

Back to Eden

The Soy Debate
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I recently completed an online course from Cornell University in USA. Some information I am keen to share with you is in regard to soy. In the past I have chosen to keep out of the soy debate because I knew that some people have a mind set against soy, and some are quite happy to use it. I have no argument with either decision. Yet I felt I needed to bring you this information about soy and the IGF-1 factor. Those of you who are using soy, please be careful with the type of soy you are using.

I have repeated this information in my newsletter as I do not want anyone to miss this. Using soy protein isolate will harm your health. This means all the numerous products that contain this, the meat analogs, hot dogs and all the numerous brands of veggie burgers and deli slices, the soy health bars and soy protein supplements. Carefully read your labels to know what you are consuming.

To those of you who are still using any animal protein, I want to remind you that peer-reviewed research over 20 years has shown that eating animal protein promotes cancer. This means not only milk protein (all dairy) but all animal protein as well. See article based on Dr T Colin Campbell's The China Study (see newsletter no 33 The Vegetarian Advantage).

The healthiest diet you can eat is based on whole foods and plant based. But you can be a vegan and still eat refined and unhealthy foods. By eliminating all processed foods and eating as much as you can in its original state will benefit your health.

Our Depression Recovery Course has now finished. Read about the new course on the book of Revelation that we are planning. My husband Peter has been studying and teaching from this book for over forty years now and is very familiar with it. He loves it!

From Kaye and the Back to Eden team

The Soy Debate ...

There is no doubt that soy is a controversial food. Some doctors and health care practitioners tell their patients to stay absolutely clear of all soy products and soy derivatives, especially when there is a history of breast cancer (and sometimes other cancers) in the family, that it suppresses the thyroid, unbalances the hormones and is a carcinogen. Others are told by their healthcare practitioner to eat as much soy as possible to avoid cancer, alleviate symptoms of menopause and improve bone health. Who are we to believe? On the one hand we have the meat and dairy industry decry using soy, then on the other hand is the soy food industry. Who is right?

Much of the anti soy information is put out by the Weston A Price Foundation (WAPF). In 1999 Sally Fallon Morell (the president of WAPF) and Mary Enig co-founded this non-profit organization dedicated to "restoring nutrient-dense foods to the American diet through education, research and activism." They promote a diet using organic fruits and vegetables and avoiding highly processed foods (which is commended), but they are totally opposed to veganism and recommend consumption of grass fed animal meats (including fats), organ meat, raw dairy products and organic eggs. An honorary board member of the WAPF is Dr Joseph Mercola. Dr Mercola has a very popular web site on health and has many interesting articles. But when reading his articles it can be very confusing to those who do not realize that he promotes a animal protein centred diet with lots of meat, butter, eggs and raw milk, and recommends reducing grains in your diet. The Weston A. Price website make a claim that "people with high cholesterol live the longest."

The WAPF have been on a vendetta against soy (and on a campaign for meat and raw milk) for well over ten years now, yet they have no solid evidence to back up their vendetta. They have lots of so called scientific evidence, lots of reasonable-sounding arguments, but if you look for solid proof, you won't find any. They are not scientists, and have conducted no known actual peer-reviewed studies of their own. It is interesting to note that they came along just at the time when the meat and dairy industry was worried about soy being promoted as a healthy alternative.

Do a search and check it up for yourself. Read articles by these men -John Robbins, Dr. Neal Barnard, Syd Baumel, Dr. Joel Fuhrman. Become informed, weigh the evidence. Ask for the results of actual peer-reviewed studies, instead of relying on scientific-sounding arguments.

This article will endeavour to share some interesting research with you so you can make an educated decision whether to consume soy. The idea for this article began when I read an article on soy by Dr John McDougall from his newsletter archives. Dr. McDougall is a physician and nutrition expert who has been studying, writing and "speaking out" about the effects of nutrition on disease for over 30 years. He has cared for thousands of patients over almost three decades of medical practice and has run a highly successful live-in program for more than 17 years. Dr. McDougall has developed a nourishing, low-fat, plant-based diet which has been proven to instigate weight loss and has been successful in reversing diseases such as cancer, heart disease and diabetes. Dr McDougall is one of the leading men in promoting a whole food plant based diet.

I have used soy milk and tofu since I became a vegan vegetarian nearly twenty five years ago. When I first I heard about the soy debate I was puzzled. I knew the Japanese, who eat lots of soy products, are one of the longest living groups of people in the world. But is soy the same today or has soy changed over the years?

