



"Because Optimal Health Is The Ultimate Goal" - Volume 4 No. 2 - February 10, 2010

## Hemp: The Forgotten Protein

Link - <http://www.pitchingdoc.com/index.php?p=84282#1>

### **First: A Forgotten History**

- Despite its' [current public perception](#), hemp has held [a prominent role in the U.S. for nearly 150 years](#).
  - George Washington and Thomas Jefferson encouraged cultivating hemp for the production of rope, sails, cloth, and paper.
  - Henry Ford even experimented with using hemp as a component in his automobiles.
  - During World War II, the U.S. Dept. of Agriculture produced [a film in 1943 called "Hemp for Victory"](#) and called hemp "*indispensable...in the service of mankind.*"

### **Second: Hemp As A Complete Protein**

- Few know that hemp protein is a remarkable food, called by some "[the most nutritionally complete food source in the world](#)".
- Hemp protein:
  - has all of the 8 amino acids humans cannot make but must get from food,
  - is highest than any plant in a [protein called edestin](#) that strengthens our immune system.
  - Has a better omega-3 to omega-6 fatty acid content than flaxseed oil.

### **Third: Hemp vs Soy, Whey, and Flaxseed**

- [Compared to Soy](#), Hemp protein:
  - Has more digestive protein
  - Has much higher levels of omega-3 fatty acids



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- Has much lower levels of pesticides because it is so much easier to grow
  - [Compared to Whey](#), Hemp protein:
    - is more easily digestible
    - is more natural than most whey proteins which are significantly processed
    - contains fiber, whey doesn't
    - contains "[good bacteria](#)" called [probiotics](#) to strengthen the immune system
  - [Compared to Flaxseed](#), Hemp protein:
    - Contains the "perfect" 3:1 ratio of omega-6 to omega-3 fatty acids
    - Does not contain linseed oil (as flax does) which has been chemically modified in most flax brands.
- So, for those looking for an alternative to Whey, Soy, or Flaxseed, Hemp protein can be a great addition to your diet.

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**Dr. Arnold's Recommended NOW Foods Product of the Month**

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