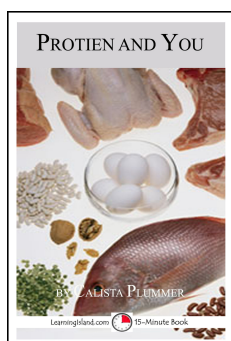


# BESTSPINALDECOMPRESSION.COM Ebook and Manual Reference

## PROTEIN AND YOU EBOOKS 2019



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How many times has your mom told you to eat something because it has protein? She's right. Protein is important to eat protein every day. But do you know why? What do proteins do for you? What are complete and incomplete proteins? Proteins are a source of heat and energy for the body. Your body can take protein and convert it to energy. That energy generates heat. Proteins also give you amino acids. What are amino acids, you ask? Amino acids are building blocks for your body. They help your body to grow, and to repair itself when you have an injury. So if you don't have enough protein in your diet, you don't have the energy to function properly. And you don't heal as quickly or as well after an injury. Not having enough protein can also keep you from growing muscles and getting stronger. Find out more about what protein can do to you in this short 15-minute book. Ages 8 and up. All measurements in American and metric. Reading level: 5.7 LearningIsland.com believes in the value of children practicing reading for 15 minutes every day. Our 15-Minute Books give children lots of fun, exciting choices to read, from classic stories, to mysteries, to books of knowledge. Many books are appropriate for hi-lo readers. Open the world of reading to a child by having them read for 15 minutes a day.

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