in protein and healthy fats, along with restorative bone broths.

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### Key Takeaways

- **Protein Origin:** Derived from Greek *proteios*, meaning “of first importance.”
- **Organ Meats:** High in glycine and collagen; traditionally reserved for their rich nutrient density.
- **Cholesterol & Saturated Fat:** Essential for hormone synthesis, especially testosterone and vitamin D.
- **Bone Broth:** Supports joint, skin, and cellular health, found in restorative foods like Vietnamese pho.
- **Carnivore Diet:** Prioritizes mental clarity, reduced body fat, and increased muscle mass by focusing on meat-based nutrition.
- **Vitality in Simplicity:** Embrace whole animal foods for optimal health, following time-tested practices.