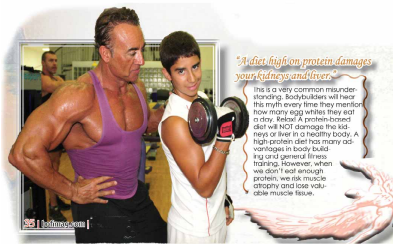


## A diet high on protein damages your kidneys and liver"

Written by

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"A diet high on protein damages your kidneys and liver"

This is a very common misunderstanding. Bodybuilders will hear this myth every time they mention how many egg whites they eat a day. Relax! A protein-based diet will NOT damage the kidneys or liver in a healthy body. A high-protein diet has many advantages in body building and general fitness training. However, when we don't eat enough protein, we risk muscle atrophy and lose valuable muscle tissue.

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