

WHOLE SOY UPDATES

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GOVERNMENT CLOSES TOP SCIENTIST'S LAB

For more than 25 years **Retha Newbold**, has investigated endocrine disruption caused by soy genistein, DES and environmental estrogens and courageously reported on those findings at symposia and in peer-reviewed journal articles. Now her work has stopped because the U.S. government closed her laboratory at the National Institute of Environmental Health Science's Laboratory of Molecular Toxicology and dispersed her staff. Newbold was given no reason for the closing other than that the "scientific director has decided not to support my research."

The lab closing followed the January publication of a paper in *Biology of Reproduction*, in which Newbold and colleagues showed that soy given to newborn mice disrupted egg cell development, thus pointing to soy infant formula as a likely contributor to America's epidemic of infertility. In earlier work, Newbold showed that soy genistein could be more carcinogenic than the pharmaceutical DES if exposure occurs during critical periods of differentiation – as is the case with fetuses and babies. DES (diethylstilbestrol) was widely given to women from the 1940s to 1960s to prevent miscarriage until doctors belatedly linked it to reproductive defects in daughters and sons.

Most recently, Newbold has been investigating the developmental origins of adult obesity. Using DES as a model xenoestrogen, she discovered that adult weight homeostasis is extremely vulnerable to low-level fetal exposures. Indeed, exposure to DES even at very low parts-per-billion during pregnancy can cause obesity in adulthood even when energy expenditures and food intakes match normal-weight controls.

In a letter of protest to David Schwartz, Director of the NIEHS, John Peterson Myers, PhD CEO/Chief Scientist of Environmental Health Sciences in Charlottesville, VA, Chairman of the Board of the National Environmental Trust, and a coauthor of the seminal book *Our Stolen Future*, wrote, "Given how important obesity and metabolic syndrome are for public health, it makes no sense to close a laboratory that is actively exploring one of the least studied and most promising avenues for public health intervention. . . Dr. Newbold's work represented the best of NIEHS science "

Meanwhile the National Institute of Environmental Health Science's Center for the Evaluation of Risks to Human Reproduction (CERHR) convened an independent panel to review the safety of soy genistein and soy infant formula. On March 17 the panel announced its decision that soy infant formula should be considered "safe" until proven otherwise and that there is "negligible concern" for reproductive and developmental effects. This sop to the industry flies in the face of warnings issued by

the Israeli and French governments as well as recent studies published by Retha Newbold and others.

Dr. Mary Enig and I testified during CERHR's "public comment period. Representatives from ADM, Solae, DuPont, Ross and other companies were there in force as well as soy industry paid scientists, lobbyists and spokespersons Kenneth D. R. Setchell, Mark Messina and Nancy Chapman. Throughout the public proceedings, Dr. Setchell sat in the rear, rudely making the comment "rubbish" when panel members showed their ignorance of doses, potencies and pathways, which was often.

In the end, the panel ruled in the industry's favor, most likely because they were felt overwhelmed by the sheer mass of studies. Anchorage, said there should be a higher level of concern for infant and/or by industry pressure. Only one member disagreed. Dr. Ruth Etzel, a pediatrician at the Alaska Native Medical Center in exposure to genistein as it could adversely affect brain and reproductive system development. As for the other panel members, whatever happened to the precautionary principle of "better safe than sorry?"

FOWL PLAY -- CHOLESTEROL-LOWERING EGGS

Chicken feed generally contains about 25 percent soy protein so many readers have asked if soy isoflavones would be found in the eggs. The bad news is that they are. University of Maryland and Ohio State University researchers tested 12 brands of regular and specialty eggs that bill themselves as being "natural," "organic," or "vitamin E enriched" and found about 5.5 mg/g total isoflavones, of which 53% was genistein derivatives, 40% daidzein derivatives and 7% glycitein derivatives were transferred into the egg yolks. They found no significant difference in the isoflavone content of regular versus the specialty eggs. The scientists concluded with "good news" -- that companies could sell "commercially available isoflavone-enriched eggs . . . by manipulating the diet of hens" and that "cholesterol-reducing property of isoflavones could make eggs more appealing to consumers. "

Those of us who find this unappealing should assume that both commercial and "organic" eggs come from chickens fed soy feed and take our business to those few poultry farmers whose free-range chickens stay soy free.

LETTER --NO SOY CHICKENS

"I have successfully been raising chickens for eggs and for meat on "no soy" diets for several years. I have personally observed 25 test chickens given "scratch" (cracked corn - wheat --oats-barley) and 75 controls fed all veg 23% soy protein broiler feed. All came from the same hatch at the same hatcher and came to the farm at one day old. "The differences in health and hardiness are easily seen. The rate of gain is much reduced without the soybean meal. Ever wonder about the obesity epidemic? "But the most shocking aspect of the no soy chickens is the intellect. The "no soy" birds are at the front of the pen, ready to move forward, anticipating the move and much

more aggressive foragers. The soy-fed birds await for the feeder to be filled and are lazy and sluggish about moving.

“When you butcher the soy-fed birds, they have a larger and lighter colored livers and a larger hearts. The no -soy birds are much brighter in comb and leg color and seem to be much more aware of their keepers. Predators seem to prefer to attack the no-soy birds, Maybe they have a better taste. “

-- Cindy Dutcher, Michigan.

LAUGHTER – YOUR BEST MEDICINE AND IT'S ALWAYS SOY FREE!

The **Naughty Nutritionist**™ can't resist sharing this spoof that has been circulating on the internet – author unknown:

In Pharmacology, all drugs have two names, a trade name and generic name. For example, the trade name of Tylenol also has a generic name of Acetaminophen. Aleve is also called Naproxen. Amoxil is also call Amoxicillin and Advil is also called Ibuprofen.

