

# *Don't Eat Soy*

## (Unless It's Fermented, and from Organic, Non-GMO Soybeans)

I quote many studies in this essay, and I urge you to look up the references from which I stole them: *The Whole Soy Story* by Kaayla T. Daniel, Ph.D.—the best soy book with most of the soy references known to man—and [www.westonaprice.org](http://www.westonaprice.org). When there, look under “Soy Alert.” This site will give the references and also lead you to information about Monsanto’s invasion of, particularly, the Bush Administration, and who sleeps with whom on their voyage toward destroying the planet. Check it out. I also have a bit of data at the end of this article regarding whom Monsanto sleeps with in the government; so do not stop reading too soon.

The efforts of three major corporations—DuPont, Archer Daniel Midlands, and Monsanto—have made soy a common word in the American health vocabulary. Commercial soy products are some of the most dangerous foods that people, particularly infants, can eat. However, if there are certain families that you do not like, then certainly recommend soy products to them, as it inhibits their breeding. In fact, if any of you are headed toward Texas, let me know.

The first information about soybeans comes to us from Chinese pictographs from the Chou Dynasty in 246-113 B.C. The soybean was designated as one of the five sacred grains along with millet, wheat, barley, and rice. However, unlike the “edible” grains, it is depicted for its root structure, and not as a food. Similar to vetch, alfalfa, and other legumes, its roots help to fix nitrogen in the soil. Thus, it is more a cover crop for crop rotation to enrich soil for other more edible crops. Soybeans did not serve as food until the discovery of fermentation toward the end of the Chou Dynasty. Soy was fermented for a long time, from six months to three years, before being eaten. The first “edible” soy foods—tempeh, miso, natto, and tamari soy sauce—were fermented in a manner similar to yogurt and clabbered milk. When foods are fermented, they become “predigested.” This traditional “predigestion” of soy before people eat it is necessary, because soy contains many ingredients which, when eaten straight, are quite hazardous. Thus, the necessity of fermentation before eating. (Consider the Maidu Indians here in Nevada County and what they had to do with acorns in order to make them edible. Acorns, like soy, are edible once their toxins have been neutralized and leached away.)

Somewhat later, presumably in the late second century B.C., clever little Chinese scientists figured out that a puree of cooked soybeans could be precipitated with calcium sulfate or magnesium sulfate (plaster of Paris and Epsom salts) to make a pale, smooth curd, now called “Tofu.” Ninety percent of all processed soybeans in Asia today are used for making tofu. The other 10% go into fermented soy products like miso, natto, tempeh, and tamari soy sauce. The reason the Chinese did not eat the unfermented soybean as a protein source is that they already had hundreds of years of experience to find out it was basically poison. Soybeans, even organically grown, contain many substances that are quite harmful to human beings and animals. We are just now learning what they are and why they are hazardous to health.

The first of these poisons are potent enzyme inhibitors, which block the action of trypsin and other enzymes we need for protein digestion. Trypsin is an enzyme from

the pancreas that is essential for proper protein breakdown and assimilation in the gut. The nasty enzyme inhibitors in soy are not completely deactivated with cooking, and can cause serious gastric distress, reduced protein digestion, and chronic deficiencies in amino acid uptake. In multiple studies with test animals on diets with trypsin inhibitors, pancreas enlargement, and other pathological pancreatic conditions including cancer, occurred.

Soybeans also contain hemagglutin, a clot-promoting substance that causes red blood cells to clump together. This clumping inhibits oxygen from reaching cells, and thus retards growth and repair. Trypsin inhibitors and hemagglutin are known as “growth depressant substances.” Luckily, both are deactivated during the soy fermentation process rendering them harmless. In “precipitated” soy products like tofu, enzyme inhibitors are leached out and concentrated in the soaking liquid rather than in the curd. Thus, in tofu bean curd, these enzyme inhibitors are reduced, though not totally eliminated. Unfortunately, they are hazardous even in small amounts. (In Michael Pollan’s excellent book *In Defense of Food*, I suspect he mistakenly considered tofu to be fermented).

Soybeans are the highest of any grain in phytates or phytic acid. Phytate is an organic acid present in the bran or hulls of all seeds. Phytate blocks your body’s uptake of essential minerals—calcium, magnesium, iron, copper, and especially zinc—in the intestinal tract. Feeling “spaced out” is one of the main symptoms of zinc deficiency. No comment. Scientists generally agree that grain and legume diets high in phytates contribute generously to widespread mineral deficiencies, particularly in third world countries.

