

WHOLE SOY UPDATES

Fourth Newsletter -- July 4, 2005

FOURTH OF JULY CONTEST

Let's set off some fireworks for *The Whole Soy Story* by posting reviews on Amazon or Barnes and Noble. If soy has hurt you or your friends and family and you'd like to warn others, here's your chance. If my book has helped you, this is a great way to encourage others to buy it. Amazon and B&N both make the process simple and if you'd like to maintain your privacy, you can use a pen name. To inspire your best efforts, I'm offering prizes. Deadline is Saturday July 9 at 11 p.m. EST.

GRAND PRIZE:

Your choice of a free one-hour, private nutritional consultation with me - Value \$150
OR

Free Shared Vision Global Teleconference featuring 21 top success and motivational speakers including Debbie Ford, T. Harv Eker, Joe Vitale and others. Value \$97. More about this exciting event later in this newsletter.

RUNNERS UP: Five of you will win your choice of a free copy of the book *Nourishing Traditions* by Sally Fallon OR *Fourfold Path of Healing* by Thomas Cowan shipped to you by Priority Mail. Value \$25.95.

HERE'S WHAT TO DO: Visit www.amazon.com and use the search engine to go to *The Whole Soy Story* by Kaayla T. Daniel. Scroll down the page and you'll find two places where Amazon will ask if you'd like to write a review. (The first is under publication info about the book. The second is at the beginning of the review section. Click the link, Amazon will take you from there.

For Barnes & Noble, go to www.barnesandnoble.com. Search for *The Whole Soy Story* and once the page comes up you'll find a place to post a review near the end. Let B&N take you from there. So far, we've got 12 reviews on Amazon but none on B&N so I'd especially like to see a few there.

Once you've posted your review, just notify me by sending me an email to wholenutritionist@earthlink.net. That's it. On July 10, I'll read all the reviews, pick the winners and let you know! The winning entries needn't be long and I'm not looking for flattery. I'm hoping you'll speak from your heart and share your truth out of a desire to help others.

And now this month's soy news . . .

SOYBEANS TOPPLE THE RAINFOREST

BBC News reports that destruction of the Amazon rainforest has been proceeding at a record clip because of soybeans grown for export to China and Europe. So far 26,000 sq km – that's almost a fifth of the entire Amazon -- have been chopped down. Just under half of the deforestation occurred in Mato Grosso, where the governor is one of the world's largest soy producers. Greenpeace calls him "the king of deforestation." Now if Greenpeace would only take a strong stand against soy and tell vegetarians and environmentalists that it's NOT green and NOT peaceful!

JUST WHAT THE DOCTOR ORDERED

For nearly 30 years Dr. Dean Ornish has advocated a very low-fat diet that is low in animal products as the way to reverse chronic illness, particularly heart disease. Who would have thought that he is paid consultant for McDonald's? His responsibilities include meeting with top executives, giving talks to employees and writing words of wisdom about diet and breast cancer for the families who patronized McDonald's on Mother's Day. Dr. Ornish won't say how much McDonald's pays him, says the money is not why he's doing it and argues that detractors don't give food companies enough credit. "It's very easy to be a purist and demonize things, but as I get older I realize that life is shades of gray." Perhaps Dr. Ornish has eased his conscience with the discovery that a McDonald's meal is surprisingly high in soy and low in the saturated fat that he demonizes. That's because there's soy protein in the burger and bun plus plenty of partially hydrogenated soy oil in the fries. That plus all the sugar in the soft drinks is the probable reason that documentary filmmaker Morgan Spurlock got so fat, sick and tired after eating nothing but McDonald's fare for one month while filming *Super-Size Me*. Turns out Dr. Ornish doesn't only work for McDonald's. He's also on the payroll of PepsiCo and ConAgra Foods.

Meanwhile, Kraft signed up Dr. Arthur Agatston, a cardiologist and author of the bestselling *South Beach Diet*, for a line of South Beach diet foods, which are already appearing on supermarket shelves. These include whole-wheat frozen pizza, several varieties of whole-grain cereal and frozen dinners. They bill themselves as healthy with minimal saturated fat. As with all low-carb packaged products, beware of the probability that soy substitutes might be taking the place of familiar carbs.

ALLERGY ALERT -- SOY ROCKS

It's not the name of the latest hip band, but of an energy bar being billed as "America's only 'truly healthy' health bar." Soy Rocks contains no added sugars, no sugar alcohols or hydrogenated oils but 10 grams of "heart healthy" soy protein from non GM beans and 45 mg of naturally-occurring "protective soy isoflavones." That's a whopping quantity of isoflavones even for adults.

