

Soy – the Abominable Bean

***A terrible tale of corporate greed,
bad science, regulatory misconduct...
and how we've all been conned!***

To see, read and hear about it in most mainstream and 'alternative living' media you'd think that the ubiquitous soy bean and its derivatives are the most versatile, natural, heart-friendly, health-improving, fat-preventing, growth-promoting and generally loveable foods ever grown on our good earth. A simple, easily-cultivated bean which has been part of our diet since the dawn of civilization, promising health and vitality to the lactose-intolerant, the new-born, the aged, the menopausal, the frail, the athletic, the health-conscious and just about everyone else as well.

It's inexpensive, available everywhere, on its own or as a vital ingredient in thousands of other food products, such as our daily bread, cakes, confectionery, baby formula, milk and meat substitutes, breakfast cereal, sauces, snack foods, pasta; it forms the basis of non-stick cooking sprays. It is widely used in stock feeds and is in most pet foods. Doctors, farmers, nutritionists, athletes, respected companies whose household names have become part of our culture, government authorities – all make a point of telling us how safe and health-giving this wonder-food is for us. It's so good and harmless, they tell us, that it's often not even listed as an ingredient in many processed foods. And even when it is we don't mind; everyone knows it's safe. Our health watchdogs happily accept the assurances given by companies who produce and process it that it is 'GRAS' – Generally Regarded As Safe – so it must be.

Around the world, hundreds of millions of acres are devoted to its cultivation, providing a secure cash crop for millions of farmers who cheerfully pay a levy to the developers of their genetically-modified strains to help Monsanto Chemical Company and other huge companies make billions, while spreading the gospel that 'Soy is Good For You'.

Too bad that for decades these same developers and corporations have known of and deliberately suppressed the evidence that prolonged ingestion of soy causes cancer and countless other life-threatening illnesses, destroys bone, creates havoc with the hormonal systems of humans and animals alike, represses the sex drive and, even if eliminated from our diets overnight, is so entrenched in the food chain and the bodies of everyone who has ever ingested it, that its adverse effects would still plague the health of generations yet unborn.

The truth behind the blatantly commercial integration of the *Abominable Bean* into the Western diet is a disturbing tale of fraud, corporate irresponsibility, greed, bad science, public and media manipulation, corruption, intimidation, political opportunism, suppression, legal manoeuvring, regulatory inaction and governmental incompetence which make the tobacco companies look like Good Guys.

Find that hard to believe? Maybe after you've been acquainted with some of the evidence for these assertions you'll share my outrage over the fact that not only is yet another proven life-endangering product allowed to be cultivated, manufactured and sold in the first place, but that in this case its producers and pushers have so successfully created their own mythology around it that government regulators and so-called health watchdogs have buckled under and given them virtual *carte blanche* to continue to misinform, confuse and poison not only those who are suckered into consuming their noxious products, but also everyone who is unknowingly obliged to partake of this toxic time bomb through its placement in all manner of basic foodstuffs and in the feed of animals and poultry destined for human consumption. Passive smoking is one thing; forced feeding quite another.

Since my interest in the promotion of safe natural alternatives to many of the manufactured elements of Western diets and medical treatment has become widely known, I now receive a daily influx of desperate pleas for help or accounts of terrible personal tragedies directly connected to the use of soy.

Physiological Havoc

And, yes, I do hear from a few people who tell me I've got it all wrong and send me reprints of magazine articles quoting 'solid scientific evidence' which 'proves' how wonderful and safe soy is for everyone, or assure me that "Sanitarium wouldn't sell it if it wasn't OK." It doesn't seem to have occurred to them, or maybe they don't care, that almost all this 'evidence' and the 'research' on which it is based has been published, and usually funded by, the very same corporations who are producing and selling the stuff. Or that they are perpetuating the 'everybody knows' urban myths so helpfully placed in appealing editorial features liberally scattered through the pages of mainstream media and, regrettably, repeated in many health-oriented and alternative lifestyle publications that should know better!

