

Want to Reduce Breast Cancer ?. Fish Oil is a Must

... http://www.mercola.com/2002/jun/5/fish_oil.htm ...

June 5, 2002

"... Differences in the actions of Omega-3 fats and Omega-6 fats have been observed on these genes.

** Omega-3 fats ... have been described to "reduce" cancer cell growth, (includes Fish Oils) ...

* Omega-6 fats ... have been found to "cause" cancer growth ...".

*Omega-6 oils, "... I strongly recommend avoiding ... sunflower ... corn ... "Soy" ... safflower ... "Canola" ... or products that contain these oils. In other words, no hydrogenated or partially hydrogenated fats including ... margarine ... vegetable oil ... (vegetable)-shortening ... etc. These oils are full of Omega-6 fats and will only worsen your Omega-6 / 3 ratios ...". Soy – (Flax, Linseed) – (Canola, Rapeseed) – are all listed in the FDA's **Poisonous Plant database** ... <http://www.cfsan.fda.gov/~djw/plantox.html> . Over 685 scientific research abstracts listed, out of over 1,000 known, going way back to 1850, proving serious harm to human - animal health. (over 400 such abstract do exist for soy alone since 1907) Soy industry, food, health food industries and governments have all been lying to us, pages 5, 6, 7, 113, 119, 121 ... abstracts pages 29 – 96

**Omega-3 oils, (EPA, DHA), "... Acceptable oils are high quality ... extra virgin "olive oil" ... "Coconut oil" ... "avocados" ... "organic butter" ... better yet ... "Grass-fed organic butter ..." (ALA) in "Flax" causes prostate cancer cells to grow ... http://www.mercola.com/2004/jul/21/flax_seed_oil.htm ... and ... <http://www.ajcn.org/cgi/content/abstract/80/1/204> .

"... Generally our diet contains far too many omega-6 fats. Experts looking at the dietary ratio of omega-6 to omega-3 fatty acids suggest that in early human history the ratio was about 1:1 Currently most Americans eat a dietary ratio that falls between 20:1 and 50:1. The optimal ratio is most likely closer to the original ratio of 1:1 ...".

"... For most of us, this means greatly reducing the omega-6 fatty acids, & increasing the amount of omega-3 fatty acids we eat ...".

* * *

Fermented Soy ... Cancer Chemo-preventative ??

(Also see pages 5 - 7, 10, 21, 29, 31, 32, 36, 42, 48, 52, 65, 72, 74, 75, 81, 101, 104, 109, 113, 118, 121, 142)

. http://www.mercola.com/2004/aug/4/fermented_soy.htm .

The soy industry's claim that "... fermented soy products like, Natto, Tempeh, Soy Sauces, Fermented tofu and soymilk, and Miso are particularly rich in the isoflavone aglycones, genistein and daidzein, which they say are believed to be cancer chemo-preventatives ...". The implication by the soy industry is that these natural occurring chemical compounds are good, for instance in cancer prevention, if they are consumed in natto or miso (not exactly staples of Western diets), when in fact it is exactly these same chemicals that are the endocrine disrupters which have so alarmed many independent scientists around the world. Genistein in particular is fingered, was proven, by FDA scientists, S.S. Kuan, O.J. Francis, et al, at the FDA's NCTR and the New Orleans Poisonous Plants laboratories, way back in 1991, as carcinogenic, estrogenic, cytotoxic, anti-thyroid, on research lasting over 3 months, Page 126... (see 10 th World Congress Report, pg. 527)

But, what soy industry also KNOWS but still NEVER tells people when claiming fermented soy is chemo-preventative is ... it all depends on the dose levels of these chemicals, [even though this principle has been a basic teaching since 1500's in the science of Toxicology-(see research by the famous Swiss physician "Paracelsus" ... <http://www.mindfully.org/Pesticide/Paracelsus-Dose-ToxicologyOct01.htm>).]. At high chemotherapy dose levels genistein & daidzein kills cells, and cancer cells. But the dose levels needed for this chemotherapy type responses, (the soy industry claims to happen from eating fermented soy), are also at dose levels far beyond those achievable at dietary consumption levels. So, their claim of chemo-preventative has no relevance at all when it comes to consuming these chemicals at dietary levels in soy or vitamin supplements. As the scientific research clearly demonstrates, at dietary levels genistein and daidzein disrupts and damages the immune and hormone system, and also causes a variety of health problems including a variety of cancers, and DNA damage.

This claim by the soy industry clearly shows the fallacy of seeking and promoting short-term results and ignoring long-term consequences, administering drugs to people who don't need them, a case of hidden mass medication upon the unsuspecting and unknowing public.

Fermentation only lowers the toxin levels, it doesn't eliminate them. To get the lowest toxin level, fermentation needs to be at least 2 years, as Asians do, not like in North America, where it can be shorter than 3 months, & using chemicalized fermentation methods. ... / 9

Dangers of Dietary Isoflavones
at levels above those found in traditional diets
The Risks Of Abandoning “The Precautionary Principle”
by Soy Online Service ... <http://www.soyonlineservice.co.nz/>
“Soy - Abundance Of Health Hazards” ... <http://www.mayanmajix.com/soy01.html>

Soy Online Service Answers 5 Questions **An Introduction: The History Of How Soy Got Into Our Food Supply**

... **This 2nd Reply is 1st** ...

----- Original Message -----

From: [Valerie & Richard James](#) , Soy Online Service

To: [Gerald Hernesmaa](#)

Sent: Wednesday, December 10, 2003 11:29 PM

Subject: Re: Re: Urgent ... Can you help please ?? ... Need answers to these 5 questions !!

OK Gerald. In brief. (An Introduction ... A plausible conspiracy theory consistent with known facts and the USA National Security Agency minutes.)

In the early 1950's the British Government was hoping to rebuild the empire that it had largely lost as a result of **WW-2**. The principle used was the one that had worked in the past. That is, to have **colonies** producing raw materials for shipment to **Britain** for processing and re-export. That is how Canada, NZ, Australia, Argentina and numerous others including the USA got started.

For West Africa, it became known as the British Groundnut. Scheme ... grow peanuts and ship them to the UK for protein extraction. The extraction plants were built in the English Midlands .

The **CIA** did not want a strong Britain again (remember the Suez canal debacle a couple years later in **1956**?). The US Dept. of Agriculture was besotted with using the toxic waste from soymeal extraction as an export and its brief was solely to promote US agriculture. Even the laboratory was named the Northern Resource Utilisation Center at Peoria, Ill.. Agricultural exports were to be pushed...nothing less, nothing more.

So a connivance was **fabricated**. Undercut the British peanut protein with cheap US soy meal. **LIBERTY ships** were pulled out of mothballs, export subsidies were arranged, and shipments of all-American soy hit the West African beaches in **1954**. The British groundnut scheme became totally uneconomic, the British government lost millions of pounds and ultimately its West African Colonies... Ghana, Nigeria, Sierra Leone. Liberty ships were useful again at last.

What a coup for the US spooks!

There was an added bonus. The US government, esp Dept of Agriculture scientists, knew soymeal caused infertility. It was no secret...it was published by Chang et al for a start in **1953**. ***(They probably would have thought, at the time, What a win - win - win !!. Use the US ships to promote US agriculture, reduce the blacks, protect the Georgia peanut growers and damage the British Empire all in one ploy. How nice to send all those infertility foods to the black populace. That all holds up.)*** What they probably did not know was that the infertility chemical in soybeans (genistein) was also a powerful disrupter of immune systems. It may have opened up the West Africans' immune systems to an invasion by a little known type of monkey herpes virus that we now call HIV, and its result as Acquired Immune Deficiency Syndrome.

It may not be all correct, but it hangs together and is historically correct per time line. And it was postulated by a very competent biochemist in **1993**.

Cheers Dick

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Remember ... To protect your health and your families health, be sure to read the ingredient labels on all of the foods you buy. Also ... be very, very careful about eating in “Restaurants” and in “Hospitals”, as they do not list the ingredients in their foods. Vegetable oil ... has not been real vegetable oil, made from a varitey of vegetables, not including soy, since the early 1970’s. Since then it is ... either “Soy” or “Canola” or both, and it rarely includes cottonseed, peanut, palm oil. Genistein in soy is proven to be and is classified as a Topoisomerase II-poison.

