



The Secret Ingredient for Optimal Health: Exploring the Benefits of Glycine-rich Foods

Compliments of EatRight-LiveWell™ with Tam John | FNTF | Functional Nutrition expert

In our quest for optimal health, we often focus on specific nutrients or superfoods. But what if there's one secret ingredient that could take our well-being to the next level? Enter glycine-rich foods.

Glycine, an amino acid, plays a crucial role in our body's overall function. From promoting better sleep and reducing inflammation to supporting mental clarity and aiding digestion, glycine offers a wide range of benefits.

Including glycine-rich foods in the [‘YOU Diet’](#) can have a profound impact on your health. Examples of these foods include protein-based foods like bone broth, gelatin, collagen, poultry, seafood, and legumes.

But why is glycine so important? Research suggests that glycine may help regulate blood sugar levels, support collagen synthesis, enhance immune function, and even improve brain function.

So, whether you're looking to optimize your sleep, support your gut health, or boost your immune system, incorporating glycine-rich foods into your diet is worth considering. Get ready to unlock the potential of this secret ingredient and experience the benefits it has to offer.

Glycine-rich foods for muscle growth and repair

Glycine-rich foods are those that contain a significant amount of this non-essential amino acid that is essential for various bodily functions. To clarify, it is ‘non-essential’ because your body can make small amounts of glycine from the foods you consume. These foods provide a natural, bioavailable source of glycine, allowing our bodies to easily absorb and utilize this important nutrient.

One of the key benefits of glycine-rich foods is their ability to support muscle growth and repair. Glycine plays a crucial role in the [synthesis of creatine](#), a compound that is essential for muscle energy production. By incorporating glycine-rich foods into your diet, you can provide your muscles with the necessary building blocks for growth and recovery.

Biocidin Botanicals expert Shawn Manske, ND concurs and expands glycine’s health benefits, “Specifically, glycine has been shown to:



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- Prevent tissue injury
- Enhance antioxidant capacity
- Promote protein synthesis and wound healing
- Support healthy immune function
- Improve sleep quality³

Glycine is also involved in modulating growth through the regulation of growth hormone (GH) synthesis; improving muscle tone; delaying muscular degeneration; promoting gut health; and protecting the intestine against the harmful effects of radiotherapy in cancer treatment.⁴

The human body requires 2g of glycine per day.⁵ Supplementing with glycine can help you take advantage of the many ways this sweet-tasting amino acid supports your health.”

The [EatRight-LiveWell](#) approach to a better feeling life, and health markers that support well-being is food first. Sometimes a little targeted and personalized supplementation is a great help to fill the gaps of nutrition and soothe stresses of modern lives.

Biocidin Botanicals offers ‘GI Inner Calm’, an award winning and delicious gut powder. [Browse product literature](#) and if you decide to purchase, save 10% with code **ERLW10** or receive free shipping with code **PD-F-ERLW**. **Enter codes at checkout.**

Glycine's role in promoting neurological well-being.

Getting a good night's sleep is essential for our overall well-being. Lack of sleep can lead to a range of health issues, including increased stress levels, impaired cognitive function, and a weakened immune system. Fortunately, glycine-rich foods can help promote better sleep and reduce anxiety.

Glycine acts as an inhibitory neurotransmitter in the brain, which means it has a calming effect on the nervous system. This can help reduce anxiety and promote feelings of relaxation, making it easier to fall asleep and stay asleep throughout the night.

Research has shown that supplementing with glycine can improve sleep quality and reduce the time it takes to fall asleep. This is particularly beneficial for those who suffer from insomnia or have difficulty winding down after a long day.

In addition to its calming effects, glycine also plays a role in regulating our body's internal clock, known as the circadian rhythm. By consuming glycine-rich foods, we can help support the natural sleep-wake cycle and promote a healthy sleep pattern.



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Glycine for blood sugar balance

[WebMD writes](#) “Glycine supplements stimulate a gut hormone that increases the ability of insulin to remove glucose from the bloodstream. In people with type 2 diabetes, this interaction is compromised. Glycine supplements do encourage insulin response in healthy people and may help prevent or manage diabetes. In one study, healthy, first degree relatives of people with type 2 diabetes who took glycine supplements in the morning showed improved insulin secretion throughout the day.”

If a supplement has this capability, try a food focused approach first to supporting better blood sugar balance.

Glycine's impact on collagen production and skin health

Collagen is a protein that provides structure and elasticity to our skin, bones, tendons, and ligaments. As we age, our body's natural collagen production declines, leading to wrinkles, sagging skin, and joint stiffness. However, consuming glycine-rich foods can help support collagen synthesis and promote skin health.

Glycine is an essential amino acid that is required to produce collagen. By incorporating glycine-rich foods into your diet, you can provide your body with the necessary building blocks for collagen formation, resulting in smoother, firmer, and more youthful-looking skin.

In addition to its role in collagen synthesis, glycine also has antioxidant properties that help protect our skin from damage caused by free radicals. Free radicals are unstable molecules that can cause oxidative stress, leading to premature aging and an increased risk of skin diseases. By consuming glycine-rich foods, we can help neutralize these harmful free radicals and maintain the health and vitality of our skin.

Glycine and its potential in improving digestion and gut health

Digestive health plays a crucial role in our overall well-being. A healthy gut is essential for nutrient absorption, immune function, and even mental health. Fortunately, glycine-rich foods can help improve digestion and promote a healthy gut microbiome.

Glycine has been shown to stimulate the production of stomach acid, which is necessary for the breakdown and absorption of nutrients. Adequate stomach acid levels are crucial for proper digestion and can help prevent issues such as bloating, indigestion, and nutrient deficiencies.