So, if you're one of those who feels bound to harangue me with the 'well-known fact' that Asian people have thrived on soy for centuries, hold on to your pen for a while and be prepared to learn just how wrong that particular 'Furphy' is. It's one of the most widely-believed 'scientific facts' touted by the proponents of soy – and one of the best examples of how successful they've been in brainwashing the public.

Far more distressing, and never mentioned in the producers' "solid scientific evidence" are the tales I hear, almost daily, from parents whose baby daughters have commenced menstruation, developed pubic hair, underarm odour and breasts from as young as four and five years of age. Or whose teenage sons are too embarrassed to shower with their mates because they have grown breasts of female proportions or because their genitalia haven't developed.

For example, following my appearance on the Australian Channel 7's *Sunrise* breakfast program in August 2002, our office was flooded with phone calls and e-mails backing my warnings on the dangers of soy. The most upsetting were from mothers whose children suffer from the usual soy symptoms, and by far the worst was the testimony of a shocked mother who described her son's tragic childhood. She had drunk copious amounts of soy milk during pregnancy – unknowingly poisoning her son with a female hormone. Then, because the oestrogen had damaged her reproductive system, she was unable to breastfeed and her baby received more oestrogen (the equivalent of five birth control pills each day) from the soy baby formula her doctor told her to use. Her son's genitalia did not develop, but his breasts did and he refused to go to school until he had had a double mastectomy. Unaware of the cause of their health problems, the family continued drinking soy milk and now, at 21, her son needs another double mastectomy, but they can't afford it.

The soy pushers, who know *exactly* what their products do, have ruined his life as well as those of millions of other unfortunates – but I bet they don't lose a wink of sleep over it!

True, such disasters do not befall *every* child who is fed soy. But neither are they rare, isolated or anecdotal instances. They are the documented, widespread, frequent and in many cases predictable results of hormonal imbalance caused by the assimilation of high levels of oestrogen. And where did the oestrogen come from? From the baby formula and soy drinks fed to these unfortunate offspring by their caring parents – often on professional medical advice. Presumably the same source of 'professional' advice that apparently sees no contradiction in recommending that the identical ingredient prescribed to menopausal women to manipulate their hormonal levels can be safely fed to men and newborn babies!

If you want to persuade your health professional, point him or her to this website: <http://vm.cfsan.fda.gov/~djw/pltx.cgi?QUERY=SOY>

In simple terms, though obviously not simple enough for some in the medical profession, feeding an infant soy formula is the equivalent of giving it five birth control pills a day.

The Swiss Health Service put it this way: "100gr of soy protein has the oestrogenic equivalent of one contraceptive pill", and there are numerous other studies published since the early 1960s that confirm this undeniable fact. Many enlightened scientists and medical professionals argue that the continued use of soy in baby formula is a form of genocide, since these effects have been known and published within the scientific community for decades. The finely tuned endocrine system depends upon hormones in concentrations as tiny as one trillionth of a gram to influence the womb environment, and the money-hungry soy propagandists urge women to destroy this delicate environment with oestrogen-laden soy!

"I didn't know..."

Frequently, as in the case cited above, drinking soy milk during pregnancy can cause a failure to produce breast milk, which then leads to feeding the baby soy formula. It's tragic that so many of the most distressing cases of soy damage that I have heard are those of women who have had precisely that experience. Often these women cannot restrain their tears when describing the dreadful health problems their children suffer. They keep repeating to me, "I didn't know, I just didn't know; the doctor told me to drink it for my bones and to feed baby the soy formula." And some people ask us why our website is called "www.doctorsare dangerous.com"!

As you will see shortly, one of the major culprits when it comes to why soy is so dangerous is the fact that the bean contains high levels of aluminium absorbed from the soil in which it is grown. In 1997 no less an authority than the American Academy of Paediatrics' Committee on Nutrition reported, "Aluminium in breast milk is 4 to 65 ng/mL. Soy-based formulas contain 600 to 1300 ng/mL," of this exceedingly dangerous mineral.

Similarly, a recent study at the University of California-Irvine led by Francis Crinella, professor of Paediatrics, pointed to the increased risk of significant behavioural problems such as ADHD being triggered by high concentrations of manganese in soy formula. According to Crinella, "Soy milk formula contains about 80 times the levels of manganese found in breast milk, posing the risk that infants could receive too much manganese in the first weeks of life."

