



Trim Healthy Podcast with Serene & Pearl
Talking To The Experts ~ Bonus Series ~ Episode 5
Top 5 Benefits of EAA's
Air Date 2/22/24 ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Top 5 Benefits of EAA's

Introduction from Serene and Pearl

According to Robert W. Wolfe, one of the preeminent authorities on protein and EAAs, “EAAs are the only macronutrients that are mandatory for survival.” So, wherever you are on your journey, on the mountain or in a valley, this is for you. There are lots of benefits you'll see with EAAs, but these are 5 we are highlighting.

1. An athlete who wants to **hit peak strength.**
2. A menopausal woman who wants to **nourish your depleted muscles.**
3. Or someone amid **muscle recovery** from a serious illness.
4. Or you just want to hit peak health and **increase your energy.**
5. **Losing weight** with optimum protein intake.

EAAs are an irreplaceable piece of the health puzzle that we're exploring... once that puzzle is complete, we have a *brilliant picture* that puts EAAs in their *proper place* on our list of health priorities.

EAA's DEFINED

All proteins are made up of amino acids. Out of the 22 amino acids, nine are what are known as “essential” in the scientific world. Another quote from Dr. Robert W. Wolf, “EAAs can be thought of as the ‘active ingredient’ of protein.”

These EAA's are the amino acids that we *must* have in our diet for muscular growth and natural healing. If a food does not contain all nine EAAs, it cannot be considered a *complete protein*. It can do some jobs but not others.

Remember that a “complete protein” has all 9 EAAs.

A food lacking all nine EAAs cannot repair and rebuild your muscles... *because optimal muscle synthesis requires all nine EAAs.*

Leucine, specifically, is one of the EAAs that we focus on... leucine is one of the three BCAAs. LEUCINE is the primary MUSCLE SYNTHESIS TRIGGER... it is the amino acid that tells your body it is time to make more muscle!

“When performing resistance exercise you will get the most benefit from your EAA supplement if you take it 30 minutes before exercise. To fully capitalize on the ‘priming’ of the synthetic machinery in muscle, you should take a second dose of EAAs within the first hour after completion of the exercise. With this approach, the magnitude of the stimulation of muscle protein turnover will be much greater than achieved with either the exercise or supplements alone.” -RWW

The Lack of EAAs

Most people understand that focusing on protein is a big deal for overall health. We're also beginning to see that the presence of EAAs is an integral part of that equation. If you're consuming protein missing any of the EAA's it could have negative long-term effects.

Young people can get a bit laxer with how they do it (young physiology is much more forgiving) ... but for everyone else, it's a big deal. Your muscle starts to deplete seriously if you're not eating and ABSORBING the right amount of protein once you're over 30.

Especially for a menopausal woman who wants to NOURISH DEPLETED MUSCLES. EAAs are the key to fighting back against degeneration. Dr. Minkoff, author of ***The Search for the Perfect Protein*** tests patients for not just protein levels, but for EAAs that make up protein. Get this... virtually everyone they've tested who has a chronic ailment is deficient in EAAs!

If you are someone during recovery from a serious illness—EAAs are a natural way to AID IN MUSCLE RECOVERY... this applies to working out too!

There is a saying in the weight training community: *"You aren't what you eat, you are what you ABSORB."* With EAAs, ABSORPTION is directly related to BIOAVAILABILITY.

Bioavailability

EAAs have more than three times the bioavailability of regular forms of protein, and they allow you to ingest fewer actual grams of protein (along with far fewer calories) and receive far greater bio-equivalent amounts. EAAs do not rely on your digestion pathway. After consuming, they directly enter your muscle cells and perform their recovery and rebuilding work there... what's left over goes to work on repairing your immune system, your brain function, and a myriad of other bodily functions.

These truths about the effectiveness of EAAs are also fantastic news for:

1. **Athletes**—especially before and after a workout.
2. **The convalescent**—Studies have shown EAAs can greatly reduce or even eliminate this muscle wasting that people endure on bed rest.
3. **Women in perimenopausal/menopausal/postmenopausal** and those who are fighting muscular degeneration and seeking to increase their bone health.
4. **Those with a compromised gut.** Protein breakdown relies on the gut's production of enzymes. Gut issues can cause serious protein deficiency.
5. The elderly... elderly people have diminished enzyme capability. You bet we have our eighty-something-year-old parents taking them!

Energy Increases and Fat Loss with EAAs

If you simply want to be your healthiest self, with mental clarity and INCREASE ENERGY, EAAs are the tool to find that happy place. After your lean body mass is sufficiently fueled, whatever is left over goes to work mending broken fences in other parts of your body. Thanks to their high bioavailability, EAAs do not pose the potential problems that consuming large amounts of food-based proteins can pose. EAAs do not sit in your bloodstream as sugar and then get transferred to your fat cells like animal proteins can do when ingested in high amounts.