Note: Make sure the label on your vitamins, minerals, medications says ... contains no Soy ... or ... contains no Soy ingredients ... / 13

Dangers of Dietary Isoflavones
at levels above those found in traditional diets
The Risks Of Abandoning “The Precautionary Principle”
by Soy Online Service ... <http://www.soyonlineservice.co.nz/>
“Soy - Abundance Of Health Hazards” ... <http://www.mayanmajix.com/soy01.html>

----- Original Message -----

From: [Valerie & Richard James](#) , Soy Online Service
To: [Walter Aaron Foster](#)
Sent: Tuesday, December 16, 2003 4:39 PM , (**Note:** Time Zone differences)
Subject: Re: [thank you!](#)

Dear Heather,

We are terribly sorry to read this. If you would like to help on a cold winter eve, one way is to forward by email your letter and our reply to every State medical association. They mostly have sites with a list of Staff and Officials. Ask them to pass it to their County branches and advise all members. Just a 5% hit rate may prevent some harm somewhere. We've done that before but got absolutely no feedback, so have no idea if it made any difference.
Best Wishes, Valerie.

.....

----- Original Message -----

From: [Walter Aaron Foster](#)
To: webmaster@soyonlineservice.co.nz , Soy Online Service
Sent: Wednesday, December 17, 2003 4:27 AM
Subject: [thank you!](#)

Thank you for the service you are doing by having this site. As the mother of a wonderful 4 year old boy, I'd like to add my 2 cents regarding the extreme health hazards of soy. **My son was born with a “3rd degree hypospadias” which required 10...yes ten surgeries to correct.** He had the worst hypospadias a male can have, where **his urethra's opening appeared at the base of his genitals.** How did this utter nightmare occur? **Well, little did I know that the DAILY tofu and soy milk I was drinking for the past decade** (I was foolishly a vegan) was highly estrogenating my already estrogenated body. Healthy women make enough estrogen as it is. **The phyto estrogens disrupted my fetus' development.** I have met other women who had son's with hypospadias and **they ate soy daily all during pregnancy.** Enough said.
Thank you for helping the public realize how detrimental soy is, and that it's really just junk food. **Regards,** Heather

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“Hypospadia”

<http://www.amershamhealth.com/medcyclopaedia/Volume%20IV%202/HYPOSPADIA.asp>

“... A congenital malformation of the urethral groove and urethral canal, resulting in an abnormal opening on the ventral penile surface. On physical examination, the external urethral meatus can be found anywhere on the ventral aspect of the penis, from just proximal to its normal location to the perineum. It is associated with failure of normal testicular descent and malformations of the urinary tract ...”.

http://health_info.nmh.org/Library/HealthGuide/IllnessConditions/topic.asp?hwid=rt1129

“... because of abnormalities in their chromosomes or endocrine system ...”.

See below, just some of many abstracts ... **DNA damage** ... **Chromosome fragmentation & errors in Chromosome orientation** at ... <http://www.soyonlineservice.co.nz/04immunefunction.htm> ... **and** ... **NCBI, PubMed, the USA's National Center for Biotechnology Information.** Over 15 million citations for biomedical articles from the present and going back to the 1950's (National Library of Medicine and National Institutes of Health).

- 1989** - http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2548712&dopt=Abstract .
- 1998** - http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9729267&dopt=Abstract .
- 1999** - http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10086720&dopt=Abstract .
- 2000** - http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10762754&dopt=Abstract .
- 2002** - <http://www.giftinfo.uni-mainz.de/EXCLI/volumes/Vol1/2002volume1pp8-14.pdf> .

Dangers of Dietary Isoflavones

at levels above those found in traditional diets

The Risks Of Abandoning "The Precautionary Principle"

by Soy Online Service ... <http://www.soyonlineservice.co.nz/>,

(Also see ... <http://www.mayanmajix.com/soy.html> -- Health Articles - Soy)

Soy - Abundance of Health Hazards

((healthwise933@shaw.ca))

Gerald & Deanna - (Deonaa)

Soy - Vegetable Protein % Chart

"Nutritive Value of American Foods in Common Units"

USDA Agriculture Handbook No. 456

Fruits

Lemons 16	Strawberry ... 8	Apricot ... 8	Watermelon ... 8	Papaya ... 6	Grapefruit ... 5
Honeydew melon ... 10	Blackberry ... 8	Grape ... 8	Tangerine ... 7	Pear ... 5	Pineapple ... 3
Cantaloupe 9	Cherry 8	Orange ... 8	Peach 6	Banana ... 5	Apple 1

Vegetables

Spinach 49	Cauliflower 40	Green beans 26	Tomatoes 18
New Zealand Spinach ... 47	Mustard Greens 39	Cucumbers 24	Onions 16
Watercress 46	Mushrooms 38	Dandelion Greens ... 24	Beets 15
Kale 45	Chinese Cabbage 34	Green Pepper 22	Pumpkin 12
Broccoli 45	* Lettuce ... Parsley ... 34	Artichokes 22	Potatoes 11
Brussels Sprouts 44	Green Peas 30	Cabbage 22	Yams 8
Turnip Greens / Collards 43	Zucchini 28	Celery / Eggplant ... 21	Sweet Potatoes ... 6

Legumes

Soybean sprouts 54
(Pick non-Soy type) Mungbean sprouts ... 43
Soybean curd (tofu) ... 43
Soy Flour 35
Soybeans 35
Soy sauce 33
Broad beans 32
Lentils 20
Split peas 28
Kidney beans 26
Navy beans 26
Lima beans 26
Garbanzo beans 23

Grains

Wheat germ 31
Rye 20
Wheat, hard red ... 17
Wild rice 16
Buckwheat 15
Oatmeal 15
Millet 12
Barley 11
Brown rice 8

Nuts & Seeds

Pumpkin seeds 21
Sunflower seeds ... 17
Walnuts, black ... 13
Sesame seeds 13
Almonds 12
Cashews 12
Filberts 8

Note ... Protease (Enzyme) inhibitors in Soy - block protein digestion, pg. 84
 Remember, Soy is a very Low quality protein, and it is not very well absorbed by the body. The actual amount of usable protein in soy is about 50 % of what it says to the Left, **which is then from 16 % to 27 %.**

More - Safe - Alternatives

Instead of Cow's milk or Soy Milk ... try using "Almond milk" -- "Oat milk" -- "Rice milk". Best to add "Organic" Maple Syrup to Rice milk because that will help make up for its' low mineral content. This is especially very, very important for ... babies ... children ... pregnant women ... cancer patients ... the elderly. **Note: MSG - is also made from soy ... <http://www.truthinlabeling.org/>.**

Be careful ... be careful !! ... Be careful I said ... Be careful !!. "Vegetable oil" has not been real Vegetable Oil, that is, actually made from a variety of vegetables, NOT including soy, since early 1970's. Since then, it has been either "Soy" or "Canola" or both, and it rarely includes cottonseed, peanut, palm oil. Genistein in soy is proven to be and is classified as a Topoisomerase II-poison. Use safe Omega-3 oils ... cold press 100 % Extra Virgin Olive Oil ... Avocado ... Coconut Oil ... Organic Butter ... safe Fish oil. Flax has been scientifically proven to causes prostate cancer cells to grow, and to be a poisonous plant since 1850. It is listed along with Soy and Canola in the US FDA's - Poisonous Plant and Plant Part database, at ... <http://www.cfsan.fda.gov/~djw/plantox.html>.
To protect yourself and the ones you ♥ Love ... read the ingredient labels on all of the food you buy, switch brands as necessary. Remember, when eating out at ... restaurants ... hotels ... parties ... hospitals, etc ... they do not list the ingredients in their food.
Note: Make sure the label on your vitamins, minerals, medications says ... contains no Soy ... or ... contains no Soy ingredients .../ 25

Dangers of Dietary Isoflavones, Soy and Others at levels above those found in traditional diets

