



# The Whey Protein HOAX

*Deceit, Misinformation and outright lies exposed.*

BY MIKE MILIC

# Is Your Protein Shake Muscle Builder Or Health Destroyer?

Shocking Closely Guarded Secret Exposed In This Report...  
Is Going To Change For Ever... The Way You Thought  
About Protein Shake Industry.

Dear Health Friend,

How many times have you read how you could "Transform Your Body With The Latest Protein Shake Craze", only to find out it wasn't true?

But you didn't know why...

How often do you hear from doctors and "nutritional experts": "You Have To Include Whey Protein In Your Breakfast", only to find out you feel bloated, nauseous and your energy levels almost non-existent?

But you don't know why...

I don't blame you... it's not easy to get out of the clutches of conventional "wisdom".

Here is why...

**99% OF WHEY PROTEIN POWDERS ON THE MARKET ARE NOT FIT FOR HUMAN CONSUMPTION:**

## **1. Manufactured from waste by-product of cheese making**

Literally thousands of tons of cheese are manufactured every day. As a by-product there are vast amounts of unwanted liquid whey. According to the regulations this by-product has to be disposed of in a specific way and in a specific place, which incurs costs to the manufacturer.

To kill two birds with one stone, this waste by-product is offered for free to the whey protein manufacturers. Of course they accept it with open hands... who wouldn't.

Now they have the raw material which costs them nothing, from which they concoct their "super whey protein" and dump it on millions of unsuspecting consumers.

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## **2. Milk produced by silage and grain fed cows**

Commercial milk is usually produced from cows that have never seen or walked on green pastures. They are housed in feedlots and fed silage and grains. This type of fodder produces grossly inferior milk.

To increase the production of milk, cows are regularly injected with hormones and other enhancing drugs, degrading the quality of milk even further.

The living condition in the feedlots to say the least is appalling. Most of their life, the cows spend in the manure mud up to their udders. The result is tremendous stress and ultimately disease. This calls for perpetual use of antibiotics.

Now we have milk saturated with hormones, antibiotics and seriously nutrient deficient. This milk is already unfit for human consumption. The crazy part is you won't hear even a whisper from the authorities ... in fact they totally approve of it.

But read on... it's going to get much worse.

## **3. Amino acids denatured and most nutrients destroyed**

In the cheese manufacturing process the whey is separated from casein curd. To accomplish this, the cheapest and simplest method called acidification is utilised. Acid damages the structure of amino acids and very important peptides, rendering them denatured.

To make the situation even worse, the milk is ultra-pasteurized. This is extremely harmful process - it totally destroys enzymes, beneficial bacteria and further denatures all other components of the milk.

As a result we have an explosion of health conditions related to pasteurized milk and milk products. Remember, this is all happened before protein shake manufacturers even touched the liquid whey.

Imagine what will happen after they employ their "state of art" perfected manufacturing process. But let me tell you... the only art they perfected, is the art of deceit, half-truths and outright lies. Of course they are not going to tell you that... how could they.

## **4. Filtered to the point of being synthetic**

Our whey protein is the purest isolate on the market! These are the unashamed words of most whey protein marketers. This is a classic example

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how in the world of marketing, you can use poison as a marketing advantage. Of course they don't call it poison... they call it pure isolate.

And that is the trick everyone falls for...

Are you the one who fell for it?

If you are in South Africa and you use whey protein shake, then most definitely you are. And the situation is similar everywhere around the world.

But it's not your fault... it's the pure treachery of the marketers.

For those who understand nutrition, the word isolate is a swear word. In nature there is no such thing as isolate. As a result our body cannot recognise isolates ... it sees them as a foreign substance. Hence the epidemic of allergies.

However, there is good news... I'll tell you about it in just a minute.

Back to the subject...

After the protein manufacturers receive their denatured, nutrient deficient, antibiotic laced and hormone "fortified" liquid whey, they embark on production of the whey protein. The product is manufactured by the method of filtration.

Normally one or more of the four methods of filtration are utilised:

- Cross-flow filtered
- Micro filtered
- Ultra filtered
- Or ion exchanged

Some whey proteins are hydrolysed... which means acid processed on high temperature. No matter what process they use, the final product is something that no human being should put in his or her mouth. And no one would, if they just could taste it right after the production... the crap is bitter and vile beyond belief.

The process of creating protein isolate is now complete. Now you have a product where all very important peptides, minerals and vitamins are removed. The only thing left is totally denatured amino acids. This is what they call pure isolate... and they even brag about it.

But wait... this is not the end of the fiasco... there is much more to come.

## **5. Instantized with soy lecithin and chemical detergents**

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Because the finished whey product is stripped of vitamins, minerals and fats, leaving only denatured components, it becomes insoluble in water. This presents a problem for the manufacturers... nobody would buy a product which can't be dissolved in water or any other liquid.

But don't despair, when it comes to transforming poison into something more presentable, they are a fountain of innovation and masters of deceit. They have discovered that by adding a few other poisons called detergents, the product becomes water soluble.

And you already know that detergent is something you'll find in your soap. And yes... if you're using whey protein isolate you're also eating soap. Although detergent is harmful in the soap and even more in the whey protein isolate, you'll be presented with the mountain of "scientific evidence" that detergents are very safe.

Of course this is a blatant lie...

In addition to detergents some manufacturers are also using soy lecithin... another cheap and nasty industrial waste by-product. Lecithin is manufactured from the sludge, leftover from soy oil extraction. As a solvent, hexane a petroleum derivative is used.

