## Is SOY Good for YOU? That Depends …..

## The modern food industry has created more and more processed, refined, chemically altered, instant products that contain soy, but in an extremely altered, unhealthy state. These products contain virtually none of the original benefits of the soybean and many of the detrimental effects common in overly processed, chemically altered foodstuffs. For example: soy milk, soy cheese, many tofu products … even though you may go to a health food store, caution must be taken with any foodstuff that is overly processed, or in an unnatural state.

## Here is an example … perhaps you have picked up a package of “Bean Burgers” and chose to return them to the shelf because they listed “textured vegetable protein from soy” in the ingredients. Don’t assume that it is healthy because it comes from a health food store.

## BOTTOM LINE: The soybean is nutrient and protein-rich. Quality control and processing methods make ALL the difference. So what should one look for in quality Soy Products?

## One MUST examine the source of Soybeans:

## Soybeans are one of the top 5 most genetically modified crops, leading to numerous concerns.

## Shaklee, the number one natural supplement company in the United States, uses non-GMO soybeans and uses an identity-preserved program (IPP) most reliable to insure their soy protein remains non-GMO from seed to manufacturing.

## Use of fertilizers, pesticides, etc. is another concern

## Shaklee uses only certified organically grown soybeans

## The Manufacturing Process

## Protein Efficiency Ratio (PER) shows that Shaklee protein has the highest possible rating (better than milk) with a ratio perfectly matching the human body

## Shaklee uses a water wash method vs an alcohol or chlorine method typically used by most manufacturers. When alcohol or chlorine is used in the product of soy flakes, soy milk, soy burgers, soy powders, etc., 88%+ of the isoflavone content is lost. What is so great about isoflavones? Isoflavones are phytonutrients are anti-cancer, and as well they help protect us from the damaging effects of xenoestrogens which dramatically increase the risk of breast & prostate cancer. These phytonutrients are especially desirable to protect agains estrogen fed cancers, menopause, osteoporosis, etc.

## Common Objections about Soy

## You may have head some of these common objections on soy protein, and for some products they may be true, but NOT ALL SOY PRODUCTS.

## Does Soy stunt growth or cause thyroid problems?

## It is known that RAW soy contains an “anti-tyrosine” (tyrosine is an amino acid that is the precursor to thyroid hormone) or “anti-growth” substance. Asians, who have consumed soy for years, cook their soy to deactivate this antagonistic substance. Tyrosine deficiency may also cause low blood pressure, low body temperature, and restless leg syndrome.

## SHAKLEE DIFFERENCE: This antagonistic substance is removed during Shaklee’s unique processing … Shaklee maintains the RAW enzymes, but removes the challenging pro-goitrogenic factors that would otherwise have a negative affect on the thyroid (tyrosine levels) and growth hormone.

## I have heard that soy may actually cause or increase cancer growth (i.e. breast, prostate)

## “Overcooked” soy may, in fact, contain “carcinogenic” compounds. When soy is processed over high temperatures to be sold as TVP (textured vegetable protein) or a meat substitute, the over-processing is known to alter the molecular structure of the bean and render it a carcinogen.

## SHAKLEE DIFFERENCE: Shaklee’s unique low heat processing keeps the soy in a raw form to preseve the highest level possible of beneficial isoflavones and other phytonutrients, as well as the amino acids, both of which are sensitive to heat. This technique ensures that enzymes stay intact and and add to the products biavailability and digestibility.

## I heard that soy might cause blood cells to clump together …

## SHAKLEE DIFFERENCE: Shaklee soy does not contain hem agglutinin factors. It is certified to be “Heart Healthy”

## Why do some conventional medicine practitioners and cancer clinics suggest that soy be excluded from the diet, especially if we are at risk for hormone related cancers?

## There is a misunderstanding as to the effects of the phytonutrients on cancer cells. Most practitioners assume soy is an estrogen, and must be avoided. ****The results of a very definitive study that** proves to women that consumption of soy foods decreases the risk of dying from breast cancer, and actually decreases their risk of breast cancer recurrence **was released and printed on December 9th, 2009, in the Journal of the American Medical Association (by researchers at Vanderbilt University and Shanghai Institute of Preventative Medicine) …****

## <http://jama.ama-assn.org/cgi/content/abstract/302/22/2437>



## Soy isoflavones have been shown to

## Inhibit the change of normal cells into cancerous cells

## Be protective against estrogen-fed cancer or reduce the risk of developing secondary cancers.

## Inhibit action of several enzymes known to promote the growth and spread of cancer

## Block the development of new blood vessels that feed cancers

## Help prevent the spread of cancer to other organs.

## But aren’t soy products acidic vs alkaline?

## Most soy products have an acidic effect on the body, but Shaklee processing has created a soy isolate that is neutral.

## What about Soy allergies or sensitivities?

## A person can be allergic or sensitive to any food. Soy is no exception. However, most people find that if they are sensitive to “over-processed soy foods, they are often not reactive to Shaklee Soy (which is due to their unique processing methods. However, if you have concerns, then start very slowly by testing only a tiny bit and increasing gradually over many days and weeks. (NOTE: avoid any soy if you are an anaphylactic reactor to soy).

## Shaklee made the first soy isolate in the world in 1961 … that will be fifty years of providing SAFE vegetable protein by the year 2011. Dr. Shaklee knew as a biochemist that the health benefits of soy were of utmost value to the human body, but he also knew that the process must be very specific, and would make all the difference in the world in results. The phrase “Quality DETERMINES Results” has never been truer than this brief explanation of the Shaklee Difference. Shaklee developed a unique method to ensure that the “good stuff” remains while the “detrimental stuff or process” is eliminated and avoided.

## Shaklee Protein does NOT contain undesirable chemicals for preservatives, but rather uses a patented formula called “ShakleeGuard” – a unique blend of natural antioxidant nutrients (Vitamin C, Vitamin E, and Rosemary) to ensure full nutrient potency.

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