The Risks Of Abandoning “The Precautionary Principle”

by Soy Online Service ... <http://www.soyonlineservice.co.nz/>

<http://www.mayanmajix.com/soy.html> - Dangers of Soy

“Soy - Abundance Of Health Hazards”

<http://www.mayanmajix.com/soy01.html>

May 2003 – November 2004

April 2006

Page 1 of - over 144 pages

Cargill has received “self-determined” GRAS status, **not** approved U.S.A. FDA GRAS status, for its AdvantaSoyTMClearTM isoflavone supplement to be used as an additive for beverages, nutrition bars, yoghurt, meal replacements and confections. **The summaries of abstract studies, the evidence, attached here give ample demonstration of the real dangers to the general public of adding phytoestrogens (isoflavones) to common foods**, as well as, exposing the very real dangers imposed onto the general public by the soy and the food industries “**Self Regulation**”, “**Economic Self Interest**”, and the risks of **abandoning “The Precautionary Principle.”**

This collection of scientific research abstracts, (**the evidence**), out of a continually growing list of hundreds available, represents a fast growing body of scientifically creditable medical and dietary research on the many serious health hazards, (including cancer), of putting soy & soy ingredients in our food supply. Almost all of the abstracts presented here are **also** published in the NIH Medline PubMed data base and are representative of current and past research from around the world, in **2004** and going back to **1916, 1911**, even as far back as **1907**. Full research is also available via these abstracts. Notice some of the research studies include those from the US Department of Energy and NCTR which are Federally operated and funded, and other very reputable research institutions from around the world.

This collection of scientific research abstracts is from well-designed studies, from around the world, conducted in a manner which is consistent with generally recognized scientific procedures & principles which show that **there does exist** significant scientific agreement among experts from around the world, [qualified by scientific training, experience and expertise], a very strong statistically significant association of harm to human and to animal health from the consumption of soy, soy protein, and soy estrogen ingredients in our food supply and an **INCREASED RISK of a variety of cancers and other major and life threatening health problems, referred to in this body of evidence as “Hidden Harm,”** which includes but not limited to this list of known, “**ignored**” and still denied “**Side-Effects**” of ... **endocrine disruption ... thyroid suppression ... immune system suppression ... heart disease ... liver disease ... leukemia, (IAL) ... Cancer(s) - breast, bone, uterine, liver, colon, pancreas, thyroid etc ... Arthritis ... infertility / lower sex drive ... growth problems ... subtle changes in sexually dimorphic behaviors ... Osteoporosis ... learning disabilities & Alzheimer’s / Parkinson’s Disease from Brain / Nervous System damage ... chromosome fragmentation & errors in chromosome orientation ... DNA damage ... “DEATH”**. **Note:** Genistein in soy is also a Topoisomerase II-poison pages, 32, 44. Read testimonials on pages 15 to 20, 100, 116, 117, and 122 – 126.

See page 121 for a **more detailed list of “ignored” health hazards associated with eating soy, which are also being called “adverse medical and developmental conditions.”** For taking “**legal action**” against the manufactures and sellers of soy products regarding developing these medical problems while eating soy, see pages 120, 4-7, 10, 18 and 97-119. **For some of the history on how and why** soy got into our food supply, and **why** soy is still in our food supply, see pages 4, 5, 11, 12, 18, 105. **Now, see the “evidence,” the proof of harm,** which includes but **is not** limited to the over **205 scientific research abstracts** from around the world between **1907** into **2004** on pages 29 - 84 **and** also read what everyone **can do about it** on pages 118 and 142. This research paper will **reveal and easily prove why** the addition of isoflavones to common foods have **always** posed a **clear & extreme danger** to the public and should **not** be allowed.

It has been argued that high levels of soy isoflavones such as genistein, daidzein and genistin in Asian diets protect the inhabitants of Japan and China from certain degenerative diseases, especially breast and prostate cancer. Actually, consumption of soy in traditional Asian diets is low. A **1975** report lists soyfoods as minor sources of protein in Japan and China.**(1.)** Major sources of protein listed were meat including organ meats, poultry, fish and eggs. Average isoflavone consumption in Asian diets ranges from 10-28 mg/day, as shown in the table below. Studies indicate that isoflavone consumption at levels slightly exceeding those found in tradition diets results in thyroid suppression and endocrine disruption. The AdvantaSoyTMClearTM supplement would add 30-50 mg of isoflavones to a 100-gram serving of various common foods, levels that exceed the amounts found in traditional diets and **that are in the range of levels shown to cause problems, especially for sensitive individuals.** It is not only possible but likely that many individuals will consume two or more servings of foods to which the Cargill isoflavones have been added, especially as these foods will be promoted with much advertising touting their health benefits. **Two or more servings of such foods would provide 60-100 mg isoflavones per day, an amount that clearly poses dangers after only a brief period of daily intake.**

Isoflavones

China (1990, 1999 survey), (5.)	3 mg/day
Japan (1996 survey), (2.)	10 mg/day
Japan (1998 survey), (3.)	25 mg/day
Japan (2000 survey), (4.)	28 mg/day
In Japanese subjects receiving adequate iodine, Soy still causes thyroid suppression after 3 months use, (6.)	38 mg/day
In American women, causing hormonal changes, after 1 month, (7.)	45 mg/day
AdvantaSoyTMClearTM.	30-50 mg / 100 g serving ... / 2

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1 1 1, 1 1 1, 1 1 1, 1 1 1 - **Stimulate** breast cancer growth ?? **Yes !!.**

Women with current or past breast cancer **should be aware of the risks** of potential **tumor growth** when taking **soy products** ... antagonize the effects of tamoxifen ...”

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11573864&dopt=Abstract .

2001 “Effects of soy phytoestrogens genistein and daidzein on breast cancer growth,” – de Lemos M.L., *Ann Pharmacother* 2001 Sep;35(9):1118-21., *British Columbia Cancer Agency, Vancouver, B.C., Canada,* mdelemos@bccancer.bc.ca

— **Objective:** to determine whether **genistein** and **daidzein**, the major phytoestrogens in soy, **can stimulate breast cancer growth ??.**

; 1 ; — **Women with current or past breast cancer should be aware of the risks** of potential **tumor growth** when taking **soy products.”**

; 1 ; — **Conclusions:** Genistein and daidzein may **stimulate existing breast tumor growth** and antagonize the effects of tamoxifen.

1 1 1, 1 1 1, 1 1 1, 1 1 1 - **stimulated** breast tumor growth and **cell proliferation**

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11694625&dopt=Abstract .

2001 “Physiological concentrations of dietary genistein dose-dependently stimulate growth of estrogen-dependent human breast cancer (MCF-7) tumors implanted in athymic nude mice,” – Ju Y.H. and others, *J Nutr* 2001 Nov;131(11):2957-62., *Department of Food Science and Human Nutrition, University of Illinois at Urbana-Champaign, Urbana, IL 61801, USA.*

— Genistein **stimulated** breast tumor growth and **cell proliferation** in mice in a dose-responsive manner.

1 1 1, 1 1 1, 1

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11303591&dopt=Abstract .

2001 “Urinary phytoestrogens and postmenopausal breast cancer risk,” – den Tonkelaar I. and others, *Cancer Epidemiol Biomarkers Prev* 2001 Mar;10(3):223-8.

— “We were **not able to detect** the previously **reported protective** effects of genistein and enterolactone on breast cancer risk in our postmenopausal population of Dutch women.”

1 1 1 1

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11489596&dopt=Abstract .

2001 “Reproductive effects in male and female rats of neonatal exposure to genistein,” – Nagao T. and others, *Reprod Toxicol* 2001 Jul-Aug;15(4):399-411.

— Feeding of genistein to newborn rats resulted in **lower body weight in male and female rats, estrous cycle irregularities and lowered fertility in female rats.** Neonatal exposure to genistein caused dysfunction of postpubertal reproduction performance, as well as, **abnormal development of gonads in female** but not in male rats.

1 1 1, 1 1 1 - causes a decrease in testosterone levels in rainbow trout

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11178883&dopt=Abstract .

2001 “Effect of genistein-enriched diets on the endocrine process of gametogenesis and on reproduction efficiency of the rainbow trout *Oncorhynchus mykiss*,” – Bennetau-Pelissero C. and others, *Gen Comp Endocrinol* 2001 Feb;121(2):173-87.

