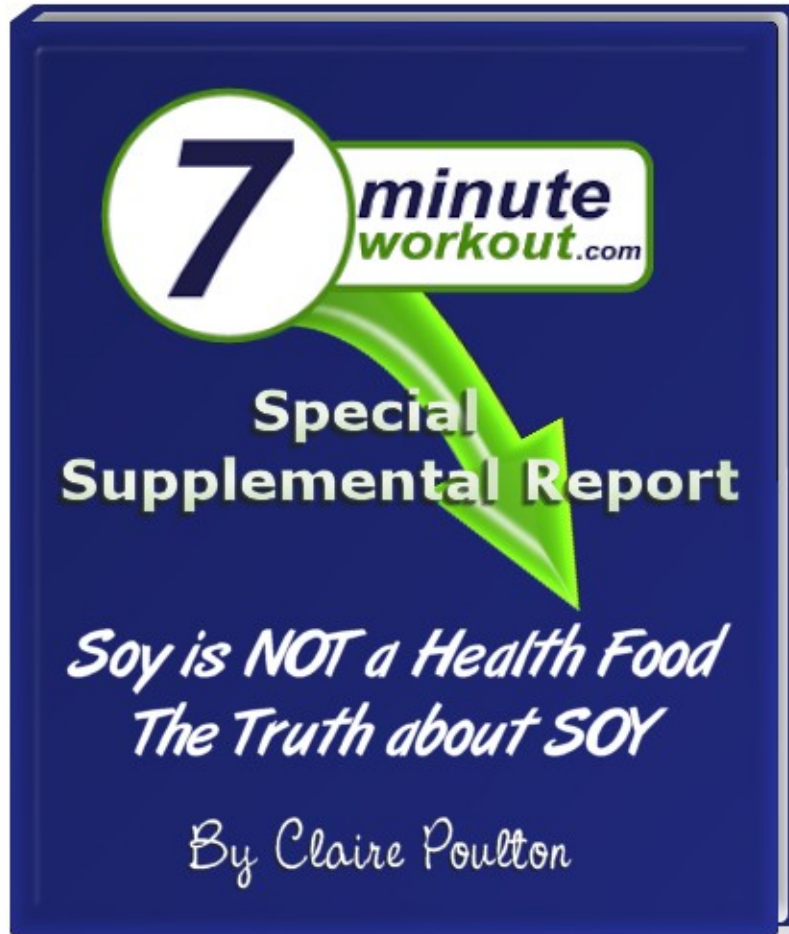


# 7 MINUTE WORKOUT



Created for

7 Minute Workout by **Claire Poulton** © 2011



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## Introduction

**Soy is not the health food that you think it is.**

**F**rom tofu and tacos to baby formula and burgers, soy products have swept the nation as a **healthy source of protein**, with a reputation for being all natural and good for you. New studies have however raised questions over whether **the ingredients in soy might increase the risk of breast cancer in some women**, affect brain function in men and lead to hidden developmental abnormalities in infants.

**Soy is one of the top eight allergens** that cause immediate reactions such as coughing, sneezing, runny nose, hives, diarrhea, difficulty swallowing and anaphylactic shock.

Delayed allergic responses can also occur several hours to several days after the food is eaten.

*"To make soy more appetizing, the manufacturers added sugar, synthetic sweeteners, genetically modified high fructose corn sugar, refined salt, artificial flavorings, colors and MSG. So the soy isn't really soy. It is a Frankenfood created for the sole purpose of making a profit from health conscious people trying to live a healthier life."* **Mannie Barling and Ashley F. Brooks-Simon on the Blogger News Network**

Concern rests with the **chemical makeup of soy**: in addition to all the nutrients and protein, **soy contains a natural chemical that mimics estrogen**, the female hormone. Some studies in animals show that **this chemical can alter sexual development**. And in fact, 2 glasses of soy milk/day, over the course of one month, contain enough of the chemical to change the timing of a woman's menstrual cycle.



## Isoflavones in soybeans

**S**oybeans contain an impressive array of *phytochemicals* (biologically active components derived from plants), the most interesting of which are known as *isoflavones*. Isoflavones are the compounds which are being studied in relation to the relief of certain menopausal symptoms, cancer prevention, slowing or reversing osteoporosis and reducing the risk of heart disease.

