

WHOLE SOY UPDATES

#12 - August 26, 2007

AND NOW VEGANSEXUALS

Learn all about them from [Dr. William Campbell Douglass II MD](#):

"I'll admit, when I read that headline on Fox News a few days ago, I got a good chuckle out of it, especially when I read the "why" behind this voluntary sexual exile — it's because vegans consider the bodies of meat-eaters to be "a graveyard for animals." Of all the outlandish things I've heard in my 81 years, this one's up there with the best of the best. I don't know if this New Zealand phenomenon has extended beyond the island's borders or not, but it's widespread enough there to warrant an official name for these weirdoes. They're called vegansexuals.

One vegansexual said, "I believe we are what we consume, so I really struggle with non-vegans when it comes to sexual contact." Another said, "I would not want to be intimate with someone whose body is literally made up from the bodies of animals who have died for their sustenance."

Oh brother. I think all that processed soybean junk food has gone to their heads — and their sex organs, too. The research is in, and it's alarming: Veganism from birth causes mal development of sex organs in males. (Read *The Whole Soy Story* to get the scoop. You'll be astounded.)

Next thing you know, vegans will be cutting out sex altogether, which, come to think of it, wouldn't be much of a stretch. And that's what I think this story is REALLY about. It's not so much that vegans don't want to have sex with meat-eaters — it's that they can't handle being partnered up with someone who actually has a sex drive." -- Source: *Daily Dose*, August 21, 2007. To subscribe, www.douglassreport.com/dailydose/freecopy.html

As [The Naughty Nutritionist™](#) gotta LOVE Dr. Douglass!

Other omnivores have also shown a great sense of humor. One blogger said he would consider the body of a vegan to be a "rotting compost pile of vegetables." This [Naughty Nutritionist™](#) says "No-Fu" to bodies built of tofu (whether soft or firm). All of which brings us to the marketing theme of this year's Los Angeles Tofu Festival . . .

DATING GAMES FOR TOFU

The theme for this year's L.A. Tofu Festival held last weekend was finding Tofu's "perfect match." To this end, hundreds of ingredients went on "blind dates" with Tofu and soon after gave birth to "an exciting assortment of specialty dishes." Or so the publicists would like us to believe. Among the winning propositions:

- "Can I get a scoop on you?" -- NiceCream
- "Do you find me a-peeling?" --- Bananafana
- "I bean waiting for you all my life." BeanyBaby
- "I'm ready to add substance to someone's bland existence." -- SoyMeetsGirl
- "I'm looking for someone who needs some spice and substance in the frying pan." -- Vegan17
- "You can meet me at my place or we can soy each other wherever you like." TheSoyWonder
- "I'm adventurous and willing to experiment." ToFujii
- "Don't forget to use a condiment." -- SaucySoy

Interesting indeed given the fact that Tofu was welcome at Zen monasteries to help monks maintain their vows of celibacy! Source: www.tofufest.org.

EnergyTimes DEBATE

Did you pick up a free copy of the July/August issue of *EnergyTimes* at your health food store? If not, visit www.energytimes.com. The cover story is an "Omnivore vs Vegan" debate that may help you decide whether Mother Nature designed us to eat animal products or we should consider veganism "our next big evolutionary leap."

Speaking for the vegans is Hope Ferdowsian, MD, of the Physicians Committee for (Ir)Responsible Medicine. *EnergyTimes* selected me to represent the omnivores because I'm on the Board of Directors of the Weston A. Price Foundation, but did so only on the condition that I NOT speak out about soy. I agreed, expecting to be identified as the author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food*. Apparently that was too much for *EnergyTimes'* advertisers as the book's entire title was eliminated from my biography. And they didn't identify me as *The Naughty Nutritionist™* either. Guess, they didn't want to imply in any way that vegans aren't sexy, naughty and fun!

SOMETHING FISHY

The soy industry has dived headfirst into aquaculture. Using funds from the U.S. soybean farmers' "checkoff" program, research efforts have focused on identifying "barriers to soy" -- meaning why they won't or can't eat it -- in the diets of marine fish such as salmon, pompano, amberjack, Mediterranean sea bass, sea bream and cobia, as well as increasing the quantity of soy in marine shrimp diets. Soy already constitutes more than half the diets of some farm-raised, freshwater fish. Because different species of fish have different dietary requirements, researchers are building a database to

house the “soy inclusion rates” of each species. To date, projects have been located in the Philippines, Vietnam, and China. Aquaculture is a growth industry (currently growing at 9 to 11 percent per year) and expected to soar over the next decade.