— Genistein caused a **decrease in testosterone levels in rainbow trout.** Testicular development was accelerated in genistein-fed fish and sperm motility and concentration were decreased in a dose-dependent manner at spawning.

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1 1 1, 1 1 1, 1 1 1, 1 1 1 - These effects occurred **-within-** exposure ranges **achievable in humans.**”
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11738518&dopt=Abstract .

2001 “Effects of dietary genistein exposure during development on male and female DC (Sprague-Dawley) rats,” – Declos K.B., Bucci T.J., Lomax L.G., and others, *Reprod Toxicol* 2001 Nov;15(6):647-63., Division of Biochemical Toxicology, NCTR, Jefferson, AR, USA. bdelclos@nctr.fda.gov

— Genistein was administered to rats at various concentrations starting on gestation day 7 and continuing throughout pregnancy, lactation and growth of the pups to day 50. The genistein-fed rats showed a number of variances from the norm: lower weight in both sexes; decreased prostate weight in males; higher pituitary gland to body weight ratios in both sexes; hyperplasia of the mammary glands, abnormal ovarian antral follicles and abnormal cellular maturation in the vagina in females; aberrant or delayed spermatogenesis and deficit sperm in males; and an increase in the incidence and/or severity of renal tubal mineralization in both sexes, even at low doses. **“Dietary genistein thus produced effects in multiple estrogen-sensitive tissues in males and females that are generally consistent with its estrogenic activity.**

; 1 ; --- **These effects occurred - within - exposure ranges achievable in humans.**”

1 1 1, 1 1 1, 1 1 1, 1 1 1 - Dietary levels of **daidzein** and **genistein** were associated with an increase in the incidence of vulvar **carcinomas** in mice
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12132873&dopt=Abstract .

2001 “Effects of the dietary phytoestrogens daidzein and genistein on the incidence of vulvar carcinomas in 129/J mice,” – Thigpen J.E. and others, *Cancer Detect Prev* 2001;25(6):527-32. *Comparative Medicine Branch, National Institute of Environmental Health Sciences, Research Triangle Park, North Carolina 27709, USA*

— The objective of this study was to determine the effect of dietary phytoestrogens on the incidence of spontaneous vulvar carcinomas in 129/J mice using three natural ingredient diets and two purified diets containing predetermined levels of **daidzein** and **genistein**. Vulvar carcinomas in representative groups of mice were confirmed using routine histological procedures..

— **Within one month, the incidence of vulvar carcinomas in mice fed a modified soy protein diet was significantly increased over those of mice fed control diets.**

— **Within 3 months, the incidence of vulvar carcinomas in mice fed the soy protein diet was significantly increased over those of mice fed other control diets.**

— **“We concluded that dietary levels of daidzein and genistein were associated with an increase in the incidence of vulvar carcinomas in mice, and that the 129/J mouse may provide an animal model for studying the development of vulvar carcinomas.**

1 1 1, 1 1 1, 1
- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11488560&dopt=Abstract .

2001 “Gender-based differences in rats after chronic dietary exposure to genistein,” – Slikker W. Jr. and others, *Int J Toxicol* 2001 May-Jun;20(3):175-9.

— Dose-related alternations of the volume of the sexually dimorphic nucleus of the medial preoptic area were observed in genistein-exposed male rats but not females.

— **Gender-based differences can be observed from pharmacokinetic, behavioral, or anatomical assessments. No single assessment tool will provide a complete answer, but the use of a variety of indices, each with known gender-related outcome differences, can reveal agent-induced gender-based alterations.**

— These observations describe the utility of a variety of gender-based assessment tools and indicate that dose-related effects of developmental and chronic dietary exposure to **genistein** can be observed in the rodent. **Additional studies, perhaps in nonhuman primates, are necessary to further predict the effect(s) of genistein on human gender-based development.**

Dangers of Dietary Isoflavones
at levels above those found in traditional diets
The Risks Of Abandoning “The Precautionary Principle”
by Soy Online Service ... <http://www.soyonlineservice.co.nz/>
“Soy - Abundance Of Health Hazards” ... <http://www.mayanmajix.com/soy01.html>

1 1 1, 1 - women ... hot flushes, night sweats, and vaginal dryness **did not** improve in the soy group.

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12113884&dopt=Abstract .

2002 “A pilot study of the effects of phytoestrogen supplementation on postmenopausal endometrium,” – Balk J.L. and others, *J Soc Gynecol Investig* 2002 Jul-Aug;9(4)238-42., Department of Obstetrics, Gynecology, and Reproductive Sciences, Magee-Womens’ Hospital, University of Pittsburgh, Pennsylvania 15213, USA.

— This was a double-blinded, randomized, placebo-controlled trial comparing the effects of 6 months of dietary phytoestrogen supplementation versus placebo in postmenopausal women.

; 1 ; — “Phytoestrogens **did not** cause stimulation of the endometrium. Insomnia was more frequent over the 6-month study in the soy group, **where as** - hot flushes, night sweats and vaginal dryness improved from baseline in the **placebo** group **but not** in the soy group.”

1 1 1, 1 1 1, 1 1 1, 1 1 1 - Thymic & immune abnormality

- <http://www.soyonlineservice.co.nz/04immunefunction.htm> .

- <http://www.mercola.com/2002/jun/8/soy.htm> , **“Soy Weakens Your Immune System” ...**

Dr. Mercola’s Comment ... “It is quite amazing that this study was actually published, as the findings were quite negative for Soy, and yet it was funded by the United Soybean Board and the Illinois Council on Food and Agricultural Research .”

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12032332&dopt=Abstract&itool=iconpmc .

2002 “The phytoestrogen genistein induces thymic and immune changes: a human health concern ?,” – Yellayka S. and others, *Proc Natl Acad Sci USA* 2002 May 28;99(11):7616-21. Department of Veterinary Biosciences, University of Illinois, Urbana, IL 61802, USA.

; 1 ; — Genistein injections in ovariectomized adult mice produce dose-responsive decreases in **thymic** weight of up to 80%. Genistein decreased thymocyte numbers up to 86% and doubled apoptosis.

— There was a corresponding reduction in **splenic** cells. **The does that caused significant thymic and immune changes in mice was comparable to those reported in soy-fed human infants.** “These results raise the possibility that serum genistein concentrations found in soy-fed infants may be capable of producing thymic and immune abnormalities, as suggested by previous reports of immune impairments in soy-fed infants.”

1 1 1, 1 1 1, 1 1 1, 1 1 - Also see ... **Frying the Brain With Soy** ... page 63

- short interval of consumption can significantly **alter** sexually dimorphic **brain** regions, anxiety, learning and memory ... **Alzheimer’s disease, especially in women.**

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11836067&dopt=Abstract .

2002 “Neurobehavioral effects of dietary soy phytoestrogens,” – Lephart E.D. and others, *Neurotoxicol Teratol* 2002 Jan-Feb;24(1):5-16. Neuroscience Center, 633 WIDB, Brigham Young University, Provo, UT 86402, USA. edwin_lephart@byu.edu

— Male mice fed diets rich in phytoestrogens had lower levels of maze performance than male mice fed diets free of phytoestrogens. (Opposite results were observed in female mice.)

— The results indicate that consumption of dietary phytoestrogens resulting in very high plasma isoflavone levels, **(in many cases, over a relatively - short - interval of consumption in adulthood), can significantly alter sexually dimorphic brain regions, anxiety, learning and memory.**

— The findings of these studies identify the biological actions of phytoestrogens, specifically isoflavones and their metabolites, found in animal soy-containing diets on **brain** and behavior and implicate the importance of phytoestrogens given the recognized significance of estrogens in **brain** and neural disorders, such as **Alzheimer’s disease, especially in women.**

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“Frying The Brain With Soy” (Subsection)

First 2 abstracts on this page, and the next 4 pages, demonstrate Soy’s real hazards to the Brain and Nervous system from “placenta transfer to the foetal brain of the fetus in the womb” ... to the newly born baby ... into childhood, even on to late adulthood, (Also see thyroid problems). Soy’s connection to “Alzheimer’s and Parkinson’s Disease, M.S., and ADD / ADHD” is because genistein in Soy damages the “Myelin Sheath” that surrounds the nerves, spinal cord and brain tissue, and it also lowers cholesterol ... (The danger is that Soy can & does lower cholesterol, but to far for the proper development and “SUSTAINED” health of the myelin sheath), pages 64 – 67.
 Also see pages 6, 7, 10, 20(m.), 20(n.), 92, 113, 121.