Soy critics point to the fact that **soybeans**, as provided by nature, **are not suitable for human consumption**. *Only after fermentation for some time*, or extensive processing, including chemical extractions and high temperatures, are the beans, or the **soy protein isolate**, suitable for digestion when eaten.

**Soybeans** also reportedly contain an **anti-nutrient** called "*phytic acid*", which all beans do. However, **soybeans have higher levels of *phytic acid*** than any other legume. *Phytic acid* may **block the absorption of certain minerals**, including magnesium, calcium, iron and zinc. Epidemiological studies have shown that people in 3rd World Countries who have high consumption of grains and soy also commonly have deficiencies in these minerals. *It must also be noted that this may be of particular concern with regard to babies who are using soy-based infant formulas.*



## What is the truth when it comes to soy?

**S**o how does one get to the truth when it comes to soy? Usually, the first question is... “Where is the money? Who has something to be gained from one side or the other?” With the **soy** issue, there does not seem to be an easy answer here either... and that's because there appear to be strong financial incentives on both sides of the argument.

**Who has something to gain from the consumption of soy?** Perhaps companies like Monsanto which produce the **genetically modified soybean seeds (GMO's)**. Perhaps companies like Cargill Foods or SoyLife which produce countless **soy-based foods**. Or **soybean councils** in several states which represent farmers who grow this new, emerging bumper crop. And, of course, all of the companies which are constructing factories all over the world to do the processing which is necessary to make soybeans edible.

### Soy - more negatives than positives

**T**he positive aspects of the **soybean** are overshadowed by their potential for harm. **Soybeans in fact contain a large number of dangerous substances.** We already mentioned “phytic acid”, also called “phytates”. This organic acid is present in the bran or hulls of all seeds and legumes, but none have the high level of phytates which soybeans do. Adding to the high phytate problem, **soybeans are highly resistant to phytate-reducing techniques**, such as long, slow cooking.



**S**oybeans also contain potent enzyme-inhibitors. These inhibitors block uptake of *trypsin* and other enzymes which the body needs for protein digestion. **Normal cooking does not deactivate these harmful anti-nutrients**, which can cause serious gastric distress, reduced protein digestion and can lead to chronic deficiencies in amino acid uptake.

In addition, **soybeans** also contain *hemagglutinin*, a clot-promoting substance which causes red blood cells to clump together. These clustered blood cells cannot properly absorb oxygen for distribution to the body's tissues, and are unable to help in maintaining good cardiac health.

**Hemagglutinin** and **trypsin inhibitors** are both “growth depressant” substances. Although the act of fermenting soybeans does deactivate both hemagglutinin and trypsin inhibitors, cooking and precipitation do not. Although these enzyme inhibitors are found in reduced levels within **precipitated soy products like tofu**, they are not completely eliminated. For this reason, if you are going to consume soy, it is recommended that you **limit your soy use to fermented products only, like *tempeh, natto or miso***.

*Only after a long period of fermentation (as occurs in the creation of miso or tempeh) are the anti-nutrient and phytate levels of soybeans reduced, making their nourishment available to the human digestive system. The high level of harmful substances remaining in precipitated soy products (such as Tofu) leaves their nutritional value questionable at best, and potentially harmful.*



## Soy and hormonal balance

**J**ust because **tofu** is of vegetable origin does not necessarily make it healthy.

Health-conscious Americans believe in the benefits of tofu, infant formula and other food products made from **soybeans and soy extract**. But their assumption is now being called into question by **Jill Schneider**, associate professor of biological sciences at Lehigh University in Bethlehem, Pennsylvania.

In a study of hamsters completed under Schneider's direction, it was recently found that a component of soy beans - **isoflavones** - significantly accelerated the onset of puberty in the rodents.

These findings, which are similar to the results reported by labs which have experimented with rats, might be relevant to humans, Schneider says. She points out that many babies who are allergic to cow's milk are fed **soy-based formulas which contain isoflavones**. Isoflavones, she says, **can act like estrogen**, a natural hormone important in the development of both male and female humans.

*A baby fed soy will receive, through the phytoestrogens, the equivalent of approximately 5 birth control pills per day! The damage is incalculable.*

### There are other reasons to stay away from soy

A very large percentage of soy - **over 90%** - is **genetically modified (GMO's)** and it also has one of the highest percentages **contamination by pesticides** of any of the foods we eat.



