

Does eating a high
protein diet harm you



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Protein is required by the body for the growth, maintenance and repair of all cells.

Protein is a major component of all muscles, tissues and organs and is vital for practically every process that occurs within the body such as metabolism, digestion and the transportation of nutrients and oxygen in the blood. Having a high protein diet can be harmful to your health. High Protein diets have been implicated in several chronic diseases including heart disease, cancer, osteoporosis, obesity and kidney stones. A high protein diet intake does not cause kidney disease but it does increase the work of the kidney and accelerate kidney deterioration in people with chronic kidney disease. One of the main concerns has to do with the stress put on the kidneys.

It is important for people on high protein diets to exercise, because it can help the kidneys flush wastes out of your system more effectively. Another issue regarding getting too much protein is leeching of calcium from the bones. The acids released by the body as it digests protein are absorbed with the help of calcium. Read about diabetic emergency So if you aren't getting enough calcium, your body will take calcium from your bones. The Nurses Healthy Study even showed that women who ate more than 95 grams of protein were more likely to have broken their wrist than were women who ate less protein. Some high-protein diets restrict carbohydrate intake so much that they can result in nutritional deficiencies or insufficient fiber, which can cause such health problems as constipation and diverticulitis, and may increase your risk for certain types of cancer. A High Protein diet restricts healthful foods that provide essential nutrients