; 1 ;

1 1 1, 1 1 1, 1 1 1, 1 1 1 - **significant reductions** were found in brain-derived neurotrophic factor (BDNF) mRNA expression in the CA3 and CA4 region of the hippocampus and in the cerebral cortex in the rats fed the diet containing **phytoestrogens**, compared with those on the soya-free diet.
 - http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12566171&dopt=Abstract .

2003 “Soya phytoestrogens change cortical and hippocampal expression of BDNF mRNA in male rats,” – File SE, Hartley DE, Alom N. *Neurosci Lett* 2003 Feb 27;338(2):135-38., Psychopharmacology Research Unit and Biochemical Neuropharmacology Group, Centre for Neuroscience Research, King’s College London, Hodgkin Building, Guy’s Campus, SE1 1UL, London, UK.

; 1 ; — Adult male hooded Lister rats were either fed a diet containing 150 microg/g soya phytoestrogens or a soya-free diet for 18 days. This concentration of phytoestrogens should have been sufficient to occupy the oestrogen-beta, but not the oestrogen-alpha, receptors. Using in situ hybridisation, **significant reductions were found in brain-derived neurotrophic factor (BDNF) mRNA expression in the CA3 and CA4 region of the hippocampus and in the cerebral cortex in the rats fed the diet containing phytoestrogens, compared with those on the soya-free diet.** No changes in glutamic acid decarboxylase-67 or glial fibrillary acidic protein mRNA were found. This suggests a role for oestrogen-beta receptors in regulating BDNF mRNA expression.

1 1 1, 1 1 1, 1 1 1, 1 1 1 - **BDNF mRNA is reduced** in the human Alzheimer's disease hippocampus and temporal cortex, and suggest that a loss of BDNF may contribute to the progressive atrophy of neurons in Alzheimer's disease.
 - http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9387865&dopt=Abstract .

1997 “Brain-derived neurotrophic factor is reduced in Alzheimer's disease,” – Connor B, Young D, Yan Q, and others. *Brain Res Mol Brain Res.*, 1997 Oct3;49(1-2):71-81., Department of Pharmacology, Faculty of Medicine and Health Science, University of Auckland, New Zealand.

; 1 ; — Alzheimer's disease may be due to a deficiency in neurotrophin protein or receptor expression. Consistent with this hypothesis, **a reduction in BDNF mRNA expression has been observed in human post-mortem Alzheimer's disease hippocampi.** To further investigate this observation, we examined whether the alteration in BDNF expression also occurred at the protein level in human post-mortem Alzheimer's disease hippocampi and temporal cortices using immunohistochemical techniques. We observed a reduction in the intensity and number of BDNF-immunoreactive cell bodies within both the Alzheimer's disease hippocampus and temporal cortex when compared to normal tissue. **These results support and extend previous findings that BDNF mRNA is reduced in the human Alzheimer's disease hippocampus and temporal cortex, and suggest that a loss of BDNF may contribute to the progressive atrophy of neurons in Alzheimer's disease.**

Note: Make sure the label on your vitamins, minerals, and medications says ... contains no Soy ... or ... contains no Soy ingredients .
Pet Food, farm animal foods

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1 1 1, 1 1 1, 1 1 1, 1 1 1 - **Malnutrition ... from ... False nutritional beliefs.**

Infants on Soy milk and Rice milk with severe nutritional deficiencies

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=11335767 .

2001 “Severe nutritional deficiencies in toddlers resulting from health food milk alternatives,” – *Carvalho NF, Kenney RD, Carrington PH, Hall DE., Pediatrics. 2001 Apr;107(4):E45., Scottish Rite Pediatric and Adolescent Consultants, Childrens Healthcare of Atlanta, Atlanta, Georgia 30342-1600, USA. drnorm@aol.com*

; 1 ;

Malnutrition ... from ... False Nutritional Beliefs

Infants on Soy milk and Rice milk with severe nutritional deficiencies

— **Because nutritional deficiencies are uncommon in the United States**, US physicians may be unfamiliar with their clinical features. It is widely appreciated that health food beverages are not appropriate for infants. Because of continued growth, children beyond infancy remain susceptible to nutritional disorders. Here we report on 2 cases of severe nutritional deficiency caused by consumption of health food beverages. In both cases, the parents were well-educated, appeared conscientious, and their children received regular medical care. Diagnoses were delayed by a low index of suspicion.

— **Case (1.)** a 22-month-old male child, with a history of chronic eczema and perceived milk intolerance. He was started on a **rice beverage** after weaning.

— Kwashiorkor impairs cellular immune defenses and electrolyte imbalances with ongoing diarrhea. Observed typical features of kwashiorkor: generalized edema, hyperpigmented and hypopigmented skin lesions, abdominal distention, irritability, and thin, sparse hair.

— **Case (2.)** a 17-month-old black male, Growth and height arrest after 9 months on **soy milk**. Reported regression in gross motor milestones, patient was unable to crawl or roll over. Generalized hypotonia, weakness, and decreased muscle bulk were present.

— **Patient was diagnosed with rickets.** Clinical features of rickets present on examination included: frontal bossing, an obvious rachitic rosary (photographed), genu varus, flaring of the wrists, and lumbar kyphoscoliosis. The published radiographs are diagnostic of advanced rickets, showing diffuse osteopenia, frayed metaphyses, widened epiphyseal plates, and a pathologic fracture of the ulna.

— **In addition**, the serum alkaline phosphatase and parathyroid hormone level were markedly elevated, and Phosphorus and the 25-hydroxy-vitamin D level were low, Calcium was low normal.

1 1 1, 1 1 1, 1 1 1, 1 1 1 - **“Caution is warranted ... for women with breast cancer”**

- http://www.eurekalert.org/pub_releases/2001-11%20uoia-efi110101.php , and ...

- <http://search.eurekalert.org/e3/query.html?col=ev3rel&qc=ev3rel&qt=estrogen+found+in+soy+stimulates+human+breast-cancer+cells&x=21&y=6> .

2001 “Estrogen found in soy stimulates human breast-cancer cells in mice,” – *William G. Helferich, J Nutr - (Nov.), Carcinogenesis - (Oct.), Cancer Res - (July), 3 studies funded by National Institute of Health, an ElurekAlert Press Release., Nov 1, 2001.*

— **Results demonstrate that genistein in various forms stimulates tumor growth.** In Journal of Nutrition, Heiferich and colleagues show that the estrogen-dependent tumors implanted into experimental mice models **grow at a rate in proportion to the levels of genistein consumed.** Genistein at or above 250 parts per million, a dosage that produces blood levels similar to what is observed in women consuming soy diets.

— The researchers, Cancer Research, found that estrogen-dependent tumor growth increased as the isoflavone content increased in the soy-containing diet, and that the conversion of genistin to genistein in the body begins with contact - with saliva in the mouth.

; 1 ;

— **“Our pre-clinical laboratory animal data suggest that caution is warranted regarding the use of soy supplements high in isoflavones for women with breast cancer, particularly if they are menopausal.”**

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The Precautionary Principle

“Error on the side of caution”

Website links below

“Education is the most powerful weapon you can use to change the world,” by Nelson Mandela.

Google Search <http://www.google.com/search?hl=en&q=precautionary+principle&spell=1>
<http://www.partnersforchildren.org/Pages/gp.html> ... Partnership for Children’s Health and the Environment
<http://www.mindfully.org/Precaution/precaution.htm> ... Mindfully , Great list of Links
http://www.biotech-info.net/rachels_586.html ... AG BioTech - Rachel’s Weekly #586
<http://www.monitor.net/rachel/r586.html> ... Rachel’s Environment, Health Weekly # 586, Feb. 19, 1998,
 by Peter Montague, National Writers Union.