Although calcium, magnesium, iron, copper, and zinc are present in the plant foods eaten in these areas, the high phytate content of rice and soy prevent their absorption. The soybean has the highest phytate content of any grain that has been studied. Cooking does not help reduce the phytate content, but a long period of fermentation does. Thus, fermented soy products, such as tamari soy sauce and miso, can assist in good nutrition. However, the nutritional value of tofu and bean curd, both high in phytates, is highly questionable. When precipitated soy, such as tofu, is eaten with meat, the mineral blocking effects of the phytates are reduced. Thus, Japanese traditionally eat tofu as part of a mineral-rich fish broth. They and other Asians do not eat tofu as a primary protein source, contrary to popular opinion from soy industry hype. One of the main reasons for this is that soy is quite an incomplete protein in that it is lacking essential amino acids.

Vegetarians who eat tofu, bean curd, and soymilk as a substitute for animal products risk severe vitamin and mineral deficiencies if they eat mostly refined foods without sufficient fat and “complete protein.” The result of deficient calcium, magnesium, iron, copper, zinc, and Vitamin B levels are well known. However, zinc deficiencies are just now being understood. Zinc is called the “intelligence mineral,” as it is needed for the optimum development of the brain and nervous system. It plays a major role in protein synthesis, collagen formation, and male sexual health.

Collagen is the base of all “connective” tissues, such as muscles, ligaments, cartilage, fascia, periostium, and blood vessels. Zinc is necessary in the blood sugar control mechanisms, and thus, protects against diabetes. It is a main mineral required for a healthy reproductive system. Zinc is a key ingredient in essential vital enzymes, and plays a strong role in your immune system. Unfortunately, the phytates found in

soy interfere with zinc more than any other mineral studied. Asians understood the health consequence years ago, and thus, fermented soy before eating it.

Drinking milk is the second reason that second generation Japanese in the U.S. grow taller than their native ancestors. The primary reason is that the North American diet is low in phytates, and thus, our growth is not stunted. Minerals are not blocked and are thus more available for assimilation. Asian children, who do not get enough meat, fish, eggs, and milk to counteract a high phytate diet, suffer from rickets and other growth-stunting problems.

Most Americans do not like soy products, as they are extremely bad tasting and digest poorly. They are also extremely boring. The soy products, that is. Most Americans are actually quite interesting, especially the patients who read this paper. The exception is fermented soy products such as tamari soy sauce, and miso soups which most everyone can eat without complaining. As a result of consumer disgust, the soybean industry has had to become quite creative in its advertising campaigns to overcome public resistance, and extremely financially generous to politicians and government agencies in order to create acceptance of soy. When you understand that basically the whole Bush administration is in bed with the Monsanto Company (the soy rascals), you can see why. (Check the Monsanto data at the end of this article).

Until World War I, soybeans were not raised primarily as food for animals or humans. Soybeans were raised for their oil, which was used extensively in industry. During World War I, a contest was held to find a butter substitute, as the army wanted the butter to make happier soldiers. The winning entry was Oleomargarine, which was made from soy oil. (Heart disease took off in America soon after, but we will get to that later in the heart-disease essay.) Large-scale cultivation of the soybean began after the Second World War, and quickly rose to 140 billion pounds a year. Most of the soy crop was made into animal feed, and processed oil for hydrogenated margarines and shortenings—both deadly to your heart.

Most soybeans are grown on huge corporate farms, most of which use toxic pesticides and herbicides. In fact, corn and soy products have the heaviest pesticides and herbicides of all food crops. Corn and soy are also the most genetically modified (GMO) of all crop foods. The resultant soybean is then processed in huge factories with toxic chemicals. It is ridiculous to even begin to call commercial soy products “natural,” unless you call Styrofoam natural. Now, a great deal of bad “soy sludge” is created as residue after squeezing the oil out of soybeans, just as there is good “sludge” left over when you squeeze an orange or an apple. For the past 20 years the soy industry has been quite diligent in finding creative ways to get rid of the soy sludge by feeding it to the public.<sup>7</sup>

So, the creativity and advertising of the soy companies, such as Monsanto, have given us soy-oil, sludge-based products including toxic infant formula, soy “lecithin,” “soymilk” (which is an insult to nutritious real milk), and numerous soy protein products made from defatted “soy flakes.” As normal intelligent people find most soy products to be disgusting—before and, especially during their digestion (because soy

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<sup>7</sup> The sludge of aluminum manufacturing—fluoride—was also hyped successfully and sold to the dental profession and toothpaste companies, though it is still now shown to be a health menace. The sludge of our nuclear energy program—spent uranium—is now used in the casing of the ammunition used in Iraq. There are many U.S. soldiers and Iraqis coming up with lymph and blood cancers, and more are on the way. If you look into food irradiation in the U.S., you will find how we are getting rid of more nuclear sludge by de-vitalizing food.

creates amazing amounts of gas and bowel irritation)—the soy industry has had to become very clever indeed with its marketing techniques and deceitful health claims.

They have found that “The quickest way to gain product acceptability from the less affluent parts of society is to have the product consumed on its own merit in a more affluent society.” Thus, the proliferation of yuppie soy products trying to mimic healthy, whole, traditional foods.