Genetically modified soy

There are some legitimate questions about soy we need to consider. One of the most recent, and most disturbing, stems from the fact that two-thirds of the U.S. soybean crop today is genetically engineered. These beans have been genetically altered to enable the growing plants to withstand being sprayed with weedkillers, particularly Monsanto's Roundup. Because so much Roundup is used on these crops, the residue levels in the harvested crops greatly exceed what until very recently was the allowable legal limit. For the technology to be commercially viable, the FDA had to triple the residues of Roundup's active ingredients that can remain on the crop. Many scientists have protested that permitting increased residues to enable a company's success reflects an attitude in which corporate interests are given higher priority than public safety, but the increased levels have remained in force.

We need to pose the question - does eating genetically engineered soybeans pose potential health risks to people? In 2001, the Los Angeles Times published an exposé revealing that Monsanto's own research had raised many questions about the safety of their Roundup Ready soybeans. Remarkably, the FDA did not call for more testing before allowing these soybeans to flood the marketplace. Since half the soybeans grown in the United States are now Monsanto's Roundup Ready variety, and because soy is contained in such a wide array of processed foods, tens of millions of people are unknowingly eating these experimental foods daily.

According to Monsanto's own tests, Roundup Ready soybeans contain 29% less of the brain nutrient choline, and 27% more trypsin inhibitor, the potential allergen that interferes with protein digestion, than normal soybeans. Soy products are often prescribed and consumed for their phytoestrogen content, but according to the company's tests, the genetically altered soybeans have lower levels of phenylalanine, an

essential amino acid that affects levels of phytoestrogens. And levels of lectins, which are most likely the culprit in soy allergies, are nearly double in these GM variety.

It is fascinating that compared to regular soybeans, the genetically engineered beans have more of the very things that are problematic, and less of the very things that are beneficial. This is certainly another reason to eat organic foods whenever possible. The best way to ensure that any soy foods you eat are not genetically engineered is to make sure they are organically grown.

Many different soy foods

As we shall realize, it is very important to note what type of soy do we consume. There are so many different products that are products of soy. There are infant formulas, hydrolyzed vegetable protein, meat analogs, miso, natto, non-dairy soy desserts, soybeans, soybean oil, soy beverages, soy fibres, soy flakes, soy flour, soy grits, soy hulls, soy isoflavones, soy isolates, soy lecithin, soy protein concentrate, soy protein concentrate, soy milk, soy nuts, soy nut butter, soy sauce, soy sprouts, soy yoghurt, tamari, tempeh, textured vegetable protein (TVP) textured soy protein and tofu.

A very important question we must consider is how is the soy processed. If you chose to, you could make soy milk in your home by soaking soy beans in water, grinding them, cooking them and straining them. The liquid that is left is soy milk. But the milk that is made commercially is often made in a vastly different process.

When soybeans are processed commercially, every part of the bean is used for some particular purpose. The soybeans are cleaned, cracked, de-hulled, rolled into flakes. Most soy goes through various forms of industrial processing methods. First the beans are subject to chemicals, bleaching, boiling in petroleum-based solvents, crushed into flakes, deodorized, heat blasted, hydraulic or batch pressed, solvent extraction followed by washing in alkaline solution. Acid washing in aluminum tanks leaches high levels of aluminum into the final product. The resultant curds are spray-dried at high temperatures to produce a high-protein powder. A final indignity to the original soybean is high-temperature, high-pressure extrusion processing of

soy protein isolate to produce textured vegetable protein (TVP). These methods are used to produce soybean oil, flour and other soy by-products contained in most processed foods. Soy flour and grits are used for baking, soybean oil is used in margarines, spreads, dressings and sauces.

Soy is found in many of the common foods today including meat and vegetarian products as well as baby foods. Soy can be hidden in many unsuspected items such as ice cream, yoghurt, pasta, cereal, fortified flour, chocolate, frostings and even sprinkles. Never before in earth's history have we eaten so many soy products. Advances in food technology have made it possible to isolate soy proteins, isoflavones, and other substances found in the bean, and add them to all kinds of foods where they've never been before. The number of processed and manufactured foods that contain soy ingredients today is astounding. It can be hard to find foods that don't contain soy flour, soy oil, lecithin (extracted from soy oil and used as an emulsifier in high-fat products), soy protein isolates and concentrates, textured vegetable protein (TVP), hydrolyzed vegetable protein (usually made from soy) or unidentified vegetable oils. Most of what is labelled "vegetable oil" in the U.S. is actually soy oil, as are most margarines. Soy oil is the most widely used oil in the U.S., accounting for more than 75 percent of our total vegetable fats and oils intake. And most of our soy products are now genetically engineered.

The anti-soy crusaders, on the other hand, point to certain substances found in soy, and tell us that almost any amount of soy is too much. The reality, though, is all foods contain substances that, if eaten in high enough concentrations, would cause problems. Even the most healthful foods contain components that produce unwanted effects when they are tested in isolation in a laboratory. For example, broccoli, lentils, and grapefruit contain naturally occurring pesticides that can cause mutations if eaten in high enough quantities. Peanuts and peanut butter often have traces of aflatoxin, a substance found in a mould that grows on the nuts that causes cancer in high enough amounts. Celery harbours toxins that at high enough levels damage the human immune system and causes photosensitivity. Spinach contains oxalic acid, a substance which binds with calcium and diminishes its absorption.