The Principle of Precautionary Action has 4 Parts ...

- 1.) People have a duty to take anticipatory action to prevent harm. (As one participant at the Wingspread meeting summarized the essence of the precautionary principle, “If you have a reasonable suspicion that something bad might be going to happen, you have an obligation to try to stop it.”). **Einstein said**, “...the world is a dangerous place to live in, not because of the people who are evil, but because of the people who don’t do anything about it...”.
- 2.) The burden of proof of harmlessness of a new technology, process, activity, or chemical lies with the proponents, not with the general public.
- 3.) Before using a new technology, process, or chemical, or starting a new activity, people have an obligation to examine “a full range of alternatives” including ... the alternative of doing nothing, (in order to protect the well-being of everyone.).
- 4.) Decisions applying the precautionary principle must be “open, informed, and democratic” and “must include affected parties.”

“The Precautionary Principle” is not really new. The essence of the principle is captured in common-sense aphorisms, such as **“An ounce of prevention is worth a pound of cure”** ... **“Better safe than sorry”** ... **“Look before you leap”** ... **“Error on the side of caution”** ... etc., etc.

The US FDA’s **“Poisonous Plant Database”** ... <http://vm.cfsan.fda.gov/~djw/pltx.cgi?QUERY=SOY> ... *lists Soy, and (Flax and Linseed), and (Canola and Rapeseed) as “poisonous plants,”* and the FDA recommends that if you are injured by them, to contact your local **“Poison Control Center”** in your area, (at ... <http://www.aapcc.org/>), or call 911.

“The Precautionary Principle and Corporate Disclosure” ... <http://gnp.enviroweb.org/precaution.htm> ,
<http://www.cpeo.org/lists/brownfields/2000/msg00079.html> ,
<http://www.millermicro.com/PrecPrin.html> , http://www.mphaweb.org/init_princ.html .

Feb. 20, 1998, by Sanford Lewis

An attorney who provides strategic counseling on corporate accountability to environmental, community, labor organizations

Scientific Uncertainty ... vs ... “Smokescreen Uncertainty” ... the corporate language

- A New Corporate Initiative(Legal) Against Disclosure
- Cloud the issues, confuse in order to create indecision and delay.

The Precautionary Principle ... http://en.wikipedia.org/wiki/Precautionary_principle ... Wikipedia, the free encyclopedia ... if

the consequences of an action are unknown, but are judged to have some potential for major or irreversible negative consequences, then it is better to avoid that action ... [Origins and Theory](#) – Hippocrates – First do no harm – beyond reasonable doubt – Criminal Law - uncertainty ... [Application](#) – Civil and Criminal Law – beyond a reasonable doubt – cost and benefit analysis ... [International agreements and declarations](#) ... [Environment and Health](#) – Public Health - Toxicity - Drugs - bio-safety – Risk - informed consent ... [Criticisms](#) – GMO – Vaccinatsins - Hippocratic Oath .

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[The Precautionary Principle](#) ... Continued,

Precautionary Principle ... <http://www.ratical.org/co-globalize/MaeWanHo/PrecautionP.html>

Institute of Science in Society
“Use and Abuse Of the Precautionary Principle”
ISIS submission to US Advisory Committee on International Economic Policy
(ACIEP) Biotech. Working Group, 13 July, 2000

Precautionary Principle ... <http://www.mindfully.org/Precaution/precaution.htm> ... **Mindfully**
Great list of Links

Precautionary Principle ... <http://www.bio-integrity.org/> ... **Alliance For Bio-Integrity**, Steven M. Druker - Executive Director
<http://www.bio-integrity.org/health-risks/health-risks-ge-foods.htm> **WHY CONCERNS ABOUT HEALTH RISKS OF G.E. FOOD ARE SCIENTIFICALLY JUSTIFIED**
<http://www.bio-integrity.org/Advisory.html> **How USA Law Mandates Precautionary Principle and How the FDA is Violating it.**

ADVISORY ON U.S. LAW AND GENETICALLY ENGINEERED FOOD ... by Steven M. Druker, J.D., Executive Director.

- 1.) *How the Food, Drug and Cosmetic Act **Mandates** the Precautionary Principle*
- 2.) *How the Food and Drug Administration Is Violating the Law and Misrepresenting the Facts*

Coalition against BAYER <http://www.cbgnetwork.org/home/Campaigns/Charter/charter.html> **Charter of Rights, Charter of Rights Against Industrial Hazards**, Use with The Precautionary Principle.

Massachusetts Public Health Association ... http://www.mphaweb.org/init_princ.html ,

Definition ... The Precautionary Principle is a policy principle that states "When an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically."

The issues ... As you likely know, rates of childhood illness for a range of chronic disorders have been rising. Many of these disorders, including some childhood cancers, asthma, learning disabilities and behavioral disorders, have been linked to environmental factors. Research increasingly indicates that children are not adequately protected from pollutants in air, water, food and household products.

The Precautionary Principle ... An estimated 75,000 chemicals are used in commerce today and released into the environment, eventually reaching our bodies through the food we eat, the water we drink, and the air we breathe. Despite known exposures to these substances, the US Environmental Protection Agency has estimated that less than 10% of the industrial chemicals produced in the largest quantities (over one million pounds per year) have a full complement of publicly available basic toxicological screening data. Only 12 chemicals have had full testing for impact on the developing nervous system (as of 1998).

Research in recent years has demonstrated that children & developing fetuses are especially vulnerable to health damage from toxic chemicals. Children are not little adults. Their organs & physiological processes are still developing, and toxic chemicals can disrupt this development, causing long-term irreversible damage. Even exposure of parents to some substances can result in health problems for their children. Unfortunately, our laws and policies still focus on limiting chemical risks for healthy adults to so-called “acceptable” levels, rather than preventing harm to children.

The ABC's of Confusion As A Weapon, (The Arsenal of Confusion) by Brain Leibovitz, PhD, 1994 ... http://www.laleva.cc/supplements/abc_confusion.html ... When confronted with conflicting information, many people simply give up believing anything on the topic of discussion: "If the experts can't even agree, why should I bother to listen to any of them?"

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Class Action Law Suit Likely

Newest Research On Why You Should Avoid Soy

Cinderella's Dark Side

By Sally Sallon and Mary G. Enig, Ph.D.
http://www.mercola.com/article/soy/avoid_soy.htm
From near the end of this research paper Part 3

From near the end of the **Newest Research On Why You Should Avoid Soy** ...

Soy - The Next Asbestos ?

"Against the backdrop of widespread praise...there is growing suspicion that soy - despite its undisputed benefits - may pose some health hazards," writes Marian Burros, a leading food writer for the New York Times. More than any other writer, Ms Burros's endorsement of a low-fat, largely vegetarian diet has herded Americans into supermarket aisles featuring soy foods.

Yet her January 26, 2000 article, "Doubts Cloud Rosy News on Soy", contains the following alarming statement: **"Not one of the 18 scientists interviewed for this column was willing to say that taking isoflavones was risk free"**. Ms Burros did not enumerate the risks, or even mention that the recommended 25 daily grams of soy protein contain enough isoflavones to cause problems in sensitive individuals, but it was evident that the industry had recognized the need to cover itself.

Because the industry is extremely exposed...contingency lawyers will soon discover that the number of "potential plaintiffs" can be counted in the millions and the pockets are very, very deep. Juries will hear something like the following: "The industry has known for years that soy contains many toxins."

"At first they told the public that 1.) the toxins were removed by processing. When it became apparent that processing could not get rid of them, 2.) they claimed that these substances were beneficial. Your government granted a health claim to a substance that is poisonous, and the industry lied to the public to sell more soy."

The "industry" includes ... merchants ... manufacturers ... scientists ... publicists ... bureaucrats ... former bond financiers ... food writers ... vitamin companies ... and retail stores. **Farmers will probably escape because they were duped like the rest of us.** But they need to find something else to grow before the **Soy bubble bursts** and the market collapses: grass-fed livestock ... designer vegetables ... or hemp to make paper for thousands and thousands of legal briefs (that are sure to come and will soon follow) ... (**Expect no mercy**).

