

WHOLE SOY UPDATES

11 -- February 20, 2007

SOY SALES STILL RISING

Soy protein sales have stagnated in the U.S. but are perking at 7.4 percent per year globally. Peter Golbitz, president of Soyatech, the industry's leading source of information on companies, products and sales, predicts that per capita consumption of soy protein will increase 3.3 percent annually through 2010. He credits population growth and rising incomes in developing nations. Seems that the more "developed" a nation becomes, the more protein it consumes, and the more packaged and processed food products it wants.

One greatly expanding market is China. Although soy proponents tell us that the Chinese eat massive amounts of soy all day, every day, the reality is that the people (on average) eat very little. That means a huge market waiting to be tapped by American corporations selling the Chinese on their "natural heritage." The latest venture is a new Solae plant in Luohe City that will manufacture soy protein isolate ingredients for processing into "convenient food forms" that "deliver nutritional benefits." According to Tony Arnold, president and CEO of Solae, "Healthy eating and diet management will play an increasingly important role in China." Indeed Solae has stated that its products will protect the Chinese from heart disease, obesity and cancer. Hmmm. Aren't we Americans told to eat soy because the Chinese don't have those problems!

GOOD HUMOR FROM WHOLE FOODS

The Naughty Nutritionist™ here never thought she'd see a joke about soy at Whole Foods Market. But a birthday card sold at Whole Foods lists the ingredients for the perfect, fat-free birthday cake recipe: 1/4 cup tofu, 1 1/2 rice cakes and 1 chocolate cake. Inside it instructs: "Combine tofu and rice cakes. Put in garbage. Enjoy cake."

NOT A JOKE FROM "MIKE THE CHEF"

The Soy Daily often features SOY COOKING TIPS FROM MIKE THE CHEF. Here's one: "Don't like or want eggs but don't know what to do to substitute? Try this. Now get out 1 great big tablespoon of soy flour, 1/2 cup water and a pinch of sea salt or kosher salt and some soybean oil. Put the flour and water in a pan, stir constantly, and boil until thick. Strain this into a bowl and mix in your soybean oil until mixture is thick. Add your salt, and there you have it, eggless egg."

LATEST WAY TO ESTROGENIZE BOYS

Parents and pediatricians are reporting increased numbers of feminized boys. Although soy phytoestrogens, plastics and other environmental estrogens are the likeliest culprits, lavender and tea tree oils may also be to blame. These oils -- widely used for aromatherapy -- have long been considered safe. However, the Endocrine Society announced last summer that the oils are estrogen mimickers and that shampoos containing these oils appear to have caused serious hormonal imbalances and breast growth in some young boys. Researchers for the National Institute for Environmental Health Sciences investigated after a Denver pediatric endocrinologist reported abnormal breast development -- known as gynecomastia -- in five boys, aged 4 to 7. The symptoms subsided after the boys stopped using the products.

As yet, the study remains unpublished so it's hard to know how credible the evidence is. While this is important information for parents and pediatricians, we must ask why newspapers from the Washington Post on down were willing to scare parents with articles entitled "Bad Shampoo for Boys?" but stay mum on the proven dangers of soy infant formula.

FUNGUS AMONG US

"Soy prevents cancer" is in the headlines yet again. This time the "magic bullet" is an antiestrogenic compound called glyceollin. Researchers from Tulane University in New Orleans have found that HIGH levels of glyceollin compounds found in soybeans can suppress the growth of breast and ovarian cancer cell lines. Researchers at Wake Forest University meanwhile have claimed that there's some indication that glyceollin-enriched soy protein will reduce breast cancer risk. Only problem is that the levels of glyceollins normally found in commercial soybeans is LOW. To raise glyceollin levels, the soy industry will have to attack its own soybeans! Plans are to use a "food safe" fungus *Aspergillus sojae*. The idea is that diseased plants spit out high levels of glyceollins in self defense. Disease, drought and other adverse plant conditions also drive soybean plants to produce isoflavones, protease inhibitors and other antinutrients and toxins that kill plant predators but are somehow supposed to be beneficial to humans.

LETTERS

Dear Dr. Daniel: I live in a city which has a high level of ozone and particulates, but I lived here for many years without making my asthma worse. Then I started drinking soy milk with the intention of improving my health. I was so into soy milk that I even purchased a soy milk machine. I didn't make the connection until reading your article in NEXUS. Quitting soy milk has greatly helped. I am pursuing a nearly vegan diet to lose weight, with occasional side trips for a small steak and ice cream. Not scientifically great, but it could be worse. Thank you for your work. -- MH

Dear MH, Glad you made the connection between soy milk and asthma. I have heard similar stories from many people. It's important to stay as soyfree as possible. That

includes using soyfree inhalers (Flovent and other some other brands include soy in their propellants) and breathing soyfree air. Beware of bulk bin aisles of health food stores (where there may be soybean dust) and highways (where you may be exposed to the exhaust of motorcycles or cars using biodiesel fuel). You may be interested to know that epidemiologists consider soybean dust to be an “epidemic asthma agent.” From 1981-1987, soy dust from grain silo unloading in the harbor of Barcelona, Spain, caused 26 epidemics of asthma, seriously jeopardizing 687 people and leading to 1,155 hospitalizations. No further epidemics occurred after filters were installed, but a minor outbreak in 1994 established the need for diligent monitoring of preventive measures. Soy asthma epidemics have also occurred in New Orleans harbor and elsewhere. People who work in bakeries and other places using soy flour or other soy ingredients are prone to developing what's called “occupational asthma.” I am happy that your health has improved just from removing soy milk from your diet. However, I would strongly recommend that you reconsider your mostly vegan diet as it will not support the healing of asthma.