This doesn't mean, though, that you should avoid eating broccoli, lentils, grapefruit, celery and spinach. In fact, if you made it your policy to eat no food that contained substances which can in large enough concentrations cause damage, there would be literally nothing left for you to eat.

It's true that soybeans contain substances that in excess can be harmful. But to imply, as some do, that as a result eating soy foods poses a risk to human health is taking things much further than the evidence warrants. There would be dangers in eating a diet based entirely on soybeans. But, then, the same could be said for broccoli or any other healthy food. This is one of the reasons why varied diets are so important. Diversity protects. For most people under most circumstances, whole soy products are a healthful addition to a balanced diet that includes plenty of vegetables, whole grains, seeds, nuts, fruits, and other legumes. For most people, substituting soy foods for some of the animal foods they now eat is one of the healthiest dietary changes they could make. Small amounts of fermented soy is a very healthy addition to your diet

What, then, would be a healthy relationship to soy in the diet? Are some forms of soy healthier than others? In my view, the best way to take advantage of soy's health benefits is to follow the example of the traditional Asian diets and stick with whole foods. As a population, these are cultures that, when they have eaten their traditional diets, have tended to be healthier and live longer than Americans. The Okinawans from Japan, the longest living people in the world, average 1-2 servings of soy each day. They have traditionally eaten regular but moderate amounts of whole soy foods such as tofu, soymilk, and edamame, as well as the fermented versions, tamari, and miso. These are the preferred soy foods to eat — rather than the soy products made with soy protein isolates, soy protein concentrates, hydrolyzed soy protein, partially hydrogenated soy oil, etc. Whole soyfoods are more natural, and are the soyfoods that have nourished entire civilizations for centuries.

There are legitimate questions about certain soyfoods, and much we have yet to learn. Becoming soy-a-holics and automatically downing anything made from soybeans is not the road to health, but neither is shunning and stigmatizing

soy foods. The anti-soy crusade has needlessly frightened many away from a food source that has long been a boon to humankind, a food source that can, if we are respectful of our bodies and of nature, nourish and bless us in countless ways.

How soy protein isolate is made

This is the most highly refined soy protein. Has been found to have ten times as much aluminum as milk based formulas and 100 as much as breast milk. Soy protein isolate is actually the byproduct of soybean oil processing. To make soy protein isolate, soybeans (practically all the soybeans used to make soy protein are of the Monsanto variety, by the way) are first dehulled, then tempered and crushed to extract oil. The leftover soy "chunks" (which still contain fibre, water, some fat, and other carbohydrates) then undergo another extraction process that involves hexane — a neurotoxin that is also a substantial component in gasoline. The next step involves soaking these chunks in a chemical mixture (which commonly contains ammonia and hydrochloric acid) to help concentrate protein levels and achieve a sponge-like texture. Finally, the mixture is then spray-dried.

To give you an idea of the extent of processing, a **standard soybean is approximately 40 percent protein, while soy protein isolate is roughly 95 percent protein**. The first red flag is that soy protein isolate can only be made in factories. Whereas you can make almond flour (simply grind almonds in a food processor) or nut milk at home (blend nuts with water, a pinch of salt, and sweetener of choice and strain through a nut milk bag), soy protein isolate requires hazardous chemicals (hexane is extremely flammable) and temperature extremes unable to be replicated in a kitchen. By the way — organic soy protein isolate does not utilize hexane in any step of the process.

Since soy protein isolate is so inexpensive, avoiding it is not just a matter of not eating vegetarian burgers. Many cereals, commercial protein bars and shakes, and lower-quality meat products contain soy protein isolate. This is yet another example that no matter what food you're talking about — whether it's fruit, soy, or vegetables — the key is to stick with a whole-food, unprocessed (or minimally processed) version. Biting into an apple, eating tempeh, and nibbling on corn on

the cob is infinitely superior to consuming apple juice concentrate, soy protein isolate, and a sugary corn-puff cereal. We know that corn fructose is very damaging to our health.

Whereas some Asian countries' consumption of soy comes mostly from fermented, whole-food sources, the vast majority of Westerners not only get their soy in an ultra-processed, almost-always-genetically-modified form (soy protein isolate) but also along with added sugars (as is the case with many commercial protein bars) or significant amounts of sodium (as with many soy-based vegetarian burgers).