The above is also extracted from Nexus Magazine, Volume 7, Number 3 (April-May 2000)

The US FDA's **"Poisonous Plant Database"** ... <http://vm.cfsan.fda.gov/~djw/pltx.cgi?QUERY=SOY> ... *lists Soy, and (Flax and Linseed), and (Canola and Rapeseed) as "poisonous plants,"* ... and the FDA recommends that if you are injured by them, to contact the local **"Poison Control Center"** in your area, (at ... <http://www.aapcc.org/>), or call 911. There are over 685 scientific research abstracts listed, out of over 1,000 known, going way back to **1850**, proving serious harm to human & animal health. (out of about 500 or

more abstracts do exist for soy alone since 1907). The Soy industry, food, health food industries, governments and the “News and Advertising Media” have all been lying to us. See pages 5, 6, 7, 113, 119, 121 ... abstracts on pages 29 – 96.

Note: Make sure the label on your vitamins, minerals, and medications says ... contains no Soy ... or ... contains no Soy ingredients .

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----- Original Message -----

From: "SOY ALERT: SOY ONLINE SERVICE AND WESTON A. PRICE FOUNDATION"

<soy-adult-correspondence_reply@mailhost.groundspring.org>

To: <healthwise933@shaw.ca> , Vancouver, BC, Canada

Sent: Monday, March 29, 2004 2:09 PM

Subject: SOY ALERT: POSSIBLE LEGAL ACTION ON MEDICAL PROBLEMS CAUSED BY SOY

>

>

> **SOY ALERT**

> **WESTON A. PRICE FOUNDATION**

> **March 29, 2004**

>

> **[POSSIBLE LEGAL ACTION ON MEDICAL PROBLEMS CAUSED BY SOY](#)**

>

> This letter is in response to your e-mail to either **Soy Online Service** (www.soyonlineservice.co.nz) or the **Weston A. Price Foundation** (www.westonaprice.org) with regards to your belief that you or your child may have suffered serious physical or medical consequences as a result of ingesting one or more products containing soy.

>

> **A growing body of credible medical and dietary research suggests that soy products may cause** adverse medical and developmental conditions in susceptible persons, especially children – who in some instances may be affected by soy products consumed either by themselves (for instance, in baby formula) or by their mothers prior to giving birth.

>

> **The Weston A. Price Foundation in cooperation with Soy Online Service is exploring the causal connection between soy and various serious conditions – see attached listing. We have also sought out competent attorneys in the United States and elsewhere,**

> **who may develop medical evidence in a number of these cases to pursue damages or other appropriate remedies against the manufacturers and sellers of soy products.**

>

> **If you would like to participate in these efforts, we urge you to contact the Weston A. Price Foundation at ...**

> westonaprice_soy@verizon.net. Upon receipt of your e-mail, we will forward you, via e-mail with attachments, a questionnaire and release form. We urge you to complete the questionnaire, fully and honestly, to the best of your ability. Also, please sign and return the medical authorization(s) along with the questionnaire, in order that we might gather relevant medical records in those cases which warrant further investigation. Mailing address and fax number will be provided to you with the questionnaire.

>

> PLEASE BE ADVISED, not all of these potential claims can or will be pursued, even if we conclude that you or your child may have suffered some adverse effects from the consumption of soy products. It may be too late under applicable state laws to pursue some claims; and in other cases, the parties responsible for your condition may not be adequately identified, or the recoverable damages may not warrant pursuit of the responsible parties.

>

> However, if you would like us to conduct a preliminary investigation of the circumstances of your potential claim, without cost or obligation to you, then promptly complete, sign and return the enclosed documents. We hope to be able to assist you in this matter, if our inquiry develops evidence of corporate responsibility for your medical problems or those of your child.

>

> Sincerely,

>

> **Sally A. Fallon, President**

> **Weston A. Price Foundation**

> PMB 106-380, 4200 Wisconsin Avenue, NW

> Washington, DC 20016

- > www.westonaprice.org
- > (202) 333-HEAL
- > westonaprice_soy@verizon.net
- >
- > ... Continued ...

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March 29, 2004

SOY ALERT
WESTON A. PRICE FOUNDATION, contact ... westonaprice_soy@verizon.net.

POSSIBLE -“LEGAL ACTION”- ON MEDICAL PROBLEMS CAUSED BY SOY
 continued

See page 18 ... Soy is also called by 8 - “Aliases-(false names)” ... “Vegetable oil -or- Shortening” ... “Textured vegetable protein” “bouillon” ... “MSG” ... “natural flavoring” ... “Hydrolyzed protein -or- vegetable protein.” **Also**, look for “Soy Oil” and “Soy Flour.”

- >
- > **PARTIAL LIST OF PRODUCTS CONTAINING SOY** ... (MSG is made from soy, <http://www.truthinlabeling.org/index.html>)
- > **Remember To Read “The Ingredient Labels” On All Of The Foods You Buy !! ... and just change brands if necessary.**
- >

- | | | |
|---|--|---|
| > Candy of all types, Junk foods, and soft drinks-(added <u>soy oil</u>) | Canned Tuna, Canned dry Soups | Regular Hamburgers, hot dogs, meat loaf |
| > Dairy Products ... cheese, whip cream, yoghurt, <u>margarine</u> | Pet Foods | French fries cooked in (made with) soy oil |
| > Diet Foods and Low Fat foods ... including cookies, pastry, pies | Prescription and other Medications | Restaurant Foods of all kinds and types |
| > Hospital Foods of all kinds, served to patients and staff | Smoothies and some Fruit Drinks | <u>Regular</u> pre-packaged meats, etc |
| > Meal Replacement Beverages, and Diet beverages | Soy Isoflavone Supplements | Salad Dressings, Mayonnaise (in Soy oil) |
| > Protein Drinks served to <u>cancer</u> patients in Hospitals | Soy Infant Formulas | Soy Milk, and Soy Sausages |
| > Snack-Energy Bars containing soy products-(ingredients) | In women’s <u>Skin Care</u> product | Soy Ice Cream, and regular Ice Cream |
| > Soy-based Bread, pastry, and <u>regulars</u> with various soy ingred.’s | Tofu – Tofu – Tofu | Veggie anything – meat substitutes, salads |
| > | Vitamins ... Vitamin E - (put in soy oil) ... various types of Supplements | |

> **MEDICAL CONDITIONS POSSIBLY ATTRIBUTABLE TO – MAYBE BROUGHT ON BY – SOY CONSUMPTION**

- > A growing body of credible Medical **and** Dietary Research suggests that EATING SOY products is also one of the CAUSES of developing these Medical Conditions
- > The US FDA’s “Poisonous Plant Database” at ... <http://vm.cfsan.fda.gov/~djw/pltx.cgi?QUERY=SOY> ... *lists Soy as a “poisonous plant.”*
- > The genistein in soy is a Topoisomerase II-poison.
- > Asthma
- > Brain and Nervous System damage ...
- > Genistein in soy destroys the “myelin sheath” surrounding and protecting the nerves, spinal cord, and brain cell tissue, as in Alzheimer’s - Parkinson's Disease, M.S., and also, learning disabilities as in ADD / ADHD.
- > Chronic Fatigue
- > (Cancer, Breast, other) ... added by Gerald Hernesmaa, (who’s wife Deanna (Deonaa) died a slow painful death on Dec 15, 2002 of breast, bone and liver cancer while - from - because of eating soy in her food), based on a growing body of scientifically credible medical & dietary research.
- > Depression
- > Diabetes
- > (DNA and Chromosome Damage, *Immune System Suppression) ... added by Gerald Hernesmaa ... based on a growing body of scientifically credible medical and dietary research ... see pages 7, *10 soy weakens immune system, 13, 17, 34, 40, 52, 53, 55, 58, 61-65, 73, 80, 90.
- > Heart Arrhythmia, (For the above quoted pages on this and these other illness ... refers to this - 144 page - Soy Research Paper.)
- > Heart or Liver Disease
- > (Hypospadias ... <http://www.amershamhealth.com/medcyclopaedia/Volume%20IV%202/HYPOSPADIA.asp>) ... added by Gerald
- > Infertility / Reproductive Problems
- > Irritable Bowel Syndrome
- > Osteoporosis ... added by Gerald ... based on a growing body of scientifically credible medical and dietary research
- > Pancreatic Disorders
- > Premature or Delayed Puberty, (Pseudo Puberty ... <http://www.emedicine.com/ped/topic1881.htm#>)
- > Rheumatoid Arthritis
- > Thyroid Conditions:
- > - Auto-Immune Thyroid Disorders (Graves’ or Hashimoto’s Disease)
- > - Hypo and Hyper thyroidism ... Thyroid Cancer ... Goiter ... other thyroid disorders ... Thyroid Nodules
- > Uterine Cancer
- > Weight Gain - obesity — from thyroid problems ... Weight Loss - anorexia — from pancreas problems, soy contains potent enzymes inhibitors that block the action of trypsin and another enzymes need for protein digestion.
- >
- >

