

Soy

Excerpt from herb class: MOTHER MAIDEN MENOPAUSE

SOY: One word: FERMENTATION. **DO NOT EAT SOY UNLESS IT HAS BEEN FERMENTED.** I cannot stress this enough. It may be hard for you to believe as practically all the nutritional hype we see in all over our media will tout soy as a panacea for health.

WHY? Phytic Acid, enzyme inhibitors, endocrine disruptors, mineral deficiencies, carcinogens, very high in aluminum, clumps red blood cells, does NOT supply B12.

SOY---THE DARK SIDE

1. Soy was originally cultivated in ancient China to fix nitrogen in the soil—not as a food source. Soy and all other beans contain what is called anti-nutritional factors. These factors interfere with our ability to utilize and/or create nutrients that we must have. The difference is in most other beans these factors are removed by soaking and cooking but NOT SOY. Soy MUST be fermented to remove them. Fermentation not only destroys the anti-nutritional factors but it increases mineral availability.
2. Phytic Acid: Soy is very high in phytic acid or phytates which blocks absorption of vital minerals like calcium, magnesium, iron and zinc. (Calcium & iron were covered in part one). Magnesium must be in perfect ratio with calcium and is essential for the contraction/relaxation of muscles, enzyme function, production of protein and energy. Zinc is critical for proper brain function; it accumulates in the outer cortical area and effects memory, language, reason and insight. The eye contains the most zinc of any part of our body. Zinc is vital to the functioning of hundreds of enzymes in the body. Soy and in particular, soy milk can lead to serious mineral deficiencies. Fermentation removes phytates and increases mineral availability. Problem solved.
3. Enzyme inhibitors: Soy prevents enzymes vital to health from doing their job. This can cause various health issues such as intestinal problems, protein assimilation difficulties, growth retardation and even cancer. Enzyme inhibitors are deactivated by fermentation.
4. Soy infant formula is completely devoid of cholesterol—our brain and nerve food. The high heat to which it is subjected causes the overdenature of proteins and adds carcinogens. The phytates block mineral absorption. The plant estrogens adversely affect normal development of the child by suppressing thyroid function.
5. Soy's complete protein profile is a myth. It does not supply B12 as humans cannot absorb it from plant sources. Instead, it will actually increase the need for B12. (*Soybeans: Chemistry & Technology Vol 1 1972*) Miso, a fermented source of soy, is made from grains and soy giving it a complete protein profile. When unfermented soy is the mainstay of a vegetarian diet anti-nutritional factors will disrupt health with brittle bones, irregular heartbeat, thyroid problems, memory loss, vision impairment, vulnerability to infections and a clumping of red blood cells which may increase the incidence of stroke. It also has 100 times more aluminum than real cow milk.

6. Fermented soy: miso, tamari, tempeh and natto.
7. Unfermented soy: tofu, soy beverage, soy nuts, soy granules, bean curd, fake soy food (soy burgers, soy dogs, soy cheese, etc). The process that makes TOFU and BEAN CURD removes a portion of enzyme inhibitors and only a small amount of phytates—and is ok in very small amounts. In the Orient tofu and miso are used as condiments not as substitutes for animal food.
8. Speaking of animals SOY is a horrible food for ruminants (cows, goats etc) in particular. It causes a high buildup of ammonia in the rumen and negatively impacts the liver. These animals will have a high incidence of mastitis and sterility. Our great-grandpas cows were productive 15 years and averaged 12 calves. Today's cow: 6 years and 3 calves.
9. One of my herbal mentors (Michael Moore, Phd) died a few years ago and he was fond of saying "Soy did me in."

SOY--THE GOOD SIDE (**fermented, of course**)

Many studies confirm it reduces hot flashes and clearly protects against breast cancer. So, protect your breasts: eat miso and tamari. Soy lowers total cholesterol and increases HDL. Recommendations: 50-200 grams isoflavones per day, preferably from food.

CAVEAT: Too much soy can cause liver damage, may feminize men.

My herb class Mother, Maiden, Menopause is based in part on books by Susun Weed.