Source: www.soyatech.com

RISKS OF “FUNCTIONAL FOODS”

“Functional Foods” - also known as “**nutraceuticals**” or “**designer foods**” – should be monitored to assess long-term safety and effectiveness. That's the word from the *British Medical Journal*, which recently published findings about the risks of sterol-containing margarines and yogurts. Once regarded as the waste products of the wood pulping or soybean industries, plant sterols are now proving profitable as cholesterol-lowering ingredients added to a variety of nutraceutical foods and drinks.

As reported in the *BMJ*, sterols can trigger adverse reactions in people taking statin drugs. This occurs because both sterols and statins lower cholesterol, thus causing potentially dangerous dosage problems. In addition, plant sterols can increase heart disease risk by thickening the arteries. As I documented in *The Whole Soy Story*, consumers should also be concerned about hormonal disruption as sterols are estrogenic.

In Australia and New Zealand, sterol-containing “functional foods” must carry warning labels, advising against their use by pregnant women and children.

It will be interesting to see if concerns about other nutraceuticals surface in the future. I am particularly concerned about “functional foods” for menopause such as soy-“enhanced” cereals and breads. Proponents of “functional foods” and “functional drinks” argue that they allow people to eat and drink more “healthfully” without radically changing their diet. But as the *BMJ* noted, “at best they are likely to be technical fixes, and at worst, another confounding factor that nutritional epidemiologists will have to unravel for years to come.” Source www.bmj.com

LETTERS

Hi, I was perusing the internet trying to see, for lack of a better way to say it, an explanation for my constant "gaseousness." I have pretty much narrowed it to soy, which is how I think I got linked to your site. Your writing was hilarious and helped me to feel a little less alone. I loved the part where you mentioned a charcoal seating device (funny, is it true?) and that you provide a more lighthearted side. Thanks for the best laugh I've had all day. I'm sure that my soy consumption will continue to produce these lovely little all-day and all-night long side effects, but at least I can smile about it.

Thanks, Veronica

Dear Veronica, Yes, the charcoal seating device is a real product. Best of course, to just stay off the soy rather than on the cushion! There are plenty of other serious health risks. Thanks so much for writing. You made my day.

Dear Dr. Daniel: I used to be a vegan, but I eat some dairy products and fish now to satisfy the protein craving. I still crave tofu though. A friend of mine who drinks large quantities of soy milk is a vegetarian and says it's the only thing that satisfies her craving. For the most part, we are both pretty intuitive and tuned into our bodies, and can tell when things are good or bad for us. So I was wondering if soy, like a drug, fools us into thinking it is good when it is really causing all sorts of undesirable side effects and can be habit forming too. --Nancy

Dear Nancy, Many people say they crave soy milk and feel "so good" after drinking it. Packaged soy milk is likely to contain two highly addictive substances: sugar and MSG. Sugar or some other sweetener is added to most of the popular brands to cover the "beany" taste. Although you won't see MSG on the label, it's found in any brand of soy milk that uses soy protein isolate as an ingredient. Regular tofu would not contain sugar or MSG but "lite" and/or flavored "ready-to-go" brands might. Another possibility is that the soy phytoestrogens (plant estrogens) have an addictive effect related to hormone fluctuation. You say you are eating "some dairy products and fish." Does that mean several times a week? I would increase consumption to at least once per day and ideally several servings a day. You would also likely benefit greatly from eating eggs. Most long-time vegans are starved for both protein AND fat.

UPCOMING TELECLASS -- RECOVERING FROM SOY.

Ready to heal the damage from soy foods, soy milk or even soy infant formula?

Is it even possible?

Join Dr. Kaayla Daniel, The Naughty Nutritionist™ in this edu-taining 1 1/4 hour teleclass, I earn a lot, laugh a little and 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. Sign up now as class size will be limited. Email me your questions prior to the class to ensure that they will be answered.

DATE: Thursday evening, August 30, 2007

TIME: 9pm EST (8pm CST, 7pmMST and 6pmPST)

PLACE: Your telephone

COST: \$39

To sign up, email me at wholenutritionist@earthlink.net. Or call me at 505-266-3252

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