Excess protein harmful

Read this paragraph carefully. The same information is documented in the article by Dr McDougall. Excess protein is harmful, whether it comes from animal or vegetable sources. A very powerful growth hormone that is found in the body is IGF-1 factor. This can stimulate bone growth, but also has the ability to stimulate cancer cells. The aim for us is to minimise the IGF-1 factor in our bodies as this will increase longevity. We can change our IGF-1 factor by changing our diets. A study first published in 2003 took one group of people and gave them 40 gms of milk protein their IGF 1 factor was increased by 36%. Then they were given 40 gms of soy protein isolate and their IGF-1 factor increased by 69%. Soy protein was twice as powerful as milk protein. So we can see that soy protein increases IGF-1 factor more than dairy protein.

We can see from this that the key is to stick with a whole-food plant based diet and avoid the many so-called healthy milks based on soy protein isolate and the many foods containing textured vegetable protein. They are placed in many of the so-called health foods today. My suggestion to people is to use a small amount of whole soy beans in their diet, but carefully avoid all the isolate milks, additives and all the fake foods that try to give you a sense that you are eating the real thing. They may be convenient, may taste like real "hot dogs", but they will break down your health. By eating a whole food diet you will also avoid the many other additives like sugar, excitotoxins and all the abundant chemicals added to our foods.

www.honestnutrition.blogspot.com.au/2010/12/mercola-weston-price-wrong-on-soy.html
www.johnrobbins.info

Soy ... Food, Wonder Drug or Poison?

by Dr John McDougall

Soy-food consuming populations of people, like the Chinese and Japanese, have a much lower incidence of heart disease, osteoporosis, and cancer of the breast and prostate. From this observation, many researchers have come to the conclusion that ingredients in the soybean have anticancer, antihypertensive, and anti-cholesterol benefits, and also act as a natural alternative to hormone replacement therapy. Soy foods have become synonymous with health food and vegetarianism. Their popularity is tied to the belief that soy has “wonder-drug” benefits – so powerful that many people suppose they can safely eat their bacon and eggs for breakfast as long as they finish off their morning meal with a cup of soy yogurt.

However, there is a dark side to the soy story that warns that these foods may increase your risk for cancer, impair your thyroid, immune, and brain function, and cause you bone loss and reproductive problems. Fortunately, these worries are relevant mostly for people lured into consuming “fake foods” synthesized from man-made components of soy and other foods, and high potency soy supplements – not for those who consume traditional soy foods as a small portion of their diet.

Soy's effects are usually inconsequential

In Asian countries, soy is consumed as boiled soybeans (edamame), tofu (soybean curd), natto (fermented soybeans), miso (fermented soybean paste), okara (a by-product of tofu), soybean sprouts, soymilk, yuba (by-product of soy milk), kinako (soy flour), and soy sauce. These foods are made from simple processes like grinding, precipitation, and fermentation – thus, most of soy's ingredients remain little altered. Less than 5% of daily calories in the typical diet of Japanese or Chinese people comes from soybeans. This amounts to about 2 ounces (55 to 64 grams) derived from soy foods daily, which means only 7 to 8 grams of protein and 15 to 45 milligrams of the estrogen-like phytochemical known as *isoflavone*. How could this tiny amount of soy food

make a measurable difference – positive or negative – to the health of Asians?

The primary reason these people are so hardy is that the Asian diet is based on a starch – *rice* – with generous amounts of vegetables and fruits. Starches are ideal foods for human nutrition and have many desirable nutritional qualities – they are low in fat, moderate in protein, high in carbohydrates, and contain no cholesterol. The Asian diet also contains few animal products. Any unique pharmacologic benefits from eating soy are unnoticeable compared to the impact of these people's overall diet. (For a discussion of the benefits of starches, see my April 2004 newsletter article: People – Not Their Words – Tell “The Carbohydrate Story.”)

Soy – detrimental or beneficial

The truth behind soy is clouded by emotional reactions from the anti-soy movement of hard-core meat-eaters and soy-loving vegetarians – and as usual, money from big businesses, the soy manufacturers. Most of the rhetoric on both sides of the argument is of no real importance – the real issue is whether you are consuming small amounts traditional soy foods or making yourself a diet of synthetic foods.

The seven main arguments:

Argument 1: Anti-nutrients

Detrimental: Soy contains “anti-nutrients,” which interfere with the digestion of proteins (trypsin inhibitors) and the absorption of minerals (phytic acid).

Beneficial: These “anti-nutrient” substances are deactivated by cooking and fermentation. Cooking before consumption is not unique to soybeans – no other beans, peas, or lentils are eaten “raw.” Although adverse effects on experimental animals have been demonstrated, there is no direct evidence as to the physiological effects of the trypsin inhibitors on humans. Interestingly, Phytic acid has anticancer effects in animal models for both colon and breast cancer.

Warning for all those who are lured into consuming “fake foods” synthesized from man-made components of soy and other foods, and other high potency soy supplements - not for those who consume traditional soy foods as a small part of their diet.