**S**oy processors have worked hard to get these anti-nutrients out of the finished product, particularly *Soy Protein Isolate (spi)* which is the key ingredient in most soy foods which imitate meat and dairy products, including baby formulas and some brands of soy milk.

SPI is not something you can make in your own kitchen. Production takes place in industrial factories where **soybeans are first mixed with an alkaline solution to remove fiber**, then precipitated and **separated using an acid wash** and, finally, **neutralized in an alkaline solution**.

*Acid washing in aluminum tanks leaches high levels of aluminum into the final product.* As a result, **soy-based formula also has over 1000% more aluminum than conventional milk based formulas**. Breast milk is best, but if one, for whatever reason, cannot breast feed, then *Carnation Good Start* until six months and *Carnation FollowUp* after that seem to be the best commercial formula currently available. The milk protein is hydrolyzed 80% which tends to **significantly decrease its allergenicity**.

**F**inally, the resulting curds are spray-dried at high temperatures to produce a high-protein powder. A final hardship to the original soybean is high-temperature, high-pressure extrusion processing of soy protein isolate to produce textured vegetable protein.

*Nitrites*, which are **potent carcinogens, are formed during spray-drying**, and a toxin called “lysinoalanine” is formed during alkaline processing. Numerous **artificial flavorings, particularly MSG**, are added to soy protein isolate and textured vegetable protein products to mask their strong “beany” taste and to impart the flavor of meat.



Yet **soy protein isolate** and textured vegetable protein are used extensively in school lunch programs, commercial baked goods, fast food products and diet beverages. They are heavily promoted in 3rd world countries and form the basis of many food giveaway programs.

## Marketing and soy

**All soybean producers** pay a mandatory assessment of 0.5% to 1% of the net market price of soybeans. The total - something like **US \$80 million annually** - supports United Soybean's program to “strengthen the position of soybeans in the marketplace and maintain and expand domestic and foreign markets for uses for soybeans and soybean products”.

**State soybean councils** from Maryland, Nebraska, Delaware, Arkansas, Virginia, North Dakota and Michigan provide another \$2.5 million for “research”. **Private companies** like *Archer Daniels Midland* also contribute their share. ADM spent \$4.7 million for advertising on the TV show “Meet the Press” and \$4.3 million on “Face the Nation” during the course of a year.

Public relations firms help convert research projects into advertising copy and newspaper articles, and law firms lobby for favorable government regulations. **IMF money funds soy-processing plants in foreign countries**, and free-trade policies keep soybean abundance flowing to overseas destinations.

**Soy milk has posted the biggest gains**, soaring from \$2 million in 1980 to \$300 million in the US in 2001. Recent advances in processing have transformed the “*bitter, gray, beany-tasting Asian beverage into a product that Western consumers will accept - one that tastes like a milkshake, but without the guilt.*”



## What about soy offering protection against cancer?

**S**ome sources claim that “soy has demonstrated powerful anticancer benefits...the Japanese, who eat 30 times as much soy as North Americans, have a lower incidence of cancers of the breast, uterus and prostate.”

Indeed they do. But the Japanese, and Asians in general, have **much higher rates of other types of cancer**, particularly cancer of the esophagus, stomach, liver and pancreas. Asians throughout the world also have high rates of thyroid cancer. The logic which links low rates of reproductive cancers to soy consumption requires attribution of high rates of thyroid and digestive cancers to the same foods, particularly as **soy causes these types of cancers in laboratory rats**.

In 1991, Japanese researchers reported that consumption of as little as 30 grams or 2 tablespoons of soybeans/day for only 1 month resulted in a significant increase in thyroid-stimulating hormone. Diffuse **goiter and hypothyroidism** appeared in some of the subjects and many complained of constipation, lethargy and fatigue, even though their intake of iodine was adequate.

25 grams of **soy protein isolate**, the minimum amount claimed to have *cholesterol-lowering effects*, contains from **50 to 70 mg of isoflavones**. It took only **45 mg of isoflavones in premenopausal women** to exert significant biological effects, including a **reduction in hormones needed for adequate thyroid function**. These effects lingered for 3 months after soy consumption was discontinued.