The best weight loss plan is found in the book *Eat Fat/Lose Fat* by Mary Enig and Sally Fallon. It recommends coconut oil, butter and other good fats to nourish the thyroid and support the immune system – weak points for anyone suffering from allergies or asthma. Contrary to popular belief, we need saturated fats. Indeed the lungs cannot work properly without them. The reason is that lung surfactant (a fluid that enables the lungs to work properly) needs to be 100 percent saturated. When people consume polyunsaturated fats (as would be true with a vegan diet), the lungs do not work as effectively. Research has linked the consumption of trans fats and excess polyunsaturated oils to the rising incidence of asthma in children. Children who consume a lot of butter have much lower rates of asthma and also lower rates of allergies. Your body has been craving steak and ice cream because of its need for good saturated fat. Help your body by procuring the highest quality grass-fed meat and full-fat raw dairy products. Vegans will improve their chances if they at least use coconut oil.

Dear Dr. Daniel, The deaths of Peter Jennings and Dana Reeve have put the fear of lung cancer into me. Mrs. Reeve had never even smoked and we're hearing about many other cases of lung cancer in people like her. What is causing this? Do you have any reason to think that soy could be responsible. -- ST

Dear ST: As you might guess, the soy industry claims that soy protects against lung cancer. Right now I've got little evidence that soy causes it. However, it's possible that increased vegetable oil consumption-- including soy oil -- in the American diet could be responsible. As I discussed in my answer to the question above, healthy lungs need saturated fats.

UPCOMING TELECLASSES

Need help with soy recovery? Want to know the secrets to a pain-free menopause and strong, healthy bones? Join me **The Naughty Nutritionist™** by phone for one or more educational evening TELECLASSES.

Enrollment for each class is limited to 10 people so I'll be able to answer your questions.

There will be a one-hour talk that will incorporate answers to your emailed questions and 15 minutes for phone questions and open discussion.

To learn more or to **ENROLL**, send me an email at wholenutritionist@earthlink.net or call me at 505-266-3252.

• RECOVERING FROM SOY

Ready to heal the damage from soy foods, soy milk or even soy infant formula? Is it even possible? In this 1 1/4 hour teleclass, Dr. Kaayla Daniel will help you explore your options. Learn how to best avoid soy, choose healthy alternatives to both soy and dairy products and find the whole foods and soy-free supplements that will best aid your recovery. Whether you are allergic to soy or suffering from digestive distress, thyroid damage, reproductive issues or other health problems caused by soy, you CAN regain your health and energy.

DATE: Thursday evening, February 22 TIME: 9 pm EST (8 pm CST, 7 pm MST and 6 pm PST)

PLACE: Your home or office via telephone

COST: \$35

ENROLL: Send me an email at wholenutritionist@earthlink.net or call 505-266-3252.

• THE HEAT IS ON

Explore the bewildering choices offered to menopausal women. Is menopause a normal stage in the life cycle or a disease that requires intervention with hormone replacement drugs and other pharmaceuticals? What about those "natural" hormone therapies? Is soy worth the risk? In this 1 1/4 hour teleclass, THE NAUGHTY NUTRITIONIST™ will share the best and safest ways to achieve a pain-free menopause, nourish and protect your thyroid, maintain your perfect weight, enhance your cognitive ability and mature with grace, poise and power.

DATE: Wednesday evening, February 28, 2007

TIME: 9 pm EST (8 pm CST, 7 pm MST and 6 pm PST)

PLACE: Your home or office via telephone COST: \$35

ENROLL: Send me an email at wholenutritionist@earthlink.net or call 505-266-3252.

• **BONING UP**

Want to prevent or treat osteoporosis? Bone up at this 1 1/4 hour teleclass. Learn whether “milk does a body good,” why soft drinks are bringing in the osteoporosis generation, whether calcium pills cause more problems than they solve, what combinations of vitamins and minerals really help, why soy is not the answer, why bone density tests fail to tell the whole story, and the cons of pharmaceuticals such as HRT and Fosamax. In short, you'll hear what foods, supplements, herbs, exercise and other natural therapies have a “leg to stand on.”

DATE: Wednesday evening, March 7, 2007

TIME: 9 pm EST (8 pm CST, 7 pm MST and 6 pm PST)

PLACE: Your home or office via telephone COST: \$3

ENROLL: Send me an email at wholenutritionist@earthlink.net or call 505-266-3252.

• **SECRETS OF THE SUPERYOUNG**

Want to slow, stop or reverse the aging process? Is it even possible? In this workshop The Naughty Nutritionist™ will reveal the secrets of being “juicy for life.” Learn the secrets of the super young – those rare people who look 20 to 30 years younger than their chronological age, glow with good health and brim with enthusiasm and energy. Learn about optimum nutrition, exercise and attitude from the world of science and, most importantly, from the super young themselves – people like the legendary healer (and soy foe) **Hazel R. Parcels**, who died in 1996 at the age of 106 years young.

DATE: Thursday evening, March 1, 2007

TIME: 9 pm EST (8 pm CST, 7 pm MST and 6 pm PST)

PLACE: Your home or office via telephone COST: \$35

ENROLL: Send me an email at wholenutritionist@earthlink.net or call 505-266-3252.

I am offering these teleclasses because so many people have asked me for information on soy recovery and other health problems. Enrollment for each class is limited to 10 people. Each class will consist of a one-hour talk (incorporating answers to your earlier emailed questions) followed by 15 minutes devoted to phone questions and discussion.