Apart from the ravaging of delicate hormonal systems, serious gastrointestinal disturbances suffered by babies on soy formula are now commonplace.

Money Spinner

The multinational Nestlé Corporation, which owns the Carnation brand, is a major soy advertiser; you may remember them as the company that brought infant formula to third world countries, discouraging breast feeding and killing, according to the World Health Organisation, 1.5 million babies each year. Well, they're still at it, shamelessly flogging their soy milk formulas such as *Alsoy* in spite of all the evidence that it is deadly. Little wonder, really, when one considers the size of the market for infant formula. The Washington Times' investigative magazine, *Insight on the News* (June 26 2001), quoted an independent expert's estimate that soy-based formulas account for about \$750 million of the annual \$3 billion sales revenue for all formulas.

Surely risks such as those mentioned above should have been sufficient for the use of this killer bean to be outlawed years ago, at least in baby formula? And even if the regulators are not prepared to act, despite all the well-known and easily accessible compelling evidence, how can it be that physicians are still prescribing soy formula?

There is some good news. A few governments are starting to take seriously the warnings of independent scientists and are considering a ban on the sale of soy-based infant formulas. Or, in some cases, at least warnings.

Unfortunately, outrageous and preventable as are these crimes against infants, they are only the tip of the iceberg. The bad seed within the Killer Bean has no regard for the age or gender of its victims.

I am not a scientist, nor will I subject you to a long technical dissertation, but a basic understanding of the physiology of the soy plant and its subsequent processing is helpful in understanding why the bean is far from being the 'white knight' its producers and proponents would have us believe.

Aluminium is one of the most prevalent minerals in soil, but it doesn't affect most crops. The soy plant, however, has an affinity for aluminium, which it extracts from the soil and concentrates in the beans. This contamination is exacerbated when the beans are dumped in aluminium holding tanks and subjected to an acid wash during processing. Inevitably, traces of aluminium from both sources are absorbed into the body through the consumption of soy.

Seen a Soy Cow Lately?

Soy milk contains 100 times more aluminium than untreated cow's milk. And, while on the subject of so-called soy milk, have you ever seen a soy cow? You cannot milk a soy bean; in order to obtain that pure-looking, inviting stream of white liquid pictured so appealingly in the ads, many processes are needed. It is necessary to grind the beans at high temperature, and then extract the

remaining oils with dangerous solvents, some of which remain in the meal. Then the meal is mixed with an alkaline solution and sugars, in a separation process designed to remove fibre. Later it is precipitated and separated, using an acid wash. At each stage, some poison remains in the soy. Government regulators say it's so small an amount that it doesn't count. I wonder who told them that? Why don't they take notice of the scientists who say it *does* count, due to its accumulation in the body over long periods of soy ingestion? Are you really happy to accept the manufacturer's assurance that it's safe to eat a tiny amount of poison each day, perhaps several times a day, until you have a serious health problem? Particularly when it's the egregious Monsanto claiming it's safe?

During research I came across twelve chemicals that are added after these processes, most of them unpronounceable, and the majority known to be dangerous, if not deadly. I won't bore you with the names but, trust me, you wouldn't want them anywhere near you, much less in your body.

It's also worth mentioning here that a by-product of soy processing is a form of *lecithin*. Unlike the naturally occurring variety found in free-range eggs, nuts, seeds and avocados, this by-product is always rancid, and is extracted from the sludge left after the oil is removed from the beans. It contains high levels of solvents and pesticides. And guess what? Rather than consign it to the toxic waste dump where it belongs, the manufacturers have instead created another hugely-profitable market for it as a 'healthy' food additive. Among its delightful qualities is the ability to induce severe joint pains (often mistaken for arthritis), and serious gout. (During many years as a natural health advocate, I have counselled countless people who thought they had incurable arthritis. Their doctors prescribed strong drugs, without discussing improvement through diet. All reported cessation of symptoms after quitting soy, and/or lecithin; but it requires time, and lots of water).

