

Why I Prescribe “The Best” Plant-Based Protein Powder on the Market to My Patients

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For those of us who get excited about health and nutrition, we needn't look far before we are bombarded with the “WHYS” (or “WHY NOTS”) of introducing additional protein into our daily diets. Infomercials, magazines, blogs and online reports inundate us with the latest and greatest protein supplements and products. And then we are left to sift through countless pages of information, having to decide for ourselves which product truly is the BEST.

If this sounds all too familiar, then you are not alone. As a chiropractic physician with a passion for nutrition, I am a strong advocate of protein supplements—especially plant-based protein powders. This is a personal preference based on many years of clinical experience and outcomes. I shy away from the animal-derived powders as my research has shown an estimated 1-3% of the population to be allergic to dairy and/or whey products. Even a larger number suffer from excessive mucous production, constipation, bloating, and systemic inflammation after ingesting animal-based proteins.

But not even plant-based protein powders are free of negative health effects. In a current study performed by The Clean Label Project, it was shown that a large number of plant-based protein powders contained significant levels of contaminants including heavy metals. This is due in part to the plant's natural tendency to absorb metals from the soil. However, metal absorption in and of itself is not a bad thing. Our bodies actually NEED metals—even some “heavy metals” in the proper amounts and proportions.

Metals enable the healthy function of the brain and organs. They are required in the formation of blood, bones, teeth and other vital tissues. These necessary metals are generally found in a typical, diverse diet. If a person is deficient in specific metals, a myriad of problems and diseases can occur. Conversely, excess metals, often caused by supplementation, can also cause various health problems.

Most of us are NOT protein deficient and do not NEED protein powder per se. We can get all the protein we need (apprx. 50 grams per day) from organic plant-based whole foods including fruits and vegetables, oats, potatoes, beans, peas and lentils, as well as nuts and seeds. So why do I encourage my patients to use plant-based protein powder? Because most of them, including myself, do not always eat properly. We settle for quick, convenient, and nutrient-deficient processed foods. Plant-based protein powders are a viable solution to getting proper nutrition. The question becomes: which of all the plant-based powders on the market do we use?

ReboundAir Nutrition Meal Replacement Shakes provide a whole foods alternative. These shakes use a single source of European pea protein grown under optimal conditions and shown to have maximum bio-availability. Plant-based proteins from geographic areas such as China, where heavy metals are found in higher amounts, are NEVER used. This super-concentrated whole food blend contains a variety of vitamins, minerals, carotenes, protein, and omega-3 fatty acids. It also contains a proprietary blend of the world's most phytonutrient-rich berries and energy-boosting super greens. Fortified with natural occurring Prebiotics and Probiotics for healthy immune function, and over 74 real food-based trace minerals for healthy pH balance, ReboundAir Nutrition Meal Replacement is the BEST whole foods meal replacement on the market.