Even worse, this product is being heavily marketed to children. The PR release reads: "Children tested, Soy Rocks are perfect for packing in school lunches." The manufacturer is even targeting children with peanut allergies by boasting that it is "manufactured in a peanut-free facility." This is outright irresponsible in that the Swedish Ministry of Health has warned that children with peanut allergies are at high risk of serious allergic reactions including anaphylactic shock from soy products. Four such children died in Sweden though they had never previously reacted to soy.

Turns out Soy Rocks represent only three of the more than 400 soy-based products dubbed "Health Food That Tastes Like Junk Food" from the Dixie Diners' Club Division of Dixie USA Inc., a company that bills itself as "serving the medical community for 30 years."

CELEBRITY WATCH

The July issue of *O* magazine features Oprah Winfrey interviewing Lance Armstrong, the six-time winner of cycling's grueling Tour de France. What does this 33-year-old survivor of testicular cancer eat for breakfast? Muesli with soy milk. Oprah makes no comment, but it seems unwise given that soy could put him at greater risk for cancer recurrence, not to mention hormone disruption. Good thing he banked his sperm.

Suzanne Somers' bestselling book *The Sexy Years* advocates bioidentical hormone replacement to help women stay young and sexy during the menopausal years. Although these prescription products are made at the laboratory using soy isoflavones, the final result is chemically identical to human estradiol and progesterone. Although it may be years before we know whether these products are truly bioidentical or safe, they would appear to be safer than high doses of soyfoods or soy isoflavone supplements. The back of the book includes an interesting interview with a hormone specialist who explains why soyfoods are not the "safe and natural" answer for HRT.

MALIGNANT AND MUDDLED HEALTH CLAIM

Once again the FDA has delayed its decision on the Solae Company's proposed soy-prevents-cancer-health claim. The new deadline is late August. The FDA claims it is understaffed and overburdened by the sheer number of health claims being proposed. This one has attracted quite a bit of public protest with 500 letters sent by people like you. Indeed the poor beleaguered FDA is so behind that it hasn't even posted all of the letters yet on its website. Nor has it posted the third protest document that Sally Fallon Bill Sanda and I submitted through to the FDA through the Weston A. Price Foundation. You can read all three of our protests at www.westonaprice.org. Though "it's not over 'til it's over," Solae already jumped the gun with a press release announcing the probability that the FDA would grant its request. Undoubtedly, the company hopes to profit right away. Solae predicts that it will double sales of its soy protein ingredients with the granting of an FDA cancer health claim. Meanwhile, FDA just announced that it has rejected a proposed green-tea-prevents cancer health claim.

HAIR TODAY, GONE TOMORROW

Men and women who eat massive amounts of soy often complain of hair loss. Lately, I've even been hearing stories of health food store owners sell and eat lots of soy but have experienced so much hair loss that they have to wear wigs. Now there's news of a natural soy-lution!

Kyoto News reports that Japanese scientists have come up with a new and improved genetically modified soybean in which egg white protein has been inserted! Masaaki Yoshikawa, professor of food science and technology at Kyoto University, announced "*If we can confirm the safety of the soybean, we may be able to promote hair growth or stop hair loss just by eating them.*" Seems the team fed it to shaved mice and found that their hair grew back faster than expected.

But wouldn't a better – and certainly safer -- solution be to eliminate the soybeans entirely and just eat whole eggs? Eggs contain plenty of sulfur, which is known as the "beauty mineral" because it fosters lush hair growth and beautiful radiant skin. Soy protein is notoriously low in the sulfur amino acids methionine, cysteine and taurine.

NOT SOY SMART – FEWER EGGHEADS ON CAMPUS

Several news stories published on "Vegan World Day" (June 21) announced that vegan diets are gaining in popularity on college campuses. A survey of 100,000 college students revealed that 24% desired vegan meals containing no meat, poultry fish, dairy, eggs or honey.

The survey was completed by ARAMARK Corporation, which provides food management services to schools, colleges, stadiums and corporations. Accordingly, ARAMARK is busy adding vegan entrees to its menu, most of these will contain soy. Students will be offered Sweet Thai Tofu, veggie burgers, uncheese burgers, eggless "egg" salad, and other meat and dairy alternatives, all of which can be washed down with soy milk. Sad to say, students who stay on this program will probably find themselves suffering from thyroid disease, reproductive disorders and cognitive decline.