Argument 2: Cancer

Detrimental: Soy has estrogen-like activity that may promote the growth of estrogen-sensitive cancers (breast and prostate), especially for those people who already have cancer.

Beneficial: Breast and prostate cancer rates are four to six times lower in Japan and China than Western countries. In laboratory studies, isoflavone from soy can inhibit the growth of breast cancer and prostate cancer tissues.

Argument 3: Heart Disease

Detrimental: Benefits on heart disease are largely unproven and are really due to the low-fat, low-cholesterol qualities of the Asian diet.

Beneficial: People living in countries with more soy in their diet, for example Japan, have a much lower risk of heart attacks. Experimental research consistently shows soy foods cause a decrease in total and “bad” LDL cholesterol, and an increase in “good” HDL-cholesterol. Products containing at least 6.25 grams of soy protein per serving are now allowed to carry a FDA-approved claim on their label; stating a low-fat, low-cholesterol diet containing at least 25 grams (about one ounce) of soy protein a day may reduce one's risk of heart disease.

Argument 4: Sex Hormones

Detrimental: Twelve ounces of soy milk drunk three times a day for one month will decrease a woman's estradiol and progesterone levels, and her menstrual cycle length will be increased by about four days. These effects may cause infertility and contribute to bone loss.

Beneficial: Chinese and Japanese are among the most prolific baby-makers in the world. Phytoestrogens have both a weak estrogen-stimulating (estrogenic) and paradoxically, an estrogen-inhibiting (anti-estrogenic) activity. The estrogen-like activities may strengthen bones and prevent menopausal symptoms like hot flashes. Hot flashes are reported by 70% to 80% of US menopausal women compared to 10 to 14% of women in Japan and Singapore. The anti-estrogen activity reduces the risk of breast and uterine cancer.

Argument 5: Thyroid

Detrimental: Goiter and hypothyroidism have been reported in infants receiving soy formula. Autoimmune diseases of the thyroid and thyroid cancer may also be caused by exposure to soy.

Beneficial: The addition of adequate iodine to the diet reverses any goiter-causing effects of soy. Population studies suggest soy protects against thyroid cancer.

Argument 6: Immune System

Detrimental: In experimental studies, soy isoflavone suppresses the immune system, and reduces the size of the thymus gland. There are reports of a decrease in antibodies, white blood cells, and other indications of immune system malfunction with soy consumption.

Beneficial: Soy isoflavone enhances the immune response and provides a possible explanation for lower incidence of certain cancers in soy-eating parts of the world. The pain of arthritis has been helped by soy through modulating the immune system.

Argument 7: Brain Health

Detrimental: A recent study of middle-aged Japanese-Americans living in Hawaii found adults consuming tofu had reduced brain function, accelerated brain aging and some structural changes in their brains that might be related to Alzheimer's disease.

Beneficial: Alzheimer's disease and other forms of dementia are less common in Asian compared to Western populations. Recent studies have actually shown improvement in brain functions with the use of soy supplements.

In summary, population studies fail to support real-life soy-caused diseases, experimental data is inconsistent, and the larger components of the diet (starches, vegetables, and fruits) are most likely the reason for the superior health of soy consuming peoples.

The whole is healthier than the parts

Over the past two decades there has been an explosion on the supermarket shelves of soy products that resemble our favorite meat and dairy products. I often refer to these as "fake foods." Manufacturing processes remove the dietary fibers, carbohydrates, fats, vitamins, minerals, and hundreds of other helpful plant chemicals – leaving behind almost pure soy protein.

These protein concentrates are mixed with extracts of wheat protein, vegetable oils, and sometimes, starch, sugar, salt, artificial sweeteners, and dairy and egg proteins – then the magic of modern technology turns these mixtures into products that look and taste like real cheese, hot dogs, sausages, burgers, luncheon meats, chicken, and turkey. Soy protein is used to replace dairy protein in candy bars, yogurt, ice cream, breads, pastries and cookies. You can identify the synthesized concentrated proteins on the ingredient list of your foods by these words: defatted soy flour, organic textured soy flour, textured vegetable protein, isolated soy protein, soy protein concentrates, and soy concentrates. These new "foods" in no way resemble nature's creations and the effects on your health make that clear.

Calcium loss and cancer growth from protein concentrates

Concentrated dairy (cow-milk) protein, when consumed by people, causes large and important losses of calcium contributing to osteoporosis and kidney stones. You would hope that replacement with soy protein concentrates would eliminate this health hazard. Unfortunately, recent research on people has demonstrated that the addition of 40 grams of concentrated soy protein to a diet, already low in protein (40 to 50 grams daily) and high in calcium (1100 mg daily), causes significant net losses of calcium from the body. Other research shows isolated soy protein is just as damaging as meat protein to the bones.