Putting in additional poisons is bad enough, but the killer bean hardly needs them to accomplish its deadly purpose. It is already riddled with potential carcinogens and lots of other plant chemicals guaranteed to wreak havoc within the human body. Yet in the face of overwhelming evidence of catastrophic effects resulting from their prolonged ingestion by humans and animals, the soy pushers continue to assert the exact opposite – that all these things are not only harmless *but are actually good for you!*

The fact is that the soy bean contains numerous *phytoestrogens* – a descriptive name for plant chemicals having *oestrogenic* (*oestrus-inducing*) effects. They occur in nature to help regulate animal breeding cycles and, in synthetic form, are used in farming for the same purpose. The ubiquitous birth control pill is, of course, the human synthetic version. At high dosage or over long periods, phytoestrogens become anti-oestrogenic. Much higher doses are used in chemotherapy to kill cancer cells.

The class of chemical compounds called phytoestrogens contains dozens of sub-classes, such as *coumestans*, *isoflavones*, *lignans* and *sterols*, each of which contains further sub-classes. Soy contains many isoflavones, including the sub-classes *genistein*, *coumestrol* and *daidzein*.

Scientists have known for years that isoflavones in soy products can depress thyroid function, causing autoimmune thyroid disease and even cancer of the thyroid. As far back as the 1950s phytoestrogens were being linked to increased cases of cancer, infertility, leukaemia and endocrine disruption.

Charlotte Gerson, of the prestigious Gerson Cancer Clinic in the USA, has published detailed research (*Gerson Clinic: Cancer Research, June 1, 2001 - 61 (11): 4325-8*) proving that the phytoestrogen genistein is more carcinogenic than DES (*diethylstilbestrol*), a synthetic oestrogen drug that was given to millions of pregnant women primarily from 1938-1971. Few would be unaware of the death and misery that particular drug inflicted on countless women and their daughters.

Forbidden Food

Ms Gerson also wrote the following in the *Gerson Healing Newsletter*: "Soybeans contain *hemagglutinin*, a clot-promoting substance that causes red blood cells to clump together. These clustered blood cells are unable to properly absorb oxygen for distribution to the body's tissues, which can damage the heart." In his classic book, *A Cancer Therapy - Results of 50 Cases*, Charlotte's late father, Max Gerson, MD, put soy and soy products on the forbidden list of foods for Gerson Therapy patients.

No less an authority than the US Department of Energy Health Risk Laboratory has published research showing that isoflavones in soy act in the same way as the outlawed insecticide *DDT* to cause breast cancer cells to multiply. In 1988 a Taiwan University team led by Dr Theodore Kay remarked that for more than half a century soy has been known to cause thyroid enlargement, especially in women and children.

Dr Mike Fitzpatrick, a respected toxicologist who is at the forefront of the New Zealand campaign against soy, wrote a paper in 1998 citing much of the published work on the dangers of soy isoflavones, which he submitted to the US Food and Drug Administration (FDA). This paper was also published in the *Price-Pottenger Nutrition Foundation Journal* under the title *Isoflavones: Panacea or Poison?*, and subsequently as *Soy Formulas and the Effect on the Thyroid* in *The New Zealand Medical Journal* (February 2000). It is long, detailed, and frightening.

Here are just some of the things he has to say: "The toxicity of isoflavones to animals first raised the awareness of the scientific community to the fact that soy isoflavones are endocrine disruptors... There have been profound negative endocrine effects in all animal species studied to date."

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In plain speak, this means that your glandular system can be damaged by soy, and if your glands don't function properly, your health will suffer drastically. There is more: "Soy isoflavones increase the risk of breast cancer... Soy isoflavone disrupts the menstrual cycle during, and for up to three months after, administration... Dietary concentration of genistein may stimulate breast cells to enter the cell cycle... Concern was expressed that women fed soy protein isolate have an increased incidence of epithelial hyperplasia."