SHARED VISION GLOBAL TELECONFERENCE

Calling all small business owners, entrepreneurs, solo-preneurs, coaches, consultants and self improvement aficionados. This summer I'm going to be part of the Shared Vision Global Teleconference to be held from July 11th - 14th and July 18th- July 20th. This is the first ever event of its kind and includes many people who have changed my life, including T. Harv Eker, Debbie Ford, Hale Dwoskin (Sedona Method), Bill Harris (Centerpointe meditation) as well as many other leading motivational and success speakers. For more information, go to:

[http://www.sharedvisionnetwork.com/21experts/index.cfm?pid=GS_1663"](http://www.sharedvisionnetwork.com/21experts/index.cfm?pid=GS_1663)

SOY STORY – TYPE 2 DIABETES

Hi, Just thought I'd drop you a line. In April of this year I was diagnosed with type 2 diabetes. I had been using soy milk as an alternative to cow's milk for the last four years. While working away from home where I cannot get soy milk, my blood sugars started to 'normalize' so much so that I had to stop taking the medication. I have now cut out all soya products from my diet, including margarine and other spreads. At this point my blood sugars have normalized to such an extent that my diabetes team now wonders if I ever had diabetes in the first place. I inadvertently ate a spoonful of yoghurt that contained soya and my sugars shot up over the next 24 hours. Cheers, Simon

SOY QUESTION

Dear Dr. Kaayla, I read your book and feel like I ruined my children. I breast fed them but they were all lactose intolerant when they were weaned and my pediatrician told me to give them soy formula and then soy milk. My oldest is 14 and youngest 5. They all have severe allergies to everything but food and my youngest has asthma as well. What can I do to reverse this? Thank you, Diane

Dear Diane, Don't ever feel that you ruined your children. You had no way of knowing that the manufacturers of soy formula and soy milk have chosen to conceal risks and that most pediatricians are not properly informed about the dangers of soy. If I were in your situation, I would take care to remove all sources of soy protein and soy oil from my children's diets. This will be a challenge given the fact that soy ingredients are in more than 60% of the foods sold in supermarkets and in nearly everything found in fast food restaurants. As a clinical nutritionist, I have found that clients become less allergic and asthmatic when they stick to a varied, organic and omnivorous diet such as is recommended in the book *Nourishing Traditions* by Sally Fallon. Good fats including butter and coconut oil are especially important. However, healing is likely to progress faster if you enlist a nutritionist or alternative medical doctor who has worked with allergy sufferers and developed protocols (using diet and supplements) to heal the gastrointestinal tract. I work with clients long distance or you may know a gifted health practitioner in your own community.

BOOKS

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health by T. Colin Campbell and Thomas M. Campbell II. Back in the 1980s, T. Colin Campbell and a team of researchers traveled to China to survey the dietary habits

of 6,500 adults in 130 rural villages. Although they gathered data on a whopping 367 food variables, they somehow neglected to note how much soy people were eating. Yet soy is widely reputed to be a "miracle food" and the reason that the Chinese have lower rates of some cancers and other chronic diseases. So it's "startling" indeed to find that ALL legume consumption came to a grand total of only 12 grams per day, which is NOT very much. However, what's truly "startling" about this book is not the failure to be "comprehensive" -- there's plenty of good data here-- but the many ways in which Campbell – a proselytizing vegan -- massages, misuses and misreports that data. Although he clearly thinks that it's all for a good cause, this is a textbook case of "Lies, Damn Lies and Statistics." I recommend that the publisher follow up with a sequel -- a companion volume in which researchers without any dietary agenda take the same data and reach statistically justified conclusions. Now that would give readers food for thought!

Live Better Longer: The Parcells' Center 7-Step Plan for Health and Longevity by Joseph Dispenza . Dr. Hazel Parcells was a total original with an astonishing ability to cut through nutritional dogma. She had little patience with most health experts, saying that they were unteachable because their cups were already full. She broke all the rules of establishment nutrition by recommending red meat, raw milk, butter, no soy and no margarine. And she understood body/mind/spirit medicine long before it became popular. Most importantly, Dr. Parcells was a living, breathing success story -- a woman who had been terminally ill at 39, who healed herself and went on to 65 vigorous years of pioneering discoveries in nutrition before her death at 106 years young in 1996. Dr. Parcells liked to say that "If you want to be healthy, you need to trade your wishbone for a backbone and get to work." I took her advice and became healthy. I noted that she earned four advanced degrees after the age of 50 and went for my own PhD. I was so intrigued by her findings about the health problems caused by soy protein and soy margarine that I researched and wrote *The Whole Soy Story*. It confirms what she -- in her brilliance -- knew back in the 1950s! Joseph Dispenza's beautifully written book is a tribute to the life, love, laughter and wise teachings of this extraordinary woman. I recommend it highly to everyone who wants to remain joyous, vital and productive into great old age.

COMING SOON – www.soyfreesolutions.com

Finally, I will soon be launching my second website www.soyfreesolutions.com. I will be offering high-quality products for people who either must -- or wish -- to keep soy out of their lives. So many people have asked for advice about the best soy-free vitamins, energy bars, shake powders, and other high quality supplements that I've decided to provide them. There also seems to be a huge demand for soy-free chocolate. Let me know what YOU desire by writing me at wholenutritionist@earthlink.net

Thanks, Kaayla