Common fraudulent “imitation foods” are soymilk, soy baby formula, soy yogurt, soy ice cream, soy cheese, soy flour, and textured soy protein, trying to pretend they are meat substitutes. All of these bogus products are promoted as high protein, low-fat, non-cholesterol “health food.”

The upscale yuppie consumer, neurotic about his health at the expense of the planet, is currently quite accepting of soy industry health claims for soy products. The growth of vegetarianism in the rock 'n roll and movie star realm—people in the “know,” and immune to fads—has accelerated the use of these bogus soy “real food substitutes.” Unfortunately, as we will see, soy poses many health dangers.

## SOY MILK

Over 25% of all American babies are now raised on soymilk infant formula. In the United Kingdom it is 1%! The production of industrial soymilk is quite elaborate compared to making it at home, which is quite simple. Factory soybeans are first soaked in an alkaline solution to remove as much of the trypsin inhibitor content as possible. The pureed solution is then heated in a pressure cooker. The heating helps destroy many of the anti-nutrients. However, this process unfortunately denatures soy's already incomplete protein, for example, lysine, so soy protein remains very difficult to digest, and is still toxic.

Because soy protein is feeble in essential amino acids, livestock fed with soy need to be given protein supplements such as Lysine. The phytate content of soy is not significantly changed with heating, so the phytate continues to block the assimilation of your essential minerals. In addition, the alkaline-soaking solution produces a carcinogen, lysinealine, as well as destroying the valuable essential amino acid cystine. Cystine is the main sulfur-bearing essential amino acid from protein digestion—one that most vegetarians are already commonly deficient in. Without essential cystine, the entire protein complex of the soybean becomes worthless, unless it is “fortified” with cystine-rich eggs, meat, and dairy products.

Soy protein also lacks “essential-to-health” methionine, the other sulfur-containing essential amino acid, the lack of which renders soy protein basically completely worthless for vegetarians. Unfortunately, as vegetarians want to avoid most all animal products, they are usually out of luck protein-wise, unless they are quite diligent about acquiring complete proteins through proper food combining and fermentation. Sadly, when vegetarians are eating a great deal of soy, thinking it is complete protein, they are actually blocking the uptake of nutrients normally available from healthy foods. Thus, *no* unfermented soy is better than *some* unfermented soy. This is why, for centuries, the Asians have eaten *fermented* soy. New-fangled synthetic unfermented soy products are a menace to health. For example, way back in 1992, the Swiss health service determined that 100 grams of soy protein (approximately two cups of soy milk) equaled the estrogen of one birth control pill.

## SOY PROTEIN ISOLATE (SPI)

Most soy products that try to mimic traditional foods such as milk, meat, and eggs are made with “Soy Protein Isolate.” This is the protein portion of the soybean after being isolated from the fat and carbohydrate portions that naturally occur in the soybean. To isolate the protein, the soybeans are first ground up and subjected to high temperature and “solvent extraction” to remove the oils. The resulting “defatted” meal is then mixed in an alkaline solution with sugars in a process to remove the bean fiber. This is precipitated and separated using an acid wash.

Acid washing in aluminum tanks leaves significant aluminum in the final product. (Imagine cooking tomatoes in aluminum pots.) The aluminum content of soy infant formula is ten times greater than animal milk-based formula, and 100 times greater than unprocessed milk. (If your infant is on soymilk formula, do you wonder why he seems to have Alzheimer’s and excessive bowel problems?) The resultant soy “curds” are then neutralized in an alkaline wash, and then spray-dried at a high temperature in order to produce the very, very, fine soy protein powder called “Soy Protein Isolate.”

Nitrosamines, which are quite carcinogenic, particularly associated with bowel cancer, are formed during the spray process. The resultant soy powder is thus, a very highly refined product in which most vitamin and mineral content is quite destroyed. Worse yet, the trypsin inhibitors still remain. Even very low levels of these inhibitors have been shown to create low weight gain in multiple studies. Due to soy industry pressure on the FDA, it is still not required by law to state trypsin inhibitor content on food labels, or the lack of essential amino acids in the protein.

A soy food may be advertised as “high protein,” but is high in only certain general amino acids, while being sadly lacking in “essential” amino acids. Monsanto advertises soy protein as if it were a rainbow being “full of color,” when the rainbow is actually lacking red, yellow and blue. You are buying a “grey” protein only. Thus, the poor public—brainwashed by big business through the brainwashed medical profession to avoid cholesterol foods, particularly dairy and healthy fats—falls for bogus industrial soy health claims. Most people have never been aware of the potent anti-nutrients and other poisons found in these cholesterol-free soy products, and their consequent lack of nutritional value. Check out some ingredient labels and you will find soy in granola, cereals, bread, orange juice, corn tortillas, vegetarian chili, pasta, salad dressings, most of the protein bars, soda pop, etc., etc. You will be amazed how hard it is to avoid if you shop in “imitation” food stores.

