

WHAT ARE AMINO ACIDS ?

by

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About one-sixth of your body weight consists of proteins, which make up the main part of tissues such as muscles, skin, hair and nails. All proteins contain nitrogen, as well as carbon, hydrogen and oxygen found in many organic molecules. They are BIG molecules: one protein molecule may contain thousands of atoms. There are two main types of proteins **STRUCTURAL & FUNCTIONAL** (1)

STRUCTURAL proteins are the body's building blocks, scaffolding, girders, cladding plates and tiles.

FUNCTIONAL proteins are enzymes, which are the chemical handlers and regulators –THE CONSTRUCTION WORKERS THEMSELVES.

ALL THE THOUSANDS OF PROCESSES UPON WHICH HUMAN LIFE DEPENDS ARE CONTROLLED BY ENZYMES, **AND ALL ENZYMES ARE FUNCTIONAL PROTEINS.** (1)

“**Enzymes** are biological catalysts - catalysts are substances that increase the rate of chemical reactions without being used up.

Enzymes are also proteins that are folded into complex shapes that allow smaller molecules to fit into them.

The place where these substrate molecules fit is called the active site”(2)

(Enzymes are especially prevalent in the chemistry of digestion, where they act as ORGANIC CATALYSTS to break up large food molecules into ones small enough to be absorbed)

EACH PROTEIN EATEN IN A FOOD IS MADE UP OF A CHAIN OF SUB-UNITS CALLED AMINO ACIDS, STRUNG LIKE BEADS ON A NECKLACE. (1)

refer in depth study :

https://en.wikipedia.org/wiki/Amino_acid

BOTTOM LINE :

WHY WE USE AMINO ACIDS AT HEALYS HEALTH URBAN MUSCLE ?

IN their purest form 'free form Amino acids' as explained above are the :

FUNCTIONAL CATALYSTS FOR EVERY BIO-CHEMICAL REACTION IN THE BODY

So it would make TOTAL SENSE to use 'free form Amino Acids' to FINE TUNE the BODY'S FUNCTIONS .

SIMPLY PUT we use Healy's Health Urban Muscle AMINO ACIDS to MAXAMISE THE BODY'S :

***IMMUNE SYSTEM**

***REBUILD MUSCLE TISSUE**

***RECOVERY FROM TRAINING**

The Training benefits of free Form Amino Acids are HUGE but the FACT is that the **HEALTH & WELL-BEING BENEFITS of free form amino acids ARE FAR GREATER IN SCOPE** and in fact 20 years of medical research have gone into the TRIED & TESTED Free Form Amino Acids we use in all of our formulas.

HEALTH & WELLBEING BENEFITS LIKE:

*Liver Detox

*fat transporters

*Burn fats more efficiently

*Nervous system Neurotransmitters function
(cleans and rebuilds the Human 'spark plugs')

*Immune System

*Lowers Cholesterols

*Anti-depressant functions

*brain nervous system communication (through Neuro-transmitters)

*Functions improve in left and right side of brain communication mechanisms

*stops sugar cravings by supplying what the body really need (amino acids)

* anti-aging processes (cell renewal)

*Heart function (through supplying nerves and heart muscles with correct amino's)

*Fine tune the body's functions to optimum performance .

*production of ATP the body's ENERGY molecule

THE LIST OF HEALTH & WELLBEING BENEFITS WOULD FILL AN ENCYCLOPAEDIA TOO NUMEROUS TO HIGHLIGHT HERE.

EACH AMINO ACID HAS A SET OF SPECIFIC FUNCTIONS THAT BRIDGE 'TRAINING & HEALTH & WELLBEING' BENEFITS.

WE SPECIFICALLY OUTLINE THE MAIN BENEFITS IN EACH OF OUR PRODUCTS :

More ANALYSIS REFER TO THIS LINK :

<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

Remember

"YOUR HEALTH IS YOUR GREATEST ASSET "

Graham Healy founder Healy's Health

WWW.HEALYSHEALTH.COM

References (1) page 148 "The Human Body (A comprehensive guide to the structure and functions of the human body)"

References (2)

http://www.bbc.co.uk/schools/gcsebitesize/science/add_aqa_pre_2011/enzymes/enzymes1.shtml