

# FITNESS UPON THE SHOULDERS OF GIANTS

## PROTEIN:

### THE EFFECT ON CONNECTIVE TISSUE BREAKDOWN



Connective tissue breakdown is one of the topics of major interest to me, in fact prevention of connective tissue breakdown is my life's work, utilizing a technique called **DMT™ - Decompression Mobilization Therapy**.

Generally people are led to believe that joint problems are just part of aging or genetic inheritance, meaning inherited, so people again in general just settle for 'their lot', there is a partial truth in this.

***Let's take a step back in time when scurvy was rampant amongst sailors.***

Was it that these people were genetically weaker, or getting older?

No, it was a deficiency in their diet.

After much research they found it was the deficiency in vitamin C, so limes

or citrus were taken on board. Scurvy happens even in our modern era. Again rickets which is the lack of vitamin D, happens in our modern day.

What? How on earth can this happen?

Even in Australia, where sunshine is at it's best year round, made headline news in the New York financial Times, by having an outbreak of Rickets.

***So why did this happen in our age of 'knowledge'?***

It happened through paranoia, people getting scared of the sun and forgetting history. So much for intelligence.

***Now, back to my pet subject, connective tissue breakdown.***

When the body becomes depleted in protein it sources or cannibalizes >>>

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itself to restore blood serum levels of protein and the source it cannibalizes is **CONNECTIVE TISSUE!**

So after you have read my article on the sun and it's importance you may read the period of protein uptake in the body.

Protein is used by all cells in the body and the major organ which needs protein is the brain.

***What happens when some thing does not get enough of what it needs?***

It stunts the growth or dies. So with the brain, what is often classed as diseases is simply malnutrition.

***I look forward to conversing with you in my next article, MAINTAINING YOUR VASCULAR SYSTEM©.***



*Peter Ottens*

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