## SOY INFANT FORMULA

Contrary to popular soy propaganda, soymilk and soy infant formula have traditionally NEVER been fed to infants in Asia. If the mothers couldn’t nurse, the babies were fed animal milk high in fats. Now, with American corporate advertising, more Asian mothers will be fooled into using soy formula. In North America, one out of every four babies is now raised on soy formula. As I stated earlier, in Great Britain it is one percent! Soy protein isolate is the main ingredient in soy-based infant formulas. Thus, soy infant formulas contain trypsin inhibitors and have high phytate content. It is already known that soy formulas cause zinc deficiencies in infants. As early as 1967, researchers found a negative zinc balance in every infant tested. Plus, due to leached-out aluminum from aluminum tanks, the aluminum content in soy infant formula is ten

times greater than milk-based formula, and 100 times greater than unprocessed milk. Aluminum has a toxic effect on the kidneys of babies as well as other organs.

Soymilk is often given to babies who have cow milk allergies. Keep in mind that kids react very differently to unprocessed raw milk than they do to processed, pasteurized milk. However, allergies to soy are just as common as “processed” cow milk allergies. A number of other unhealthy substances are added to soy infant formula that infants don’t need, including carrageenan, guar gum, sodium hydroxide (caustic soda), potassium citrate monohydrate, trisodium phosphate (remember what you washed the walls with while wearing gloves before you painted them?), dibasic magnesium phosphate trihydrate, BHA, and BHT. Nitrosamines, which are potent carcinogens—implicated particularly in bowel cancer—are found in soy protein foods. Nitrosamine content is greatly increased during the high temperature drying process in the manufacture of soy protein isolate.

Children brought up on high phytate diets tend to be unhealthy and quite thin with reduced growth rates. Slow growth in an infant is quite serious, as it causes a delay in the accumulation of lipids (fats) in the myelin sheathing of the nervous system (the insulation of the nerves similar to the coating of electrical wires). This jeopardizes the development of the infant brain and nervous system. The nutrient blockers in soy also block the uptake of essential fats and essential fatty acids. Thus, the body has a hard time getting fat-soluble Vitamin D. Soy-fed infants require more Vitamin D than infants fed with mother’s and animal’s milk. Babies need healthy fat. Healthy mother’s milk can be up to 60-70% fat. Consider that soymilk contains no cholesterol. (When you read the cholesterol essay on page 102, you will see the long-term consequences of low-fat infant diets. Remember, contrary to current thinking, fat does not make you fat. If you want to lose weight, eat more animal fat in place of junk food!)

The most serious problem with soy infant formula is the presence of phytoestrogens, or isoflavones, genistein, and daidzein, which mimic and sometimes block the hormone estrogen. Phytoestrogens are powerful endocrine disruptors that disrupt growth patterns and cause sterility. Toxicologists estimate that an infant fed on soy formula gets the estrogen equivalent of at least five birth control pills a day! Sheesh. In contrast, almost no phytoestrogens have been detected in human milk, or in dairy-based formula. A recent study found that “soy babies” had up to 22,000 times more isoflavones in their blood than babies fed milk-based formula.

Scientists have long known that isoflavones depress thyroid function, causing autoimmune thyroid disease, and even cancer of the thyroid. Synthroid, a drug to assist ineffective thyroid glands, is among the highest-selling drugs in America. Twenty million Americans are being treated for thyroid problems, and it is suspected there are another thirteen million who need treatment. It must be a virus! No, it must be genetic. Not. Soy is a known “goitrogen” that weakens the thyroid. Yet, doctors do not warn the millions of synthroid patients about soy products. When you understand the power and intention of the drug and industrial food companies, particularly Monsanto, and the rampant ignorance of proper nutrition in the medical profession—including most dietitians and pediatricians—it is easy to see why. You probably already know what hospital dietitians feed patients.

Soy intake in infants is now also linked to infantile Leukemia. The estrogen component in soy formula is not significantly broken down on its first pass through the infant liver. Thus, it enters the blood stream in huge amounts, and is broken down and eliminated only very slowly. For people worried about the amount of hormones in meat

and milk, the hormones are miniscule compared to the amount of hormones generated by soy formula. Listen up vegans!

Male infants undergo a “testosterone surge” during the first few months of life, when testosterone levels may be as high as those of an adult male. During this time the infant is programmed regarding his sexual organs and other masculine physical traits, but also in setting patterns in his brain characteristic of male behavior. In monkeys, deficiency of male hormones impairs learning, and the ability to perform visual discrimination tasks—such as what would be required for reading—and retards the development of spatial perception, which is normally more acute in men than in women. Soy-fed infants are thus on dangerous ground particularly in the sexual arena.