In 1992, the Swiss health service estimated that **100 grams of soy protein provided the estrogenic equivalent of the Pill.**

## Soy formula: Birth control pills for infants

**B**ut it is the **isoflavones in infant formula which give the most cause for concern.** In 1998, investigators reported that the daily exposure of infants to isoflavones in soy infant formula is 6 to 11 times higher on a body-weight basis than the dose that has hormonal effects in adults consuming soy foods. Circulating concentrations of **isoflavones in infants who were fed soy-based formula were 13,000 to 22,000 times higher than plasma estradiol concentrations in infants on cow's milk formula.**

Approximately 25% of bottle-fed children in the US receive **soy-based formula** - a much higher percentage than in other parts of the Western world. It is estimated that an infant exclusively fed soy formula receives the estrogen equivalent (based on body weight) of at least 5 birth control pills per day.(14) By contrast, almost no phytoestrogens have been detected in dairy-based infant formula or in human milk, even when the mother consumes soy products.

In a recent statement by US Department of Health and Human Services (HHS) has now announced that **all infant formulas are contaminated with fluoride**, and that when mixed with the fluoridated water provided in most US cities, the combination is a toxic threat to babies and infants.



## Partial List Of Products Containing Soy

- x Meal Replacement Beverages
- x Smoothies
- x Snack/Energy Bars containing soy products
- x Soy-based Breads or breads containing soy flour
- x Soy Ice Cream
- x Soy Infant Formula
- x Soy Isoflavone Supplements
- x Soy Milk
- x Soy Sausages
- x Textured Vegetable Protein
- x Tofu
- x Veggie Burgers

## Medical Conditions Possibly Attributable To Soy Consumption

- x Asthma
- x Chronic Fatigue
- x Depression
- x Diabetes
- x Heart Arrhythmia
- x Heart or Liver Disease
- x Infertility/Reproductive Problems



- x Irritable Bowel Syndrome
- x Learning Disabilities/ADD/ADHD
- x Pancreatic Disorders
- x Premature or Delayed Puberty
- x Rheumatoid Arthritis
- x Thyroid Conditions:
  - x Auto-Immune Thyroid Disorders (Graves' or Hashimoto's Disease)
  - x Goiter
  - x Hypothyroidism
  - x Hyperthyroidism
  - x Thyroid Nodules
  - x Thyroid Cancer
  - x Other thyroid disorders
- x Uterine Cancer
- x Weight Gain

## **Symptoms Of Possible Disorders Attributed To Soy**

- x Always feeling cold or warm
- x Anemia
- x Behavioral problems
- x Brittle nails
- x Eczema
- x Hair thinning or loss



- x Hyperactivity
- x Learning deficiencies
- x Lethargy or low blood pressure
- x Sore bones and joints
- x Watery or swelling eyes

## Myths & Truths About Soy Foods

**Myth:** Use of soy as a food dates back many thousands of years.

**Truth:** Soy was first used as a food during the late Chou dynasty (1134-246 BC), only after the **Chinese learned to ferment soy beans** to make foods like tempeh, natto and tamari.

**Myth:** Asians consume large amounts of soy foods.

**Truth:** Average consumption of soy foods in Japan and China is 10 grams (about 2 teaspoons) per day. **Asians consume soy foods in small amounts as a condiment**, and not as a replacement for animal foods.

**Myth:** Modern soy foods confer the same health benefits as traditionally fermented soy foods.

**Truth:** Most modern soy foods are not fermented to neutralize toxins in soybeans, and are processed in a way that **denatures proteins and increases levels of carcinogens**.

**Myth:** Soy foods provide complete protein.

**Truth:** Like all legumes, **soy beans are deficient in sulfur-containing amino acids methionine and cysteine**. In addition, modern processing denatures fragile *lysine*.

**Myth:** Fermented soy foods can provide vitamin B12 in vegetarian diets.



**Truth:** The compound that resembles vitamin B12 in soy cannot be used by the human body; in fact, **soy foods cause the body to require more B12**

**Myth:** Soy formula is safe for infants.

**Truth:** Soy foods contain **trypsin inhibitors that inhibit protein digestion** and affect **pancreatic function**. In test animals, *diets high in trypsin inhibitors led to stunted growth and pancreatic disorders*.

