



Protein Kills: 7 Reasons a High-Protein Diet Can Be Deadly

Kevin W. Reese

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With chronic illness, obesity, and Cancer at all time highs, it's not an overstatement to proclaim that something is wrong! Cancer has tripled since 1980, two-thirds of Americans are overweight, and half are taking prescription pills for chronic issues. While we can point our fingers at many causes, the one that indiscreetly goes under the radar is protein. This raises important questions. What is protein exactly? How does it truly affect the human body? How much of it do you actually need? And the most famous health question of all time; Where do you get your protein from? In *Protein Kills*, Chronic Illness Specialist and Health Coach, Kevin W. Reese clearly and concisely tackles the most controversial topic in health. With fun examples and analogies he goes inside the human body to to present seven reasons why a high-protein diet can be deadly.

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