"Diet-induced thermogenesis...can help to preserve muscle and accelerate fat loss by increasing the metabolic rate for several hours after EAA intake." - Dr. Robert W. Wolfe

Therefore. 5 EAAs can also certainly be a tool for healthy WEIGHT LOSS. Here's the brilliant reality, EAAs are already broken down into their most available form. They go straight to work! Now... let's connect the dots. We have painted an overarching picture with EAAs. NOW LET'S DIG DEEPER AND GET PRACTICAL.

How Much Do We Need?

The optimal bolus of 3 grams is not a problem with the right EAA supplement. Any meal that is not high enough in leucine can be supplemented with EAA's and you'll hit the mark!

Leucine comes to the forefront the more you study protein. *In the scientific world, amounts of leucine are spoken of in terms of "bolus"*. A 2–3-gram bolus of leucine, in your meal or snack, makes muscle repair happen. Most of the research shows the best muscle repair happens when leucine is at a full 3-gram bolus. So, for post-workout, 3 is the number you want to shoot for.

But for leucine to fuel muscles, it can't be isolated... it must be in the presence of all the other EAAs to be effective. Muscle synthesis can still work without glycine, but it works better when glycine is in ample amounts.

Never get fooled into purchasing leucine alone as a workout fueling supplement or any workout supplement that is just branch chain amino acids (BCAAs).

Always remember that for your muscles to be fueled, all essential amino acids must be present. We encourage you to do a quick online search on "problems with BCAA supplements alone" if you're curious. When it comes to your post-workout protein fueling, hit your bolus of 3 grams... for your everyday meals, hit a 2+ gram bolus.

When it comes to whole foods that contain leucine... animal protein forms contain the highest amounts and they also perfectly provide all the essential amino acids as well... such as whole eggs, egg whites, meat, and fish... just over 4 ounces of these foods provide you with a nice 2.5-gram bolus. You get all you need from reasonably conservative amounts of meat.

Summing it Up!

No matter what your goals are, and no matter what stage you're in - EAA's are essential for attaining COMPLETE PROTEIN which is what your muscles need for growth and health. Lack of EAA's significantly detrimental to your health in significant ways. The power of leucine is undeniable. The 3-gram bolus is your key takeaway. And bioavailability trumps all the other metrics regarding protein. HENCE the focus on EAA's!

Digging Deeper

Book: [A Guide to Amino Acids and Protein Nutrition by Robert W. Wolfe](#)

Book: [The Search for the Perfect Protein by Dr. Robert Minkhoff](#)



PRODUCT SPOTLIGHT

TH ESSENTIAL POWDER Pure Amino Acid Formula

Why is our **ESSENTIAL** the healthiest supplement needed for healthy weight loss, bodybuilders, athletes... but also menopausal women and the convalescent??

ESSENTIAL gets your muscles what they need, when and how they need it.

It is swiftly absorbed into your muscles and utilized quickly.

- *90 bioequivalent grams of protein in just one scant TBSP serving.*
- *Swift muscle replenishment with a 3-gram bolus of liposomal leucine*
- *Amps protein in any meal or snack*
- *Fights loss of lean body mass and insulin resistance*
- *Gentle on kidneys and vegan-based*
- *Suitable for athletes requiring large amounts of supportive protein.*
- *Helps aging adults with energy and recovery.*
- *Excellent for those who are convalescing and at risk of muscle loss from inactivity.*

ESSENTIAL is a custom blend of pure essential amino acids that provides high bioavailable protein.

- When properly compounded, EAAs feed muscles, cut fat, and promote recovery.
- ESSENTIAL has the highest protein biologically available at nearly 100% absorption.
 - *It fuels your workouts,*
 - *Amps up the protein in your meals and snacks,*
 - *Enhances mental focus, and helps you live a more active lifestyle.*
 - *Using ESSENTIAL is like getting the protein amounts from eating a massive steak or chicken breast but in just one tablespoon!*

How is ESSENTIAL different?

Many EAA formulas are derived from sub-standard sources of amino acids, but ours must pass with flying colors. The free-form amino acids in ESSENTIAL have five times the bioavailability of regular forms of protein.

What about the taste?

EAA formulas have a reputation for bad taste. NOT ESSENTIAL... our proprietary process has enhanced the taste by using higher amounts of glycine and a natural citrus flavor. On a personal level, in the last few years, we've tried a great many EAA formulas. In comparison, we love the taste of ESSENTIAL.

ESSENTIAL can help keep ample protein servings coming in throughout your day. While eating basic food protein is still crucial, you cannot overdo ESSENTIAL.

- *We suggest a beautiful balance.*
- *Don't completely replace your whole food proteins with it.*
- *We suggest a limit of two to three servings of ESSENTIAL per day.*

Digging Deeper

Book: [A Guide to Amino Acids and Protein Nutrition by Robert W. Wolfe](#)

Book: [The Search for the Perfect Protein by Dr. Robert Minkhoff](#)

[For More Trim Healthy Podcast Summaries Click Here](#)