It goes without saying that the infant’s early hormonal environment may also influence future patterns of sexual orientation. Pediatricians are noticing that greater numbers of boys’ physical maturation is delayed or does not occur at all, which includes a lack of development of the sexual organs. Small penis’s, small testicles. Sorry guys. Learning disabilities, especially in male children, have reached epidemic proportions. Soy-infant feeding, which floods the bloodstream with female hormones that inhibit the effects of male hormones, cannot be ignored as a highly possible cause for these sad developments.

As for girls, an alarming number are entering puberty much earlier than normal. Investigators found that one percent of all girls now show signs of puberty, such as breast development and pubic hair, before the age of three. By age eight, 14% of white girls and a whopping 48% of African-American girls had one or both of these characteristics. New data indicate that soy estrogens, like environmental estrogens such as PCBs and DDT products, may cause early sexual development in girls. A recent study pointed to soy feeding as a cause of early menarche (early periods). The use of soy formula given out in give-away programs to welfare mothers may explain the astronomical rates of early menarche in young African-American girls.

The consequences of this phenomenon are of course quite tragic. Young immature girls with prematurely mature bodies must cope with feelings and sexual urges that most children are not equipped to handle. Also, early sexual maturation in girls is associated with reproductive problems later in life, including failure to menstruate, infertility, and breast cancer. Other problems that have been associated with soy formula, though not well studied yet, include extreme emotional behavior, asthma, immune system problems, pituitary insufficiency, thyroid disorders, and irritable bowel syndrome.

Consumer groups in Canada and New Zealand recently called for a ban on the sale of soy formula. Animal milk formulas do not flood the infant with anti-nutrients and obscene amounts of female hormones. Mothers who simply cannot breastfeed, or cannot get milk from other nursing mamas, should feed their baby’s raw goat milk and goat yogurt if possible, or raw organic cow milk and yogurt if goat is not available.

North American doctors have been brainwashed and “bought” by big businesses like DuPont and Monsanto Corporation, and will tell you I am crazy, and that raw goat and cow milk is dangerous to infants. While any blind idiot can see I am obviously crazy, the fact still remains that more people in the world drink raw goat milk and feed it to their babies rather than soy formula and cow milk combined! We bury our heads in big American corporation sand without looking at “traditional” societies. Synthetic soy infant formula is a whole new scam on the planet. Goat milk is the next best food in all ways to human milk. Check it out. If you are oblivious to your baby’s future, and a

doctor gives you the party line that goat milk is low in folic acid and full of infection that can kill you, give him or her my essays “What about Milk?” (page 69) and “Human Composting for Beginners” (page 33), where it is explained that the babies’ normal intestinal bacteria translate the folic acid into ten to hundreds of times more than the amount taken in. (It’s the same phenomenon as earthworms excreting more mineral elements in their castings than what was in the dirt they ate originally.)

My wife, Diane, was a La Leche League (a pro-breast-feeding organization) leader for many years, and for the past thirty-one years we have encouraged bottle-feeding mothers to breastfeed their babies or give them goat milk. From hundreds of mothers we have never heard a complaint. In fact, most are quite thankful to have a baby without constant intestinal complaints due to inadequate gut microbes, and failure to thrive syndromes, and with a much better, happy disposition. Remember, babies are naturally happy. If the baby is unhappy this is a problem, and that problem likely involves inadequate gut flora. Soy formula also often contains high amounts of manganese, and one manufacturer now puts warnings on its soymilk carton. There is mounting evidence showing the correlation between manganese in infant formula and neurotoxicity in small infants.

Industrial soybeans are fumigated with hydrogen fluoride gas, and the toxic “organic” fluoride compounds—fluoroacetate and fluorocitrate—have been found in soy infant formula. However, soy industry research, in order to make soy appear safe, bases the toxicity of the fluoride in soybeans on sodium fluoride, an inorganic “non-relevant” fluoride. When the toxicity of “organic” fluorides was studied, the studies showed disruption of carbohydrate metabolism, neurotoxic effects, and liver, kidney, and reproductive damage.

Fluoroacetate is a natural form of the slightly more toxic sodium fluoroacetate, also known as the notorious rodent poison: Compound 1080. Fluoroacetate, when ingested in the human, is transformed into Compound 1080, which is also known as the compound that keeps on killing. In other words, the animal that eats the poisoned animal that ate the poisoned animal, etc., is still in trouble. Compound 1080 was recently banned in the United States, but is still used by licensed exterminators. If it is banned for the exterminators, they may still be able to get it from soy infant formula. Just kidding . . . maybe.