Another recent study showed how 40 grams of soy or cow-milk protein concentrate added to the diet significantly increases levels of a powerful cancer-promoting growth hormone, called *Insulin-like Growth Factor 1* – IGF-1. However, soy protein was almost twice as powerful as the milk protein concentrate – doubling the levels of IGF-1 with 40 grams of soy protein isolate. This growth promoter has been strongly linked to the development of cancer of the breast, prostate, lung, and colon. Excess IGF-1 stimulates cell proliferation and inhibits cell death – two activities you definitely don't want when cancer cells are involved.

What does 40 grams of isolated soy protein mean to you? In real life, a person seeking excellent health by following a

low-protein version of the McDougall diet with 1100 mg of calcium (which would have to be added with a calcium supplement) becomes at risk for osteoporosis, kidney stones, and cancer with the daily addition of a soy "candy bar" and a soy shake. One soy "chicken" patty for lunch and 2 soy burgers for dinner will also add that 40 grams of isolated protein daily – and so will just four soy breakfast patties. Now soy has real meaning in your life.

The effects of adding soy protein concentrates on people already consuming the bone-losing, high-animal-protein Western diet (100 to 160 grams of protein daily), or worse yet, the Atkins diet (up to 300 grams daily) have yet to be determined. Because of the very low incidence of osteoporosis, and breast and prostate cancer, among people who consume traditional soybean foods, there is every reason to believe that only the synthetic soy foods need to be of concern. (Studies have yet to be done to specifically test the effects of traditional foods in laboratory settings – in the meantime, we will keep these as a small part of our diet.)

Pharmaceutical-grade soy hormones

Phytochemicals found in plants are important ingredients for radiant health, but must be consumed in their natural packages – like the traditional soy foods – to reap the most benefits with the least risks. After isolation from their natural environment – the soybean – these chemicals unquestionably become pharmaceuticals.

Manufacturing processes concentrate the pharmacologic ingredients of soy into powerful drugs sold to women to treat menopausal symptoms and osteoporosis. Unfortunately, drugs have side effects. A concentrated preparations of isoflavone, sold as Novasoy®, and mixtures of the active chemicals (isoflavone and/or genistin), have been shown to be strong promoters of breast cancer growth in animals. Long-term treatment (up to 5 years) with soy isoflavone preparations was associated with an increased occurrence of endometrial hyperplasia in women – a precancerous condition of the female uterus.

Soy infant formula

Soy baby formula is synthesized from

The body's need of protein

pure sugar (corn syrup), oil (safflower), and protein (soy protein isolate) – this is the epitome of “fake food” – especially when considering the potential consequences. Approximately 1.4 million (36%) infants per year in the United States receive soy formula. Because 100% of the dietary protein and isoflavone that the baby gets is from soy, the chemical compounds reach levels many times higher than the levels found in adults who consume soy foods – and even exceed concentrations shown to be toxic in laboratory experiments. For example, daily exposure to estrogen-like compounds from soy formula results in levels 6 to 11 times higher in infants than the level that will cause changes in the menstrual cycle of women.

The reason so little is known about the harmful effects of feeding soy formula to babies is that these effects in real life situations have not been adequately studied. However, some indication of the sensitivity of a baby to soy's estrogen-like effects might be learned from a recent study finding birth defects of the genitalia of male infants (hypospadias) born to mothers who consumed large amounts of soy products.

Reserve traditional soy foods for special occasions

Despite concerns, there is no definite evidence that traditional soy foods are harmful at levels customarily consumed. Consider the hundreds of millions of people living in Japan, consuming soy products throughout their life – and they enjoy the longest life expectancy in the world (Japanese women are expected to live 84.93 years, compared to US women to 79.5 years; and Japanese men to 78.07 years, compared to 74.1 years for US men).

However, soybeans and their by-products should be thought of as rich foods – naturally high in fat and protein. In their traditional forms consider them as delicacies – and you should consume them as you might other plant food delicacies – nuts, seeds, avocados, and olives – in small amounts on special occasions.

USED BY PERMISSION

All references are listed in original article
From McDougall newsletter archives
April 2005

To subscribe to Dr McDougall's free
newsletter www.drmdougall.com

The human body needs protein, carbohydrate, fats, vitamins, minerals and water to maintain and promote health. Do animal sources of nutrition provide better quality protein than plant sources? To answer this question we need to consider the scientific research done to compare these diets. One of the many studies recorded was conducted in the 1960's by researchers Hardinge and Stare. Three groups of people were tested; meat eating Americans, lacto-ovo vegetarians and pure vegetarians. Researchers measured the total amount of each amino acid consumed from their entire diets. They then compared this intake with the ideal, a standard determined by Dr Rose in the 1940's and still used today by the WHO and also compared this with human breast milk – considered to be the only food that specifically meets all the amino acid needs of a human. The mixture of the total amino acid intake most closely resembling the Rose recommendation and breast milk was found in the total vegetarians.

