



BFit4Life Newsletter

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Welcome to the BFit4Life Newsletter

Hiya All,

In last months newsletter we discussed the Truth about Low Carb diets. On a similar theme today we look at the subject of Soy, branded as one of the world's Super Health Foods is this really the case or are there more sinister implications of overindulging in this Toxic tonic.

When I meet a new client and hear that they are vegetarian I am usually not surprised to hear that Soy can form a large part of their diet and even some more of my carnivore clients also use soy as an additional means of protein or as a health food to feed their children.

Some say ignorance is bliss, while I believe knowledge applied is power, so read in this months issue the truth about the Soy and with that knowledge you have a choice to make your own informed opinion

Damien



Soy – The Whole Story

The quest for bigger market shares and profits has seen some leaders emerge in industries in their respective fields. This is encouraging in certain fields but when mankind tries to outsmart mother nature, her 1000's of years of her wisdom generally lets her unleash her wrath and we receive the consequences. One such industry who has received much hype as a super-food is the soy industry. Unfortunately it is the marketing hype of alleged benefits that has seen its popularity rise. The myth of its use in China 1000's of years ago has grown as the Chinese whispers of its uses has fuelled a massive industry worth billions infiltrating markets as diverse as infant formulas, chocolates, vegetable oils, car manufacturing and the textile industry to name but a few.

One woman who has truly blew the myth of Soy as a health food apart is Kaayla T. Daniel, PhD, CCN in her book "The Whole Soy Story – The dark side of America's favourite health food." The book is an informative detailed read with 439 pages long of which there are 46 pages of references to Soy. I recently had the pleasure of speaking to Kaayla at a leading nutritional conference in Boulderfest, Colorado as she went through the history of soy.

History of Soy

Labelled the yellow jewel in Chinese folklore and considered one of the five sacred grains soy was originally used as a cover crop or green manure. Its job was to capture nitrogen from the air and fix it into the soil to benefit the growth of other grains like wheat and barley. It was considered inedible until the discovery of processing methods such as fermentation. Miso, tempeh and natto allowed the Chinese to tame the soy in the 2nd and 4th century BC and the Japanese between 540- 552 AD. This was because the food caused so much digestive distress such as bloating and gas.

Its expansion onto different markets in Asia began when Lord Liu Am tried to create a low cost protein by converting the soybean into tofu and to be used in the diets of by the vegetarian monasteries. Its role was to increase spiritual development and sexual abstinence of the monks. This point is interesting as the plant estrogens known as phytoestrogens found in soy have been known to lower testosterone levels. By 700AD it was accepted as a meat and fish replacement only when pork or fish were unaffordable or unavoidable. It was generally served as a condiment in small quantities and not as a main course. Soy and its derivatives, Miso, Natto, Tempeh and Tofu were more a food for the poor and indeed Sukarno, the president of the Indonesia Republic from 1945-1967 admonished his fellow citizens by warning them not to be a Tempeh nation.



"The Whole Soy Story – The dark side of America's favourite health food."

Soy – The Whole Story

History of Soy- continued



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Soy in the West is a product of the Industrial Revolution as it was seen as an opportunity to develop poor meat substitutes. Promoted by the great Henry Ford who attempted to build a car using soy and Dr. John Harvey Kellogg of the cereal fame, they championed the benefits of soy whilst demonising meat. The weight of popular opinion of these icons in America was also happening in Europe where the vegetarian Adolf Hitler and Mussolini fervently promoted soybeans, vegetarianism and natural foods. After World War II when Americans occupied Japan, they encouraged their food processing patterns and dietary customs. Ancient Chinese and Japanese people knew what modern food processors choose to forget in that soybeans must be soaked, cooked and fermented in order to transform. Fermented food enlists bacteria, fungi and other micro-organisms to help breakdown complex proteins, starches and fats into digestible amino acids, simple sugars and fatty acids. Fermented soybean products like Shoyu, natto and tempeh rarely cause a lot of gas. However, fermented soy is not ideal sources of proteins. They are low in amino acids, methionine, and cysteine and taurine and claims of high levels of B12 are not true as it's not in its physiologically active form. In his book "Diet for a small planet" Frances Moore Lappe claimed that by mixing beans and grains together that the excesses of one would complement the deficiencies of the other. This theory has left a lot of vegetarians' protein deficient.

