

GELATIN

We have been recommending Knox gelatin in Power Tea for more than 20 years. Gelatin is 100% protein, and so yes, we are recommending gelatin because it is a source of protein.

Gelatin is, in particular, a source of the amino acids that are deficient in the muscle meat protein that we generally consume in excess. There was a time when an animal was slaughtered and all parts of the animal were consumed. Organ meats and connective tissues were prepared and eaten in various ways, and the bones were generally used in making soups, broths, and sauces and so forth. Now, we throw away all the connective tissues and organ meats and eat strictly the muscle meats.

Those muscle meats are particularly high in tryptophan, cyteine, methionine, and certain other amino acids, but low in others. Gelatin supplies a rich source of glycine, proline, and hydroxyproline --- the very amino acids found in connective tissues and that are relatively deficient in muscle meats.

Those amino acids are the amino acids most important to connective tissue, and thus the benefits reported from eating gelatin to the quality of skin, nails and hair. However, all connective tissues are equally benefitted. More important than skin, nails and hair are cartilage, ligaments, and bone. Most of the benefits that people are seeking when they supplement with glucosamine and chondroitin, are to be had by consuming gelatin.

In contrast, the amino acids found disproportionately in muscle meats (and in milk, cheese, and cottage cheese) can be considered “anti-metabolites” in some ways. In particular, they can inhibit thyroid hormone function, and, they can interfere with Sympathetic/Parasympathetic Balance, Anaerobic/Dysaerobic Balance, and can inhibit brain centers essential to alertness and cognition.

Glycine is essential to activate glycinergic receptors in the brain. The glycinergic system is essential to achieving satisfying, restorative sleep. Glycine supplementation at bedtime will benefit those suffering insomnia from many causes, including:

- elevated Histamine
- elevated Prostaglandin E2
- Sympathetic Stress Imbalance
- Dysaerobic Imbalance
- Glucogenic Imbalance
- Parasympathetic Hypoglycemia

[See our GLYCINE Article.]

Using gelatin, you can make a bedtime hot beverage for relaxation and sleep facilitation ...

Place 1 pack of Knox gelatin and $\frac{1}{4}$ tsp. salt in a mug. Pour over that 8 oz. of water at a rolling boil. Stir. Then stir in 1 tsp. of Electro Tonic and either 1 tsp. of butter or a bit of heavy cream. Then immediately submerge a chamomile tea bag.