The FDA has been looking for a generic name for Viagra. After careful consideration by a team of government experts, it recently announced that it has settled on the generic name of Mycoxafloppin. Also considered were Mycoxafailin, Mydixadrupin, Mydixarizin, Dixafix, and of course, Ibepokin.

Pfizer Corp. announced today that Viagra will soon be available in liquid form, and will be marketed by Pepsi Cola as a power beverage suitable for use as a mixer. It will now be possible for a man to literally pour himself a stiff one. gives new meaning to the names of "cocktails", "highballs" Obviously we can no longer call this a soft drink, and it and just a good old-fashioned "stiff drink". Pepsi will market the new concoction by the name of: MOUNT & DO.

Thought for the day: There is more money being spent on breast implants and Viagra today than on Alzheimer's research. This means that by 2040, there should be a large elderly population with perky boobs and huge erections and absolutely no recollection of what to do with them.

SOY “TELL ALLS”

The soy controversy is going mainstream. The headline to a May 27 article in the *Los Angeles Times* read “Is Soy a Fab Bean or Health Danger? The benefits of soy, once lauded are now coming under attack. “ The article noted that soy now even has its own “tell all” book – *The Whole Soy Story*. *Newsweek* (May 8) warned that children given rice milks and soy milks are showing signs of malnutrition associated with children in third world countries. And *The Daily Mail* in the United Kingdom ran with the title “Is soya a has-bean?”

Unfortunately, the *Wall Street Journal* continues to steer clear of the soy controversy. It has even ignored major business news such as plummeting sales in Israel due to the

Israeli Health Ministry's warning that babies should not receive soy formula, that children under 18 should eat soy no more than once per day to a maximum of three times per week and that adults should exercise caution because of adverse effects on fertility and increased breast cancer risk. Likewise, not a word in the WSJ about French regulations that will require manufacturers to remove soy isoflavones from infant formula and to put warning labels on soy milk and soy foods advising consumers of risks to children under 3, children with thyroid disease and women who have been diagnosed with or have a family history of breast cancer. The WSJ's health columnist Tara Parker-Pope, however, did write in a column that soy eaten during adolescence might prevent breast cancer. Although a study by Anna Wu did link soy to reduced risk of breast cancer in Chinese, Japanese and Filipino-Americans, it failed to properly evaluate other lifestyle and dietary factors.

NOT SO BRIGHT FUTURE

Ma Me® a “convenient snack pack of healthy pods” debuted this Spring and is billed as ideal for packing in lunch boxes, purses, briefcases and gym bags. The product from Bright Future Foods comes cleverly packaged in a bag within a bag so that consumers can easily discard the edamame pods without littering.

Edamame is the green vegetable soybean, lower in toxins and plant estrogens than the dry, tan old beans. It's not likely to cause health problems for people who eat small servings occasionally. So this isn't a “worst product.” But some people are snacking on edamame like popcorn and the toxins and estrogens do add up. This would put future “ma mes” at risk for reproductive problems, including infertility and pregnant women at risk for birth defects. The Israeli and French governments have both warned that children's growing brains and reproductive systems could be adversely affected by soy foods. Given soy's track record in terms of infertility and birth defects, it is ironical that Bright Future Foods plans to donate 10 percent of its annual after-tax profits to the Future Adoption Foundation, which provides financial grants to parents who need help paying the high costs incurred during the adoption process.

LETTER

Dear Dr. Daniel: In spite of your stated privacy policy, I urge you to share my soy story with ANYONE you meet. I want to warn everyone that Rice Dream has added a variety “Heartwise” that contains “CoroWise,” which they identify on their box and website only as including “phytosterol ester – a plant based extract.” In adding this ingredient, they removed “soy free” from their package, which is what made me nervous. They did not, however, list any soy ingredients or soy warnings. I contacted the company and was told CoroWise was made from “highly refined soy or peanut oils” and that it was “highly unlikely” that any proteins would show up in the product so they didn't have to list soy as an ingredient on the package. So much for the FDA regulations for new product labeling that any 7 year old can read.” People using Rice Dream instead of soy milk and dairy milk (I have multiple allergies) should be warned not to buy the new product. Cargill, manufacturer of Corowise, also sells it to Minute Maid OJ (Heartwise) and Nature Valley (Healthy Heart) among others.

-- Patricia

Dear Patricia, Thanks so much for investigating and sharing. We all have to be constantly vigilant and I depend on readers like you to keep me updated. I'd like to recommend that you switch from rice milk (which has very little nutritional value) to a homemade "coconut tonic" made with coconut milk, dolomite powder, stevia, vanilla and water. It's delicious and nutritious. Coconut nourishes the thyroid and supports the immune system – weak points for both clients with allergies and ex-soy eaters. For the recipe, visit the Frequently Asked Questions (FAQs) section of my new website www.soyfreesolutions.com.

SOY FREE SOLUTIONS

www.SoyFreeSolutions.com is finally up and running. It features soyfree Vitamin E, CoQ10, multivitamins and energy bars, and other needed supplements. I even offer a top cod liver oil that uses rosemary and not Vitamin E as the preservative. The FAQs section answers questions about how to live soyfree in a soy-filled world, how to heal allergies, and other topics. Visit often and tell all your friends with soy allergies and sensitivities. Thanks.

That finally put to bed, it's time for this **Naughty Nutritionist**™ to get her Naughty Nutrition website up and running. Like good coffee, I expect this project will be hot, rich and keep me up all night!

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