

DR. CHRISTOPHER'S Herbal Legacy Newsletter

August 1, 2012

Controversial Soy -David Christopher MH

There is a lot of controversy about soy. Both sides have valid points, but let us start by clearing up one thing. Soy beans are not a new food. They have been consumed for 5,000 years, and have a proven safety record. GMO soy beans are a new food, created by Monsanto® and do not have a proven safety record. The majority of concerns are with the Monsanto® soy beans.



By purchasing organic soy beans and 100% organic soybean products (which by law cannot contain GMOs) the majority of concerns are resolved. It should be remembered that any highly processed food, even organic, is problematic, so do not use them. Whole soy bean products, such as soy milk are nutritious.

Fractionated or part some soy bean products, such as soy milk made from isolated soy proteins, are not nutritious, can be problematic, and should be avoided.

Natural soy does not cause cancer and does not contain estrogen, as is claimed by its' opponents. Soy does have phyto-sterols (plant hormones) that are vilified by certain entities and erroneously linked to these cancers. Actually these plant hormones can help prevent cancer. For example, Asian women who consume soy rarely develop breast cancer until they move to America and/or adopt American eating habits, then the cancer rates increase. The same can be said for Asian men and the incidence of prostate cancer.

The anti-oxidant and anti-inflammatory phytic acid which is linked to faulty mineral absorption is a problem only when isolated. All foods have some chemical in them that when isolated can cause a myriad of conditions and can even be fatal. However in their whole state these chemicals are buffered and are of no concern. The safety of other foods and many herbs has been questioned because of research conducted with isolated components and then testing these isolates. These types of studies only confirm that isolated chemicals are dangerous and should be avoided, but the whole plant containing these isolates remains safe.

Some claim that soy increases the risk of heart disease, however the opposite is true. If more people would eat soy instead of animal products they would have less cardio vascular disease.

Again let me reiterate that I am referring to non GMO whole soy bean foods which should be sprouted. This is a food that contains all of the essential amino acids and has a high content of vitamins and minerals. It does lack vitamin E and carotenes but those are easily obtained from eating your veggies.

Another concern is that some people have allergies to soy; in fact it is the third leading cause of allergies in America. Cow's milk is number one and Wheat is number two. I find it interesting that these three most allergic foods are the same three substances found in baby formula. Perhaps babies need mothers' milk from their own species and not two other foods that unprocessed would require teeth to consume them. By feeding these foods to babies whose digestive systems cannot break them down or block their entry, allergies are created. This is how it happens: The Immune system protects self-made proteins and attacks foreign proteins. That is how the immune system works, it recognizes self and leaves it alone, but protein from another species is targeted and attacked. When it attacks the undigested foreign proteins in the wheat and soy that have been absorbed into the babies' system, allergies are created, which is simply an immune response.

If you have violated principles of health and have allergies to soy try avoiding it for six weeks and during that time desensitize your immune system by taking Dr. Christopher's Immucalm Formula in large amounts, 5 capsules 5 times per day for two weeks and then 2 capsules three times per day thereafter. Stay away from all allergy potential foods during this six weeks. This is accomplished by eating a fresh produce only diet. (Summer is a great time for fresh foods.) At the end of this six weeks introduce sprouted organic soy beans in small amounts and see if the allergy is ameliorated.

In conclusion wholesome, organic, sprouted, soy is a good food when eaten at the right time, after weaning, and if not allergic. Babies need human mother's milk not soy or wheat or cow's milk.

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.