Neither Safe Nor Natural

With these and numerous other credible studies warning women of the adverse effects of prolonged consumption of soy, how, in all conscience, can Australian household brands like *Herron*, *Novogen* and those self-proclaimed icons of good health, *Blackmores* and *Sanitarium*, continue to promote the use of soy and isoflavones extracted from soy as 'tonics' for middle-aged women in menopause? Or health professionals endorse claims that soy is a safe, natural alternative to HRT? What they are pushing is neither safe, nor natural and they should be ashamed for suggesting that it is either.

Phytic acid is another jolly little part of the abominable bean's makeup – and also totally destroys the credibility of the manufacturers' claims that soy products are a good source of calcium and help prevent osteoporosis. Because soy contains more phytic acid than any other grain or pulse, and because phytic acid impairs absorption of all minerals, especially calcium, soy actually strips your body of calcium. The enzyme inhibitors in soybeans block *trypsin* and other enzymes essential for good health. This can produce serious gastric distress, reduced protein digestion, and chronic deficiencies in essential amino acids.

For reasons I will explain shortly, most of this 'subversive' material has not achieved wide circulation, being the work of corporate-neutral or independent scientists, who are not in the pay of the multinationals, and who are as voices in the wilderness. Their papers often appear only in esoteric professional journals, or 'alternative' publications, such as the Australian *Nexus Magazine*, which also publishes editions in New Zealand, the UK and US, who have been courageous in pursuing a 'publish and be damned' policy by enabling publication of arguments against the lies of the big corporations.

Attention Animal Lovers:

Be vigilant when buying pet food. Most contain soy, because it is dirt cheap. It will shorten your animals' lives and make them miserable while they are here! It will cause painful arthritis and many other ailments, including cancer. Years ago, our domestic animals died of old age, after vigorous lives. It's so different now -- if you buy commercial pet foods you will condemn your poor, trusting companions to painful deaths. For evidence, simply read the shameful ingredients listed on packages, and make changes.

Nevertheless, through the efforts and dedication of many enlightened, courageous, independent and highly-respected scientists, it has been possible to unearth volumes of credible research and evidence that clearly demonstrates the criminality of these companies, spearheaded by the mighty and reprehensible Monsanto Corporation

Bringing the covert actions of the soy industry into the public arena has been an undertaking of David and Goliath proportions. The public relations machine extolling the virtues of soy has been global and relentless. It has to be – there are hundreds of millions of acres of soy under cultivation throughout the world, much of it genetically engineered, and it has to be sold.

Displaying the kind of ingenious duplicity that Machiavelli would applaud, and conscious of the public unease regarding genetically modified foods and the trend towards organically-grown produce, Monsanto Corporation came up with a cunning plan. They grow a small amount of organic soybeans in the US, which they mix with enormous amounts of their genetically modified soy. The reason? American law permits these crops to be mixed, and the result may be labelled 100% organic. So much for government control over industry.

With these levels of production at stake a market must be found, increased and maintained. To this end, American soy bean farmers contribute approximately US\$80 million per year to finance what is one of the most effective propaganda campaigns ever known to the Western world. The resultant high-powered publicity blitz ensures that 'news' stories about soy's benefits are everywhere, reinforced by multi-million dollar advertising campaigns.

Golden Eggs

Thumb through any popular women's magazine, read the newspapers, watch the television commercials and count, for example, those for soy drinks alone. Soy producers, processors and manufacturers spend billions of dollars advertising the 'goodness' of their products. The economics of the mass media

Radio activity

Although getting the anti-soy message across is unbelievably difficult, there have been a few occasions when I have been given air time on Australian radio and television to bring this particular piece of corporate skulduggery to public attention – notably on Alan Jones' 2GB Sydney Breakfast Programme, Yvonne Adele's evening programme on 3AK Melbourne and Channel Seven's national breakfast show, 'Sunrise'.

In all cases, the audience response was phenomenal – and without exception, supportive of my claims. The broadcasts also elicited many more instances of health problems that are directly attributable to the abominable bean.

And I was able to gain some satisfaction from seeing that one major Australian soy-pusher was so concerned that its customers might suspect the truth that it was forced to take expensive full-page ads in national newspapers to 'reassure' listeners and viewers that its products were blameless.