



TWO VITAL INTERVENTIONS FOR YOUR HEALTH

AVOID SOY PRODUCTS!! Contrary to mass marketing campaigns and the hoodwinking of the FDA by food industry giants, soy is not a health food. This includes everything from tofu to soy milk to soy protein powders and anything else to which soy protein has been added. The label may also say, “textured vegetable protein,” but it is the same thing. The only acceptable soy products are those that have been properly fermented like miso, tempeh and tamari. Soy is actually a poverty food in Asia and is only eaten as a staple when there is no meat available. Not only is it deficient in the amino acid methionine, which is required for proper detoxification and many essential biochemical processes; there is also over 50 years of research linking soy consumption with thyroid dysfunction and cancer, impaired absorption of minerals, interference with protein digestion, food allergies, hormone disruption and a host of other problems. While companies like Archer Daniels Midland have been able to get the FDA to make health claims based on cholesterol lowering, the evidence for harm far outweighs that of benefit. Many health and healing professionals have been similarly duped. Soy protein is the highly processed end product of the dregs that are left over from the production of “vegetable” oil. Obviously, finding a way to process this waste and market it has been hugely profitable to the food industry but, as is so often the case, the profit gained by the food processing industry ultimately leads to further profits for the pharmaceutical industry from the medicines needed to treat the resultant health problems. For more information, I strongly recommend reading The Whole Soy Story by Kaayla Daniel, Ph.D.

AVOID PLASTICS!! Especially the ones that come in contact with food or water. Plastics, especially soft ones, leech compounds called phthalates. Phthalates have estrogen-like activity and are potent hormone disruptors. They have been positively linked to the permanent feminization of male genitalia in babies and are thought by many to play a significant role in the progressively earlier age that girls have been reaching puberty over the past 40 years. Because of their estrogenic effects, it is also believed that they may be playing a role in inducing hormone-related cancers, like breast and prostate, and contributing to female hormonal and menstrual difficulties, benign prostate disease and infertility, both male and female. Over the past 30 years, sperm counts in men have dropped and here has been a significant increase in the percentage of sperm that are non- or poorly functional. It may be no accident that over this same period of time, our use of plastic has skyrocketed. I realize how difficult avoiding plastic can be but I believe it is critical, particularly for pregnant women and anyone with a personal or family history of cancer.