Good mother’s milk averages around 54% fat. Excellent mother’s milk is higher in fat yet. (The Canadian government and the Canadian pediatric society recently recommended that dietary fat should not be restricted until a child reaches full growth). A mother who eats a high-fat diet has more fat available for her baby, thus helping to create a healthy baby nervous system. It has now been shown that mothers who eat large portions of trans fats / hydrogenated vegetable oils have less fat in their milk. Thus, their babies may fuss more, making the non-dietary-savvy pediatricians recommend giving baby formula—usually soy— to satisfy the baby’s hunger. Because baby formula has very low fat, and soy formula has no cholesterol at all, the kid realizes that he is a victim. These parents may pay for their mistake for years, first going to doctors, therapists, and then quite possibly to juvenile halls and penitentiaries as it has been shown that most kiddie crime and school expulsions are highest in “low cholesterol” kids. (And kids on mood-altering, anti-depressant type drugs).



## TEXTURED VEGETABLE PROTEIN

The final insult to the original soybean is the high-temperature, high-pressure extrusion processing of soy protein isolates (SPI) to produce “textured vegetable protein,” or “TVP.” Numerous artificial flavorings, particularly MSG—a strong neurotoxin, are added to hide the strong “beanie” taste in an attempt to create the flavor of meat. Soy protein isolate and textured vegetable protein are now used extensively in school lunch programs, as well as commercial baked goods, diet beverages, and fast-food products. The soy industry recently hired Norman Robert Associates, a public relations firm, to get more soy products into school lunches. For whatever reason, the USDA responded with a proposal to scrap the 30% limit for soy products and allow unlimited use in school meals. Money talks. When soy is added to hamburgers, tacos, and lasagna, the fat content is lowered. As I commented, low-fat diets lead to many mental and emotional problems. All kids need healthy fats particularly good cholesterol in their diets—not unhealthy soy “imitation foods.”

Soy products are also heavily promoted by American gangsters in third world countries, and form the basis of many of our food “giveaway” programs. Countless thousands of third-world infants have already died because their mothers were told that soy formulas were better for their babies than their own breast milk. People behind these programs should be given to the Apache women to receive proper justice with full-body skinning. In animal studies, TVP enlarges organs, particularly the pancreas and thyroid, and increases the deposition of fatty acids in the liver. Human feeding tests to determine the cholesterol-lowering properties of SPI have not found it to be effective, contrary to industry advertising. You will find TVP is a common ingredient in most processed foods. Read the labels.

### SOY A CANCER FIGHTER? DREAM ON

Isoflavone aglycones are anti-carcinogenic substances (cancer fighters) found in traditionally “fermented” soybean products such as miso and natto. However, in non-fermented soy products such as TVP, SPI, and soymilk, the isoflavones are in an altered form as beta-glycoside conjugates which have no anti-cancer effect. Indeed, some researchers believe the rapid increase in thyroid, liver, and pancreatic cancer, particularly in Africa, is due to the introduction of non-fermented, way-high, estrogen soy products.

Thousands of nervous women are now eating soy in the belief that it will prevent breast cancer. However, research shows that women consuming soy protein isolate have an increased incidence of epithelial hyperplasia, the initial start of breast cancer. Dietary genistein, a phytoestrogen in soy, has been shown to stimulate breast cells to enter the cancer cycle. This finding led the study’s authors to recommend *not* consuming soy as a cancer preventative. The only study I could find showing any correlation between soy and decreased cancer was in Japan, showing that women eating three bowls of miso (fermented soy) soup had 50% less cancer.

The claim that soy prevents osteoporosis is quite ridiculous, as it is probably the use of soy oil (such as in margarine) and soy products that leads to the painful disorder. Butter is loaded with Vitamins A and D, which prevent osteoporosis, while soy inhibits the uptake and assimilation of these vitamins.

## GENERAL SOY INFORMATION

The natural soybean contains large amounts of healthy Omega-3 fatty acids compared to other legumes, but these good oils are quite sensitive to rancidity when subjected to high pressure and high temperatures. As these two processes are exactly what are needed to remove the oil, the consequent refined oil is basically worthless regarding Omega 3s. Also, Hexane and other petroleum-based solvents are used to extract the oil, and hexane is found in the final commercial soy product. It is my current understanding that humans, particularly infants—unlike cars—do not need gasoline to run. My kids' gas came only after they ate.

Industry claims that fermented soy products like tempeh can be relied on as a source of B12 vitamins, which are necessary for healthy blood and nerves. These bogus claims are totally unsupported by the scientific research. Soybeans do not supply all-important fat-soluble Vitamins D and preformed A (retinol), which are necessary for the proper absorption and utilization of all minerals and all water-soluble vitamins in the diet. These fat-soluble activators are found only in animal foods. Carotenes from plant foods and skin exposure to sunlight are inadequate to supply the body's needs for these two vitamins.

