**MUSCLE MASS RESERVOIR & AVOIDING QUARANTINE BODY**

One of the greatest long-term threats to our ability to remain healthy and function independently with advancing age is a steady loss of lean muscle mass, a condition known as sarcopenia. While doctors have long warned about the loss of bone mass (osteoporosis) that accompanies aging, scant attention has been paid to the equally debilitating loss of muscle mass commonly seen in older people.

Sarcopenia is a Greek word meaning poverty of the flesh and is recognized as degenerative loss of  [muscle](http://en.wikipedia.org/wiki/Skeletal_muscle) mass and strength, limited mobility, and increased susceptibility to injury. This one vital aspect of human strength determines how easily a person will recover from injury and deal with inflammation. [[1]](#footnote-0)[[2]](#footnote-1) All fetal cells constructed from protein.

Surgery, injury or Infection increases the need for protein. One of the strong theories around toxemia is low protein level. Skeletal muscle reservoir of amino acids to other tissues as brain and blood. Our Brain, heart and liver rely on a steady supply of amino acids. Three amino acids-Leucine, Isoleucine, and Valine make up more than a third of our muscle protein reservoir. Of these three, Leucine is the only amino acid that breaks down the old, and makes a newer, denser muscle protein even more capable of handling stress. Without this synthesis, our muscles atrophy. Anyone over 40 needs at least 40 grams of useable protein to maintain a healthy stockpile of these amino acids, especially Leucine, to encourage rapid healing.

RECOGNIZEABLE PROTEIN SUPPORT FOR MUSCLE MASS:

How does one consume enough useable protein? It’s not only the source but also the body’s ability to digest protein that allows us to build this all-important muscle mass reservoir. Researchers divided a bunch of overweight people into three groups. One group ate the Recommended Daily Allowance for protein, which amounts to about 10% of calories, or 50g per day. The second group ate twice that much and a third group ate 3 times that much.   Then, the researchers put all three groups on a calorie-restricted diet, during which everyone lost about the same amount of weight--approximately 2 pounds a week. But there was one big difference. The group that ate 20% of their calories from protein (which translates to about 100 grams or approximately 3/4 of a gram per pound of body weight) lost less muscle and more fat than the group eating half that much. That's great news!

1. <https://wholisticmatters.com/nutritional-needs-are-central-to-sarcopenia-management/> [↑](#footnote-ref-0)
2. [↑](#footnote-ref-1)