**Soy foods increase the body's requirement for vitamin D**, needed for strong bones and normal growth. **Phytic acid in soy foods results in reduced bioavailability of iron and zinc which are required for the health and development of the brain and nervous system**. Soy also **lacks cholesterol, likewise essential for the development of the brain and nervous system**. Mega-doses of **phytoestrogens in soy formula** have been implicated in the current trend toward *increasingly premature sexual development in girls and delayed or retarded sexual development in boys*.

**Myth:** Soy foods can prevent osteoporosis.

**Truth:** Soy foods can cause **deficiencies in calcium and vitamin D**, both needed for healthy bones. **Calcium from bone broths and vitamin D from seafood, lard and organ meats prevent osteoporosis in Asian countries**—not soy foods.

**Myth:** Modern soy foods protect against many types of cancer.

**Truth:** A British government report concluded that there is little evidence that soy foods protect against breast cancer or any other forms of cancer. In fact, **soy foods may result in an increased risk of cancer**.

**Myth:** Soy foods protect against heart disease.



**Truth:** In some people, consumption of soy foods will lower cholesterol, but **there is no evidence that lowering cholesterol improves one's risk of having heart disease.**

**Myth:** Soy estrogens (isoflavones) are good for you.

**Truth:** Soy isoflavones are phyto-endocrine disruptors. At dietary levels, they can prevent ovulation and stimulate the growth of cancer cells. Eating as little as 30 grams (about 4 tablespoons) of soy per day can result in hypothyroidism with symptoms of lethargy, constipation, weight gain and fatigue.

**Myth:** Soy foods are safe and beneficial for women to use in their postmenopausal years.

**Truth:** Soy foods can stimulate the growth of estrogen-dependent tumors and cause thyroid problems. Low thyroid function is associated with difficulties in menopause.

**Myth:** Phytoestrogens in soy foods can enhance mental ability.

**Truth:** A recent study found that women with the highest levels of estrogen in their blood had the lowest levels of cognitive function; In Japanese Americans tofu consumption in mid-life is associated with the occurrence of Alzheimer's disease in later life.

**Myth:** Soy isoflavones and soy protein isolate have GRAS (Generally Recognized as Safe) status.

**Truth:** Archer Daniels Midland (ADM) recently withdrew its application to the FDA for GRAS status for soy isoflavones following an outpouring of protest from the scientific community. The FDA never approved GRAS status for soy protein isolate because of concern regarding the presence of toxins and carcinogens in processed soy.

**Myth:** Soy foods are good for your sex life.



**Truth:** Numerous animal studies show that soy foods cause infertility in animals. Soy consumption enhances hair growth in middle-aged men, indicating lowered testosterone levels. Japanese housewives feed tofu to their husbands frequently when they want to reduce his virility.

**Myth:** Soy beans are good for the environment

**Truth:** Most soy beans grown in the US are genetically engineered to allow farmers to use large amounts of herbicides.

**Myth:** Soy beans are good for developing nations.

**Truth:** In third world countries, soybeans replace traditional crops and transfer the value-added of processing from the local population to multinational corporations.

## Conclusion

According to the survey *Consumer Attitudes About Nutrition 2008* (by the United Soybean Board):

- x As of 2007, 85 percent of consumers perceive soy products as healthful
- x 33 percent of Americans eat soy foods or beverages at least once a month
- x 70 percent of consumers believe soybean oil is good for them
- x 84 percent of consumers agree with the FDA's claim that consuming 25 grams of soy protein daily reduces your risk of heart disease

What then is a **Healthy Alternative to Soy Protein Powders**? The First Choice is **Whey Protein**. There are other Protein Powder Products that are made from Natural Products like **Rice and Hemp** for those who may have unfavorable reactions to Whey Protein.



## About The Author

**C**laire Poulton is a Nutrition Research Specialist. Claire has spent over 25 years researching health, nutrition and chronic illnesses: Specializing in weight loss, premature aging, and nutrition for children.



Not only does Claire preach the value of healthy food, lifestyle, and exercise, she practices what she preaches. At 67 years, she leads a healthy active life on Vancouver Island BC Canada. Claire is the mother of 5 healthy active adults, and grandmother to 9 healthy active grandchildren.

She has been “accused” of sending “Helpful Advice” to her family, which is sometimes appreciated, and sometimes not. ☺

Hopefully, you will find the information in this Report useful in your journey to better health for yourself and your family.

With Sincerest Best Wishes For Success and Good Health,

**Claire Poulton**



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