

Protein: Signs of Excess and Deficiency

Signs of Excess Protein

- Kidney stress leading to low back pain
- Bone loss
- Decreased appetite
- Nausea
- Acidic urine and saliva
- Dehydration
- Constipation
- Increased risk of cancer and heart disease

Signs of Deficient Protein

- Low energy
- Poor immune function
- Hormone imbalance
- Depression
- Muscle weakness
- Weak brittle nails
- Hair thinning or falling out
- Poor recovery from injury
- Inability to increase muscle bulk or strength with weights