What you should know about soy, by Dr. Richard Brouse

Description

What You Need to Know About Soy or How safe is your soy protein?
by Dr. Richard Brouse

Common Concerns About Soy:

Do soybeans cause cancer?

It is true that “overcooked” soy does contain “carcinogenic” compounds. When soy is extruded through high temperature, high-pressure steam nozzles to form what is called “textured vegetable protein – TVP for short”, this form of processing renders the soy “meat substitute” carcinogenic or cancer causing. TVP is what is used in soy dogs and soy burgers, and should be avoided.

What about roasted soybeans?

Whole soybeans are high in plant fat. If soybeans are roasted to eat as soy nuts, the heat alters the fat and makes it a trans-fatty acid, which causes both cancer and heart disease. As roasted soy nuts sit on the shelf or in the cupboard in storage, the oils are becoming more and more rancid and carcinogenic. AVOID roasted soybeans.

But I’ve heard that soy protein is hard on the kidneys!

Animal protein is much harder to digest than vegetable protein. Since many people have digestive difficulties, protein that is not thoroughly digested is very challenging to the kidneys. Powdered protein is in a predigested state, and the BEST protein source to choose! Protein is not the enemy – it is essential for life. It is true, however, that EXCESSIVE protein is hard on the kidneys, so if a person consumes more than 2 grams of protein per pound of body weight daily, AND does not consume adequate carbohydrates with it, this could cause kidney damage.

I *have breast cancer, and I’ve been told I cannot have soy!*

It is true that soy is a “phyto-estrogen” food, which means it contains substances that have hormone-like components. However, their estrogen strength is 1/1000th that of the body’s own stronger estrogens. Therefore, you want to load your digestive system with quality controlled raw soy powder, because these weaker estrogens will block the estrogen receptor sites from receiving your body’s own stronger estrogens and therefore be very protective against estrogen fed cancer.

Essential Seven Checklists for a Quality Safe Soy Product:

1) Were the soybeans ORGANICALLY GROWN?

Studies have shown decreased levels of food nutrients and increased levels of nitrates in chemically fertilized crops, when compared with their organic counterparts. There is a connection between the ingestion of nitrates & CANCER! Therefore, it is important to know that pesticides, fungicides, and herbicides have not been used during the growing process. In particular, with soybeans, since they are such a hardy plant, a powerful and DEADLY weed spray called Round up is usually used. For your safety, you must know that your soy products are organically grown.

2) Were the soybeans GENETICALLY ENGINEERED?

Genetically engineered soybeans are much cheaper to purchase, and most companies producing soy products look for ways to save money.

3) Does your soybean powder contain ALL of the nine essential amino acids?

One of the most valuable features of the soybean is that it is a complete protein and provides ALL nine of the essential amino acids. The body requires these daily to produce hormones, digestive juices, antibodies, and enzymes. HOWEVER, not all soybeans are created equal. Quality and amino acid content will vary based on soil conditions, and variable growing and harvest conditions. If one essential amino acid is missing, the immune system can be depressed 30%, and many important body functions are delayed or stopped. Therefore, it is essential that each batch of soybeans be checked for amino acid content if we want to depend on the soy isolate to provide a GUARANTEED supply of the nine essential amino acids.

4) Were the crushed soy flakes washed in alcohol or water?

Alcohol washing destroys isoflavones content up to 88%! It is the isoflavones that reduce

the risk of breast, prostate, lung and bowel cancer! As well, it is the isoflavones that are so beneficial in hormone balancing and increasing bone mass.

5) Was the “anti-thyroid”, “anti-growth” substance in the raw soy removed?

Orientals, who have consumed large amounts of soy for years, have known that RAW soy contains an “anti-growth”, “anti-tyrosine” substance. Tyrosine deficiency will cause low blood pressure, low body temperature, and restless leg syndrome. Therefore, Orientals always lightly cook their soy foods to deactivate the “anti-tyrosine/anti-growth” substance. Shaklee has designed an extracting process that removes this substance, yet keeps the soy in a raw form in order to maintain the HIGHEST LEVEL OF AMINO ACIDS and ISOFLAVONES, which are very sensitive to heat.

6) Is your soybean food RAW or heated?

Amino acids are very sensitive to heat. In some studies, cooking protein has been shown to destroy up to 50% of some ESSENTIAL AMINO ACIDS. If an individual consistently consumes a diet that is lacking in all of the essential amino acids, inadequate brain development and hormones, or other body tissue development can be the result.

7) Has CALCIUM been added to your soy powder?

Some negative reports about soy say that soy powders are VERY ACIDIC and cause bone loss because it causes calcium to be drawn from the bones!!!! The raw soy bean is a NEUTRAL food–neither acidic or alkaline. However, the removal of the soybean oil (which is essential so the soy powder will not go rancid very quickly), makes the powder very acidic. Therefore, adequate calcium (which is very alkaline) must be added to cause the powder to be neutral again, or it can cause the above stated problem. Many protein powder manufacturers do not add any or enough calcium.

About the Author:

Dr. Brouse is a widely recognized authority in the fields of nutrition and prevention of chronic degenerative diseases. Dr. Brouse has a Master’s in Biochemistry and is a Doctor of Chiropractic. He was an Associate Professor of Clinical Nutrition for 14 years and founded the renowned Sunnyside Health Center in Clackamas Oregon in 1977. Since that time many people throughout the world have regained a greater measure of health while

following the recommendations of the clinic's health professionals.

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Author
betsyjbell