Fact or Fiction

The belief that the people of Asia consume a lot of soy is a myth. The average consumption per year of dry soybeans in China, Indonesia, Korea, Japan and Taiwan comes to 3.4kg, 6.3kg, 10.9kg and 13kgs respectively. This boils down to only 9.3 to 36g's a day. Vegan authors such as John Robbins claim that the people of Okinawa in Japan live to be 100 because of the large quantities of soy they consume daily. The Okinowan diet contradicts this as Okinowans eat 100g's of pork or fish a day and Dr. Suzuki claims it's the genes of the Okinowans that differ from us and allow them to live longer. In fact, China only produces 7.8% of the world's soybean crop. 2/3 rds of the US soybean crops come from GM (Genetically Modified) soybeans patented and sold by Monsanto. Monsanto is known as the Frankenstein Food Giant. Their aim was to design a crop where farmers would find it easy to kill the weeds without damaging the crops. Argentina became the 1st country to authorise the use of GM seeds in 1997 but it created a nightmare as the weeds became herbicide resistant and it took double the amount of herbicides used by farmers to try and control them. So in reality, Soy increases your toxic load. It is one of the most sprayed crops. Their high content of pesticides increases your ever-increasing toxic load. In addition, aluminum content skyrockets during processing.

Media reports were suggesting following an Asian style diet because there had lower numbers of breast, colon and prostate cancer but they failed to mention that Asians have higher numbers of oesophagus, pancreas and liver cancers.

Top 4 reasons not to buy Soy

1. As a protein soy is inferior in a Net Protein Utilisation index when compared to eggs, milk, fish, poultry and beef. These are known as complete proteins as they contain all of the amino acids in the right quantities. Soybeans are deficient in the Amino Acid Methionine and so are not complete proteins. This deficiency can lead to increased levels of homocysteine which in turn increases the risk of heart disease and stroke. In babies, a deficiency in methionine means that babies don't grow big enough fast enough. That's why most Asians cover their protein bases by adding fish or animal products to their broths except at vegetarian monasteries. Vegans who favour soy protein are exposed to relatively high levels of toxins. As they are eating 100 times more Soy protein isolate containing nitrites that are GRAS (generally regarded as safe), this increases the risks of mutagens and carcinogens in the body

2. Soy based infant formulas have been linked to ADD- Attention Deficit Disorder. They contain 80 times more manganese than breast milk. This is a neurotoxin and high levels of manganese exposed to new-borns can cause brain damage associated with learning disabilities, attention deficit and other behavioural disorders. They cannot eliminate this like adults because of their immature livers



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Soy – The Whole Story

Top 4 reasons not to buy Soy - *continued*

3. Another reason why soy products should not be on your shopping list is because it has a high content of phytates which are known to inhibit the absorption of minerals such as calcium, iron and zinc. These protease inhibitors inhibit key enzymes to help us digest protein. If you have low hydrochloric acid you can compromise the pancreas leading to insufficiency and bowel disease. Trypsin inhibits increase of hormone CCK- and it orders the pancreas to secrete and manufacture more digestive enzymes. This can enlarge the pancreas cells, make them proliferate pancreas cells and cause cancer. Soy absorbs less calcium than milk and dark green leafy vegetables and an inability to absorb zinc leads to growth, immune system, thyroid function and weight gain. Phytates are a leading cause of poor growth, anaemia and a lowered immune system. This is common in 3rd world countries as the phytates can cause iron deficiencies. The good news is that meat consumption blocks phytates. So if you are going to eat tofu, make sure to eat some meat during the same meal. Without iron, the haemoglobin in our blood cannot carry oxygen which leads to anaemia. Iron absorption is only 27% absorption in Soy infant formula as opposed to milk. This is why vegetarians should be screened for iron deficiencies and given iron supplements.

4. The final reason is that Soy is one of the top 8 most common allergens and it is a potential cause of hypothyroidism. Soy contains goitragens which are compounds that lead to hypothyroidism. Oprah Winfrey and Dr Christian Northbrook promoted high iso-flavone shakes with blueberries and Jenny Craig were great promoters of Soy Protein shakes but it is interesting to not both are struggling with hypothyroidism. Iso-flavones are phyto-estrogens or plant estrogens and they can act like our hormones and it can affect the reproductive and the nervous system.



These protease inhibitors inhibit key enzymes to help us digest protein. If you have low hydrochloric acid you can compromise the pancreas leading to insufficiency and bowel disease

The applied knowledge is power so do your own research; pick up a copy of Kaayla's book so you can make informed decisions for you and your children's future.