

The Free Fitness Tips Newsletter – February 2009

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Hello everyone. Welcome to the June 2009 edition of the **Free Fitness Tips Newsletter**. It has been quite a while since the last edition of the newsletter but hopefully I will get them out a little more regularly from now on. This month's newsletter includes:

- [Featured Article!](#)
- [Free Fitness Tips Blog Updates!](#)
- [Final Words!](#)

1) Featured Article

This month I finally finished off my series of articles on [carbohydrates](#). I also expanded on my current selection of [protein](#) articles. Overall, there were lots of great articles to choose from but I decided to go with...

The Disadvantages of Consuming Too Much Protein



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My last couple of articles have looked at [protein](#) and the [health benefits](#) it can provide. Although it is a fantastic macronutrient that acts as the building blocks for your body, protein is not without its faults. Consuming too much protein can cause a number of health problems. In this article I will be discussing some of the potential problems associated with overdosing on protein in greater detail.

1) IT CAN CAUSE DEHYDRATION:- According to [this study](#) increasing your protein intake can also increase levels of dehydration. The study looked at five endurance athletes who consumed low, moderate and high levels of protein over a period of four weeks. The findings revealed that as protein intake went up, hydration levels went down. Dehydration can put you at risk for a number of health problems and heat related illnesses.

2) IT CAN INCREASE FAT STORAGE:- One of the common misconceptions surrounding protein is that you can eat as much as you like and you will not get fat. However, the simple truth is that if you eat too many calories (whether they be [carbohydrate](#) calories, protein calories or fat calories) any excess will be stored as body fat. Increasing your protein intake and reducing your carbohydrate intake whilst staying within the limits of your daily [metabolism](#) can stimulate fat burning in your body. However, increasing your overall caloric intake by eating more protein will ultimately lead to fat storage.

3) IT CAN CAUSE DIABETIC KETOACIDOSIS:- Eating high levels of protein and low levels of carbohydrates causes your body to enter a state of ketosis. This is a state where there is no glucose available in your blood in your blood to use for energy. Since there is no glucose available your liver starts to convert body fat into fatty acids and ketones which can then be used for energy. Whilst this is a popular fat loss method it can also be dangerous for [diabetic people](#). Ketones are acidic and can therefore cause a number of problems including nausea, vomiting and even death. In non-diabetic people blood ketone levels are controlled by insulin. However, diabetic people struggle to produce adequate levels of insulin and ketosis can quickly turn into [ketoacidosis](#), a state where the level of ketones in your blood is extremely high. This then leads to the problems discussed above.

4) IT CAN LEAD TO KIDNEY STONES:- Studies suggest that high protein diets (particularly those high in meat protein) may be partially to blame for kidney stones. The reason for this is that when you consume protein it is broken down into acids including uric acid. This then increases the overall acidity of your blood. Your responds by releasing the alkaline substance calcium phosphate from the bones into the bloodstream. Ultimately, this can then lead to an increase in urine levels of both uric acid and calcium. These substances may then form into insoluble crystals (kidney stones) which are excreted in the urine.

5) IT CAN CAUSE OSTEOPOROSIS:- As I mentioned above eating high levels of protein can ultimately cause your body to release calcium phosphate from the bones. A lack of calcium in the bones can then lead to a condition called osteoporosis where your bone density becomes reduced. Osteoporosis causes your bones to bend, break and fracture much more easily than someone without the condition.

As you can see from this article protein is not perfect. Consuming too much can cause serious health problems. Although it is a vital macronutrient which helps keep you alive excess protein consumption is not advised. Increasing your protein intake at a sensible rate should not cause any of the problems listed above and may help you build muscle and burn fat. Just ensure that you do not go overboard.

2) Free Fitness Tips Blog Updates

This month I started writing for the [Free Fitness Tips](#) blog again after a long, long break of almost four months. The two main topics I covered were [carbohydrates](#) and [protein](#). I began by following up on my first carbohydrate article; '[What are Carbohydrates?](#)' (which I wrote way back in February) with a further five articles. I then revisited protein with three new articles. Plus, I also had an excellent guest post from Nicole White on staying fit over the summer months. The full list of this month's blog articles is below:

- [The Glycemic Index Explained](#) - June 1st 2009

- [5 Top Tips Consider When Choosing Carbohydrates](#) - June 5th 2009

- [The Benefits of Carbohydrates](#) - June 7th 2009

- [The Disadvantages of Consuming Too Many Carbohydrates](#) - June 10th 2009

- [7 Healthy Carbohydrates That You Should Be Eating Regularly](#) - June 13th 2009

- [3 Enjoyable Ways To Stay Fit In The Summer](#) - June 16th 2009 (Guest post from Nicole White)

- [What is Protein?](#) - June 21st 2009

- [The Benefits of Protein](#) - June 24th 2009

- [The Disadvantages of Consuming Too Much Protein](#) - June 27th 2009

3) Final Words

As I mentioned above it has been a long time since I last updated the blog. However, now I am back with fresh, new content and hopefully it will be the first batch of much, much more. In July I plan to write much more on the topic of protein and look at each of the 22 amino acids in greater detail. Until then I hope you have enjoyed this month's blog content and this month's newsletter.

Have a good one,

Tom Parker (Owner and Creator of Free Fitness Tips)

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