Countless other studies have been done over the intervening years showing the benefits of a pure vegetarian diet. The monumental study completed by T Colin

Campbell and his associates documented in The China Study is incredible proof that show the relationship between diet and disease. He shows, not only that cancer can be promoted by using animal protein, but is also implicated in other chronic disease of affluence such as heart disease, auto immune disease, diabetes, osteoporosis and obesity to name just a few.

We can conclude from this that we need to take in high quality nutrients that can be found in a pure plant based diet, using no refined foods. These nutrients need to be whole and not isolates extracted from foods. It is important to stress that most chronic diseases are caused by poor nutritional intake. Some even think that a little lettuce and a few slices of salad is all the raw food they need to eat to keep them healthy. We need complex carbohydrates from whole foods, healthy fats, plenty of plant protein eg nuts, seeds and legumes, making sure that we are getting our all vitamins and minerals in abundance from our food.

*Proof Positive: Neil Nedley MD
The China Study T Colin Campbell PhD*

Evidence strongly suggests that a high intake of plant-based foods and a low intake of animal products contributes to the excellent health of the Mediterranean populations. The high consumption of red meat in the Western diets is associated with increased risks of heart disease, some cancers, and urinary calcium losses likely to contribute to osteoporosis.

American Journal of Clinical Nutrition 61 (1995);1416

Cow's milk has become a point of controversy among doctors and nutritionists. There was a time when it was considered very desirable, but research has forced us to rethink this recommendation... Dairy products contribute to a surprising number of health problems.

*Benjamin Spock MD Dr Spock's Baby and
Childcare seventh edition*

I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on cholesterol-lowering drugs for the rest of their lives.

Dean Ornish

Dietary fat during childhood may be more life-threatening than was originally suspected... Overweight children are usually the victims of the dietary habits of the adult members of the family... Reducing dietary fats to levels necessary to control cholesterol cannot be achieved if a child drinks whole milk or eats cheese.

*Charles Attwood MD Dr Attwood's Low-Fat
Prescription for Kids*

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigour of intellect that are not afforded by a more complex and stimulating diet.

E G White The Ministry of Healing 296

With the exception of tobacco consumption, diet is probably the most important factor in the etiology of human cancer.

Toxicology Dec 27, 2002

Products for Sale

Licorice Root Powder 200g.....\$12
Licorice root is used to rebuild Adrenal Glands. Suggested maximum daily dose is 1½ tspns

Maca Root Powder 200g.....\$15
A great price for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.

Blood Cleansing Herbal Tea 200g.....\$13
Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw. Use it long term to help cleanse bowel, liver and blood.

Barley Leaf Powder 200g.....\$12; 450g.....\$27; 1kg.....\$55
Loose powder, organic A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll. Has 3 year shelf life.

Hawthorn Berry Powder 200g.....\$14
A great tonic for the heart and related circulatory problems. Just add powder to water or juice.

Comfrey Root Powder 200g.....\$14
Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

Comfrey Leaf 100g.....\$9
To use in poulticing or in oils and ointments. A great healing herb. Has lots of uses

Nettle Leaf Tea 150g.....\$12
Incredibly undervalued herb. An effective tonic, rich in vitamins and minerals.

Afalfa Leaf Tea 150g.....\$12
Rich in vitamins, minerals and other nutrients that strengthen and maintain health.

Calendula Flower 100g.....\$9
Used as a tea for inflammation, or use as a base for ointments and oils

Cornsilk Tea 100g.....\$8
A great way to treat bladder infections.

Cayenne Pepper 200g.....\$8
Can be taken internally to stimulate circulation, stop bleeding and used as a poultice on the skin to stimulate healing. Heat rating: 60,000 Scoville Heat Units

Turmeric Powder 200g.....\$8
Is an antioxidant, anti-inflammatory, blood detoxifier and has many anti-cancer properties plus many more uses

Sourdough Bread Culture \$20 (express postage included)
Mailed to anywhere in Australia. Recipes included

Activated Charcoal Powder 2000g.....\$80; 500g.....\$30
Activated Charcoal Powder 1000g.....\$45; 150g.....\$15

Calcium Bentonite Clay 500g.....\$18; 1kg.....\$30
Use internally and externally to detox, heal and draw toxins from your body

Hope Beyond Cancer DVD set with Jennifer & Candice Berghan -
5 disc set... August 2010 \$25; 3 disc set .. May 2011 \$15

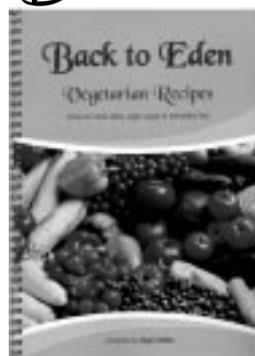
How to Lose Weight & Mind Body Connection with Karen Walters
5 disc set.....August 2011 \$25

Order by phoning Kaye on 02 6025 5018. Products are packaged in bags (except charcoal).

or order online www.kayesrecipesandremedies.com

Calculate postage: up to 500g costs \$6 postage; up to 3kg costs \$10 postage

Back to Eden Vegetarian Recipe Book



\$25

Over 350 delicious Vegan Vegetarian recipes that use whole foods, nuts, seeds, grains fruits and vegetables.
Recipes avoid many ingredients that are harmful to your health.