As soy products are rapidly replacing animal products, particularly in the third world, we are already seeing more vitamin deficiency diseases. Researchers are finding that eating soy products actually increases the body's need for Vitamins B12 and D. I predict we will soon see more deficiencies in animals, like cats and dogs, as soy protein now goes into much of their feed. One study observed the consumption of 60 grams of soy protein a day for 30 days by premenopausal women. The soy isoflavones disrupted their menstrual cycle during, and up to, three months after the experiment was over.

Isoflavones inhibit synthesis of estradiol and other steroid hormones. Supposedly, isoflavones decrease postmenopausal symptoms, including hot flashes. However, the studies show no difference in the soy-treated women from the control groups. One half cup of soy nuts contain 128mg of soy isoflavones. 35-45mg per day have already been shown to cause thyroid and reproductive problems in healthy adults.

## BIG SOY BUSINESS STUFF

Soy crops cover over 72 million acres in the U.S. alone. The biggest threat to Amazon rain forests (the lungs of the planet) is not cattle; it is raising soybeans. From 2002 to 2003, there was a 40% increase in deforestation—10,000 square miles—for growing soy. Even the cow pastures for McDonald's are now being used for soy. Soymilk profit was \$2 million in 1980 and \$300 million in 2000. Archer Daniel Midlands and Monsanto Corporation are the world's major soy producers. DuPont is the leading manufacturer of soy protein isolate and owns Protein Technologies International.

The Infant Formula Council sponsors many soy reviews. The publication "Nutrition Reviews," which publishes pro-soy articles, is funded by industry giants including: Monsanto, Pillsbury (which owns Häagen-Dazs ice cream and is, in turn, owned by the Phillip Morris tobacco company), Hershey Foods, Kellogg, Roche, General Mills, Kraft, Campbell Soup, Coca Cola, Cargill, Heinz (Hello, Senator John Kerry who out-sources much Heinz employment overseas), Nabisco, Proctor and Gamble, and Pepsi-Cola. I have a 100% suspicion you will not get any anti-soy articles from that publication.

The Food and Drug Administration (FDA) routinely hires food-company lawyers to write its policy, and routinely sends its scientists to work for the food agencies it was set up to regulate. ***In fact, the FDA is a paradigm of the axiom that any agency established to regulate a segment of the economy will be subverted to support that segment.*** It is not in the consumer's interest to trust the FDA any more than it is in the consumer's best interest to trust the miracle claims for soy products. They are "manufactured." Cholesterol-lowering is now a 60 billion dollar a year business. This is not bad, considering that President Bush asked for only around 80 billion dollars to continue the war in Iraq.

Please do a bit of research on soy, particularly products manufactured with soy oil—like Margarine and soy infant formula. Future generations will thank you. But remember: Have fun and be kind. Just because people around you insist on eating various soy products does not mean you should beat them up. Let a pontificating Nevada City chiropractor do that for you.

## THE SOY-MONSANTO-BUSH GANG CONNECTION

Monsanto Corporation is a massive company whose main objective is to control the world's water and agriculture and thus, the world's food supplies. Monsanto is the force behind genetically modified foods, "terminator" seed genes, Agent Orange, Roundup, NutraSweet (Aspartame), Dioxins, PCBs, bovine growth hormone, genetically modified soybeans, and many other products designed to destroy life on the planet. Monsanto's plan is simple. Develop genetically modified products that can be isolated and patented, and then squeeze out all natural food production on the planet. Thus, all future "imitation" food can be "patented, and owned and operated" by corporate America. At some point, Monsanto may actually own the patent to all the rice in China! All this is currently happening.

Currently in the U.S., but not in Europe, animal products are under attack due to the manufactured creation of the cholesterol myth by big business except, of course, milk products using Monsanto's Bovine Growth Hormone ("BGH"). The current highly advertised replacement for animal protein is Monsanto's genetically modified soy "imitation food" products. Surprise! Surprise! If you look, you will already find soy products in most processed foods that you buy. Check the labels. Now, let's look at who is in bed with whom to start to scratch the surface of the problem.

Here are a few examples: Out of 535 members of Congress, John Ashcroft, our recently-retired Attorney General, received five times more money from Monsanto while running for the Senate than the next-highest recipient, Texas Republican Larry Combest. Combest is the chairman of the House Agricultural Committee. All it does is control agriculture in the United States. Supreme Court Justice Clarence Thomas, appointed by George Bush senior, was instrumental in getting FDA approval for Monsanto's toxic artificial sweetener Aspartame, that has already been linked to over 200 ailments, including Alzheimer's, juvenile diabetes, multiple sclerosis, and epilepsy. Not surprisingly, Clarence Thomas was previously chief lawyer for Monsanto. It was also Clarence Thomas who cast the deciding vote to stop the Florida vote recount, which insured George Bush Junior the presidency. This is all documented quite thoroughly, in case you consider me biased for some odd reason. One of the best sources is the book *The Best Democracy Money Can Buy* by award-winning journalist Greg Palast.