In addition to its role in digestion, glycine also plays a role in maintaining the integrity of the gut lining. The gut lining acts as a barrier, preventing harmful substances from entering the



bloodstream. By consuming glycine-rich foods, we can support the health of the gut lining and reduce the risk of leaky gut syndrome, a condition characterized by increased intestinal permeability.

Furthermore, glycine has been found to have anti-inflammatory properties, which can help reduce gut inflammation and alleviate symptoms of conditions such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD). By including glycine-rich foods in your diet, you can support a healthy gut environment and improve digestive function.

The link between glycine-rich foods and cardiovascular health

Maintaining a healthy heart is essential for overall well-being. Cardiovascular diseases, such as heart disease and stroke, are leading causes of death worldwide. Fortunately, consuming glycine-rich foods can help support cardiovascular health and reduce the risk of developing these conditions.

Glycine has been found to have a positive impact on various cardiovascular risk factors, including blood pressure, cholesterol levels, and inflammation. Research has shown that glycine supplementation can help lower both systolic and diastolic blood pressure, making it an effective piece of a natural remedy puzzle for hypertension.

In addition to its blood pressure-lowering effects, glycine has also been found to reduce LDL cholesterol levels, commonly referred to as "bad" cholesterol. High levels of LDL cholesterol can contribute to the development of plaque in the arteries, leading to atherosclerosis and an increased risk of heart disease. By consuming glycine-rich foods, we can help maintain healthy cholesterol levels and reduce the risk of cardiovascular complications.

Furthermore, glycine has been shown to have anti-inflammatory properties, which can help reduce the risk of inflammation in the arteries and improve overall cardiovascular function. By incorporating glycine-rich foods into your diet, you can support a healthy heart and reduce the risk of cardiovascular diseases.

Incorporating glycine-rich foods into your diet

Now that we understand the numerous benefits of glycine-rich foods, it's time to explore how we can incorporate them into our diet. Fortunately, there are many delicious and nutritious options to choose from.

Bone broth is one of the most popular glycine-rich foods. It is made by simmering bones, typically from beef or chicken, for an extended period, resulting in a nutrient-rich liquid. Bone broth can be consumed on its own or used as a base for soups, stews, and sauces.



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Gelatin and collagen supplements are another convenient way to increase your glycine intake. These supplements are available in powder or capsule form and can be easily added to smoothies, baked goods, or hot beverages. Attention to quality should be a primary interest when considering supplementation. [Contact EatRight-LiveWell](#) to receive a discount on Thorne dietary and nutritional supplementation. It just takes an email to set up and no further obligation is required.

Poultry, such as chicken and turkey, is a great source of glycine. Opt for organic, pasture-raised options whenever possible to ensure the highest quality and nutrient content.

Seafood, particularly fish like wild salmon and mercury tested tuna, is not only rich in glycine but also provides essential omega-3 fatty acids, which have numerous health benefits. Incorporate fish into your diet a few times a week to reap the rewards.

Legumes, such as lentils, chickpeas, and black beans, are a versatile and budget-friendly source of glycine. They can be used in a variety of dishes, including salads, soups, and stir-fries.

Recipes and meal ideas featuring glycine-rich foods

Here are a few recipe ideas to help you incorporate glycine-rich foods into your diet:

1. Bone Broth Soup: Simmer a mix of grass fed beef bones, carrots, celery, onions, with a splash of apple cider vinegar, and herbs you like in water for several hours (or overnight in a slow cooker on low). Strain the broth and add cooked chicken, vegetables, and herbs of your choice for a hearty and nutrient-dense soup. This makes a wonderful cool weather breakfast.
2. Collagen Smoothie: Blend together a scoop of Thorne Collagen Fit ([contact EatRight-LiveWell for a discount](#)) powder, one favorite whole fruit, yogurt or plant-based milk, and a small handful of spinach for a refreshing and protein-packed smoothie.
3. Roasted Chicken with Vegetables: Roast a whole chicken with a variety of colorful vegetables, such as carrots, potatoes, and Brussels sprouts. Do this in a slow cooker on low for about eight hours for a wonderful reward when you finish your workday. Season with herbs and spices for a flavorful and glycine-rich meal.
4. Salmon Salad: Grill or bake a wild salmon fillet and serve it on a bed of mixed greens, cherry tomatoes, cucumber slices, and avocado. Drizzle with a lemon and olive oil dressing for a light and nutritious meal.



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5. Lentil Curry: Cook red lentils with onions, garlic, ginger, and a blend of spices such as turmeric, cumin, and coriander. Serve with organic basmati rice or good naan bread for a satisfying and glycine-rich vegetarian meal.

Conclusion: Embracing the power of glycine for optimal health

Incorporating glycine-rich foods into your diet can have a profound impact on your overall health and well-being. From promoting better sleep and reducing anxiety to supporting collagen production and improving digestion, glycine offers a wide range of benefits.

By including foods such as bone broth, gelatin, collagen supplements, poultry, seafood, and legumes in your meals, you can unlock the potential of this secret ingredient and experience the numerous health benefits it has to offer.

Remember, optimal health is a journey, and small dietary changes can make a significant difference. Evolve your health plan by incorporating glycine-rich foods into your diet and observe the positive changes in your sleep, digestion, skin health, and overall vitality. Give your body the secret ingredient it needs to thrive and embrace the power of glycine for optimal health.

Say goodbye to fad diets and one-size-fits-all approaches. Say hello to a journey that prioritizes nutrient-dense foods right for YOU, tailored meal plans, and [data driven evidence-based strategies](#) to support your overall health and vitality. Unleash the power of precision nutrition and unlock your full potential. The path to a healthy balance starts now. Schedule a brief call with Tam John to ask how the [Eat Right – Food for Life™](#) program will support your health and well-being with delicious satisfaction.

References

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