TO OBTAIN YOUR COPY:

Pick up: at 496 Hague Street Lavington.

For postal orders: send \$25 for each book plus postage, to Kaye Sehm 496 Hague Street Lavington NSW 2641

Phone orders: phone Kaye on 0260 255018 to get account details for a direct debit.

Postage: add \$3 for 1 book, \$6 for 2 books, \$9 for 3 books, \$10 for 4 - 7 books

Recipes

CAROB PIE

CRUST

1½ c coconut
2 T cornflour
Pinch Celtic sea salt
¼ c dates soaked in ½ c water

Whiz coconut until fine. Add soaked dates and whiz again. Lastly add cornflour and salt. Press out or roll out thinly in pie dish. Bake for 12-15 mins at 180°. This tends to burn easily.

FILLING

1 c water
½ c raw cashews
1 t vanilla
¼ t Celtic sea salt
¾ - 1 c dates soaked in extra 1 c water
2 T cornflour
2 T light carob powder

Blend cashews and water together. Add vanilla, salt, dates and extra water and blend until very smooth. Place blended mixture in saucepan and bring to boil. Keep a little of the water back to dissolve the cornflour and carob powder. Pour this into hot mixture and stir until thickened. Pour into baked pie crust and allow to cool. Decorate as desired. Serve cold.

NUT MILK

1 c almonds or other nut/seed
4 c water
¼ c dates (optional)
1 T flax seeds (optional)

Soak nuts or seeds about 8 hours (or overnight) and rinse thoroughly before making milk. This step increases digestibility of the nuts. You can still make the milk with unsoaked nuts (the exceptions are walnuts and sesame seeds, if you do not soak them first, the milk will be bitter). Blend all ingredients in water until very smooth. For a smooth milk strain through a milk bag or fine cheese-cloth (a favourite for drinking, but unnecessary for using in recipes). This milk keeps for about 5 days in the fridge. You may need to shake before serving as some milks will separate when stored. Use milk fresh (preferred for optimal nutrient content) or freeze for later use.

Back to Eden Health Meetings 2012

Our weekly health meetings have been conducted for some time now. We have been covering lots of information. They are being held at the Albury River Community Church each Tuesday morning at 10-12 noon. Feel free to join us if you would like to start to attend. You can come along for just one class, or you can become a regular.

Weekly classes will be conducted at

Where: **The River Community Church
524 David Street (opposite Myer car park)
Albury NSW**

What time: **Each program will commence on Tuesday mornings at 10-12 noon cost \$5
These topics are a guide only and may change if necessary
Each week there will be a teaching segment as well as the listed practical demonstration**

Tuesday 17th July..... The China Study
Tuesday 24th July..... Making sprouts
Tuesday 31st July..... No program on this day
Tuesday 7th August..... Making kefir
Tuesday 14th August..... Making ointments and oils
Tuesday 21st August..... Skin and body care
Tuesday 28th August..... Health Laws of the Bible
Tuesday 4th September..... Healthy breakfasts
Tuesday 11th September..... Dips and spreads
Tuesday 18th September..... Sugar free desserts
Tuesday 25th September..... Meals in a hurry
Tuesday 2nd October..... More herbs for your health

Sunday 26th August..... Sourdough breadmaking (at Kaye's home from 2.00 - 4.30pm; cost \$12)

Revelation Seminar

As a follow on to the Depression Recovery Course, **Back to Eden** are sponsoring a Revelation Seminar. This unique Seminar will look at the book of Revelation from the Bible and will systematically go through this book so that you will be able to understand it.

Peter Sehm will share his vast knowledge in the book of Revelation and will explain the many mysteries and symbols that are found throughout this book. Many think it is a sealed book. Yet it can be understood. Come along to learn how to interpret the many prophecies. **This program is open to everyone.**

This Seminar will be held on **Saturday afternoon at the Lavington Public School Hall, Hague Street Lavington.**

It will commence on **Saturday 4th August at 2.00 - 4.00pm**

Attendance is free. Please let us know if you wish to attend so we will have enough lessons for everyone.

Phone for information Peter or Kaye on 0260255018

Come along to these classes. Tell your friends! Meet with like-minded people and make new friends.