Donald Rumsfeld, our former Secretary of Defense, was president of the multi-billion-dollar Searle Drug Company that developed Aspartame and NutraSweet when Monsanto bought it out. He made millions. Secretary of Agriculture, Ann Veneman, was previously on the board of Calgene Pharmaceuticals, which is owned by Monsanto. Calgene was the first company to bring genetically altered foods to store shelves. She recently was California's secretary of agriculture. Secretary of Health, Tommy Thompson, when governor of Wisconsin, designated his state as a "biotech zone" for the use of Monsanto's toxic Bovine Growth Hormone (BGH), even though nine out of ten Wisconsin farmers were against it. BGH is outlawed in Europe and in Canada. Thompson received at least fifty thousand dollars known for being a good boy for Monsanto, and went on to spend three hundred seventeen million dollars of Wisconsin's taxpayer money to create the BGH bio-tech zone for Monsanto.

Republican Richard Pombo, who will head the Agriculture subcommittee on dairy, livestock, and poultry, is also a Monsanto boy. Monsanto paid him for stalling and finally killing, a 1995 bill to make labeling mandatory for all milk products containing BGH. Monsanto holds the patent on the "terminator gene," which prevents plants from producing seeds, so that in the future farmers all over the world become dependent on Monsanto for all their seeds and pest killers and all food supply.

Mitch Daniels, director of Management and Budget, was vice president of corporate strategy at Eli Lilly Pharmaceuticals. It was Eli Lilly and Monsanto who created the genetically engineered BGH. Mitch Daniels is the person responsible for spearheading the movement to force Europe to begin using BGH. There is currently a huge multi-billion dollar lawsuit that the U.S. has filed against Europe to help them see the light and begin poisoning themselves for Monsanto by importing GMO foods. Can you even begin to imagine anyone anywhere for any reason suing the United States for refusing to use proven poisons on the American people? It is unimaginable. However, the U.S. is currently doing this around the world, apparently unconcerned or oblivious to the moral implications and later karma. Hey, you gotta break a few human eggs and lives to make a big buck corporate omelet.

Imagine being sued by Europeans for refusing to use a deadly pesticide on your lawn. Boy Howdy, so to speak. There would be a brand new tea party in Boston. However, as George Bush, Jr. feels he was chosen by God (read his interviews, oh ye of little faith), he can proceed as he wishes. While he was certainly chosen by God, it is not necessarily for the reasons he thinks. When God wants to destroy an ant, he gives it wings. By the way, George Bush Senior was a loyal member of the Eli Lilly Pharmaceutical Board of Directors. But then again, so was Ken Lay, the head of Enron Corporation, who has more money than Martha Stewart, and thus, will never see a color-coordinated jail cell. It is not too surprising that George Bush, Jr. gave (no bidding allowed) the government contract for the new smallpox vaccine to Eli Lilly after 9 / 11. Thank you, Daddy.

Linda Fisher, the chief Washington lobbyist for Monsanto, was appointed by the White House to second-in-command at the United States Environmental Protection Agency. John L. Henshaw, assistant Secretary of Labor for OSHA, is a twenty-year Monsanto veteran. (It is easy to guess which corporations will not be examined too closely for safety issues.) Michael Friedman, M.D., ex-commissioner of the Food and Drug Associations Department of Health and Human Services, is now senior vice-president at Searle Pharmaceuticals, Donald Rumsfeld's old stomping grounds—still owned by Monsanto. Michael Kantor, Ex-Secretary of the Dept. of Commerce, is now a

member of Monsanto's Board of Directors. Margaret Miller, former lab supervisor for Monsanto, is now Deputy Director of Human Food Safety for the Food and Drug Association. William Ruckelshaus, Ex-Chief Administrator of the Environmental Protection Agency for the past 12 years, is a member of Monsanto's Board of Directors. Good luck, environment. Michael Taylor, ex-legal adviser to the FDA's Bureau of Foods, is now head of Monsanto's Washington D.C. office.

When investigators started getting close to uncovering Monsanto's research, showing the actual dangers of its products, such as Bovine Growth Hormone, good buddy Bill Clinton, in his State of the Union Address, took the unusual step of first actually praising Monsanto, then immediately enacted the Economic Espionage Act (public law #104-294), which makes it impossible to obtain certain Monsanto research showing health hazards. Maybe Monsanto sent Bill fresh Cuban cigars. I don't know.

At any rate, your best radical political statement is to demand whole, unprocessed organic foods, and to get involved in your community with the raising of natural organic foods. If you want to stay healthy and have healthy children, and make your community healthy, you will at least live on your feet rather than on your knees in front of companies like Monsanto.

- If you want to know more, read *The Whole Soy Story* by Kaayla T. Daniel, Ph.D.—the best soy book with most all soy references known to man. Also, check the references at the back of this book.