The smell of lecithin is so dreadful... you wouldn't give it to your worst enemy. As usual there is a simple solution... a few more chemicals to mask the smell.

Stay with me, the carnage is not complete yet... but remember there is good news coming.

## **6. Loaded with additives, colourings and artificial flavourings**

The last step in the manufacturing process is to make the whey protein isolate palatable, visually presentable and to satisfy the taste buds as much as possible.

Once again a heap of chemicals will do the job. Each of the chemicals is dangerous to your health... yet once again you'll be assured that these "natural" ingredients are perfectly safe for your health.

Once again it's a blatant lie...

And to make this assurance more believable, they list these chemicals under unassuming names. For example MSG (most of people are familiar with its toxic properties) is hidden as:

- Textured protein

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- Hydrolyzed protein
- Calcium caseinate
- Sodium caseinate
- Yeast extract
- Autolyzed yeast

And many other names. Equally dangerous are the sweeteners used in the product, like aspartame, neotame, acesulfame potassium, sucralose, sugar alcohol and saccharin. The most dangerous are so called "natural sweeteners" as corn syrup, high fructose corn syrup (HFCS) and crystalline fructose.

Here is the verdict... If you want to preserve your health and prevent premature aging, anything heavily processed in the factory or anything made in the lab, you don't put in your mouth. Period.

Why is this happening?

I can hear you asking...

How can this be possible? This can't be true? Why is no one doing anything about it? Well, very few people are aware of this. And the marketing machine is making sure that no one finds out.

Marketing "science" is not about how to make quality whey protein shake... it's about how to make money. Marketers have no clue about health, nor do they care about your health.

And here is a shocker...

Most of companies manufacturing whey protein shake are **MARKETERS**.

Sadly most of people listen to the marketers. But it's not the people's fault... it's the unbelievable power of the marketers.

Marketing is the most powerful instrument ever devised by men. And the marketers are the most influential people on the planet. Believe it or not, your life is ruled by the marketers.

Like it or not, your thoughts are controlled by the marketers. I know, many people are offended by these statements. I apologise, but I had to tell you the truth.

Let me prove it to you...

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99% of people who use whey protein shake are buying whey protein made from the waste of cheese making. Yet, these products have only one function... to ruin your health.

Or how about this...

Over five billion people drink a certain non-alcoholic drink (you know which one I mean), yet this product is a pure poison, and is devastating to your health.

The question is... who in his or her right mind would consume these products, knowing the harm they can cause?

Of course no one...

So, why is everyone buying them?

Because of the magic power of the marketers.

## **HOW TO IDENTIFY QUALITY WHEY PROTEIN SHAKE**

### **5 facts you should be looking for when choosing quality whey protein**

Made from raw milk derived from grass-fed cows. The herd is grazing 365 days on green pastures... no grains, corn silage or any concentrates are used... naturally grown pastures without artificial fertilizer, herbicides, pesticides or any other chemicals. The cows are free of growth hormones and antibiotics.

1. Concentrate and not isolate.
2. Manufactured on low temperature, non-acid treated.
3. Appropriate filtering process employed – all sensitive milk components intact.
4. It must have natural smooth creamy taste... easily soluble... no aftertaste.

If your whey protein doesn't contain all these characteristics, you are buying a grossly inferior product which has no benefits for your well-being whatsoever... but a tremendous potential to do a serious damage.

I know it is very difficult to get whey protein shake with this exceptional quality... or should I say almost impossible... but I'll tell you in just a minute where to get it.

The benefits and crucial importance of quality whey protein

Although most of us consume more protein than our bodies need, we are seriously protein deficient.

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How can this be?

Because the food that contains quality protein we either cook or process heavily. The result is denatured protein which is not suitable for building healthy cells and healthy muscles.

While denatured protein still builds the cells and the muscles, these muscles are much more prone to disease and they perish easily.

It's like building two houses... one from very good material... and the other from inferior material. They'll look the same but one of them will crumble in no time. And you know which one.

Regular use of quality protein is vital for everyone... even more so for person over 50. Our skeletal structure is held by the muscles. When we get older the muscles perish and become weaker displacing the skeletal structure.

This has major health implications:

Our joints are subjected to much more stress triggering arthritis or other joint ailments.

We become less mobile and susceptible to accidents.

The cavity where our internal organs are situated shrinks and the pressure on the organs increases... causing them to malfunction.

Quality whey protein is powerful immune booster and unique antioxidant

One of the most vital components in our immune system is glutathione. And the precursor of glutathione is very fragile amino acid... cysteine.

This amino acid is found in abundance only in the whey protein derived from grass-fed cows. Only quality cysteine is converted by the body into glutathione.

The other components, which play the role in glutathione creation, are immunoglobulin, serum albumin and lactoferrin. Again... these nutrients are only found in the whey protein derived from grass-fed cows.

So, the only natural way to detox, protect your body from bacteria, viruses and prevent diseases is to provide the building material for your immune system. And there is no better food on earth to accomplish this, than the whey protein derived from grass-fed cows.

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### Where do I get this quality whey protein shake?

If you want to preserve and build healthy muscles, prevent premature aging, maintain healthy blood sugar, build strong bones, lose or gain weight, prevent diseases, recover fast from injuries, keep the blood pressure in check and have plenty of energy, then click on this link... [NUTRISMART WHEY PROTEIN.](#)

Like this report? Share it with your friends on Google, Tweeter, Facebook, and LinkedIn. You can even e-mail it. They'll be grateful to you... so will I.



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