> **SYMPTOMS OF POSSIBLE DISORDERS ATTRIBUTED TO SOY**

>			
> Always feeling cold or warm	Brittle nails	Hyperactivity	The Reoccurrence of cancer
> Anemia	Eczema	Learning deficiencies	Sore bones and joints
> Behavioral problems	Hair thinning or loss	Lethargy or low blood pressure	Watery or swelling eyes

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Dangers of Dietary Isoflavones

at levels above those found in traditional diets

The Risks Of Abandoning "The Precautionary Principle"

by Soy Online Service ... <http://www.soyonlineservice.co.nz/>

"Soy - Abundance Of Health Hazards" ... <http://www.mayanmajix.com/soy01.html>

((healthwise933@shaw.ca))
Gerald and Deanna - (Deonaa)

Soy Was The Major Contributing Cause In My Wife Deanna-(Deonaa) Death From Cancer

The weed of crime bears bitter fruit. Does the Soy Industry and all of its supporters really think they'll all get away with it ??.

With all the publicly available scientific proof since **1907**, do they really think that we wouldn't know ??.

How would you feel if you were forced to feed poison to the one you love as they slowly die

because of it, in your arms ??.

Soy also caused the reoccurrence of Deanna's

cancer 3 times in less than 2 years. [Soy Online Service](#) website

helped to save my wife's life, twice in 1 year. The

* Sir Jason Winters Herbs may have saved

her life ??, if soy had not poisoned

her first. See ***Note** first.

;

***Note** ... Be very, very careful. Soy is in many Sir Jason Winters products. Be sure to check the ingredient labels for each one.

Eating Soy poisoned my wife, Deanna (Deonaa), and also caused her cancer cells to grow, and was the major contributing cause in her death from breast, bone and latter liver cancer on Dec 15, 2002. The soy industry and all of its supporters, (referred to as the "Participants" on page 118), stole from us our happiness and our future together. I can prove it, and I have the tumor marker blood tests, [CEA](#) and [CA 15.3](#), to prove it. It was a very slow, painful death that could have been easily avoided, if they, the our Doctor and the dietitian for the patients at UBC Hospital in Vancouver, BC would have listened to me, when Deanna was in the hospital.

We were married for 36 and 1/2 years, and we dated for 4 and 1/2 years in high school before we got married. Deonaa - (Deonaa) discovered a breast lump in the summer of **1996**. She was afraid and didn't tell me about it until the end of Jan. **1997**. She went to the Medical Doctor for it in Feb. **1997**, had mammogram, blood tests, biopsy, and ultrasound for the breast lump. She did not want to have an operation of any type, no chemotherapy or radiation, and no more x-rays. From what she was told, these tests could not tell if her breast lump was cancerous. This is when she insisted that we starting eating soy, soy milk, soy burgers, etc.

She tried to do the holistic approach from what she could find out and read about. Everything she found to read convened her to eat soy, and insisted that I eat soy as well. She read a lot of books on the topic of cancer and breast cancer, and she said that there was a lot of contradictory information on the topic. She had to sort things out, decide what to do, the best she could. She had no real guidance on the best holistic. She knew that the mainstream medical system had no real answers. Her approach before the operation didn't do any good because she didn't have any good guidance from anyone with holistic experience. Her approach was hit and miss, fly by the seat of your pants, so to speak. It wasn't until a couple of weeks after her back operation, May **1999**, that she found real guidance in the holistic approach to cancer from **"The Centre For Integrated Healing" in Vancouver, BC, Canada. Dr. R. Rogers was her Doctor there.** But the Centre also recommended soy for their cancer patients in their **"Healthful Fruits and Vegetables"** list of recommend foods to eat. From the Centre, she used 714x, Hydrazine Sulfate, and eventually Escador. We finally thought she was on the right track. Over the next year, she recovered from the operation about 98%. **She was also taking "Tamoxifen" from the BC Cancer Agency. But** no one, not anyone, had ever told us that the scientific research has proven for **40 years** that soy causes cancer and causes existing cancer cells to grow ... or ... that genistein in soy is a Topoisomerase II-poison, (well known since 1989 see pages 32, 34, 40, 42, 44, 70-73, 81) ... or ... soy interferes with, negates or overwhelms the inhibitor effect of tamoxifen on MCF-7 tumor growth !!, see page 47-(**2001**), page 52-(**2002**).

We joined Neways in May 2000, & Deanna was taking Neways "Maximol Solution" with Soy Lecithin in it from about July-Aug **2000**, and stopped May **2001**. We never thought to read the label until May **2001**, 4 months after we found out about the dangers of soy. But in Dec **2000** - Jan **2001** Deanna had her first reoccurrence of bone cancer. We didn't know why. She had been doing so good for a year and a half. She got discouraged. She had 5 treatments of radiation for her bone cancer, no chemo. Then one week after the radiation treatments, in mid Jan. **2001**, she was given a article called ... **"The Newest Research On Why You Should Avoid Soy,"** an article on Dr. Mercola's website at ...http://www.mercola.com/article/soy/avoid_soy.htm . A light went on after reading this, and she knew why he had her reoccurrence of cancer, and why her breast lump had turned cancerous. But she still didn't know that Maximol Solutions had soy in it. The article points out that soy causes cancer, causes existing cancer cells to grow and can turn non-cancerous tumors cancerous. The same day she read the article, we threw out all food with soy listed on the ingredient labels, except Maximol Solutions. **Her tumor marker**

blood test, CEA and CA 15.5, that measure cancer activity in the body, started going down after May 2001. By Sept. 2001, her blood test were about 50% of what they were 4 months after she stopped eating soy and soy products. All this time, Since the summer of 2000, we trusted Neways. We told our sponsors about the problems with soy in Jan 2001. They didn't tell us that their product had soy in it. We also didn't think to read the label of the Maximol Solutions until May 2001. Then, right away we contacted Neways, we returned the product and they gave us a refund. Other than that, at home we did a very good job of avoiding soy in our food by reading all the food ingredient labels of the foods we bought, restaurant foods were a no-no as they do not list the ingredients of their foods. ... / 123

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Dangers of Dietary Isoflavones
at levels above those found in traditional diets
The Risks Of Abandoning "The Precautionary Principle"
by Soy Online Service ... <http://www.soyonlineservice.co.nz/>
"Soy - Abundance Of Health Hazards" ... <http://www.mayanmajix.com/soy01.html>

Soy Was The Major Contributing Cause In My Wife, Deanna-(Deonaa), Death From Cancer

The weed of crime bears bitter fruit. Does the Soy industry
and their supporters really think they'll all get
away with it ?? Do they really think
we wouldn't know ??

;

Then, on Tuesday evening Oct. 23, 2001, we went to the Planetarium in Vancouver, BC, to hear a lecture by **Udo Erasmus, PhD.** about his book called "**Fats that Heal and Fats that Kill.**" During the question period after the lecture, we found out that Udo's-Ultimate Oil Blend product has soy lecithin in it. We were able to ask Udo if his soy lecithin was safe, safe for cancer patients. He said it was. So, Deanna was persuaded to try "**Udo Ultimate Oil Blend,**" with **soy lecithin in it.** About a week or tow latter, in Oct. 2001, she started saying that her hip was hurting her. By the beginning of Dec. 2001 she was in a lot of pain, the side effect of eating this soy lecithin in Udo Ultimate Oil Blend caused both tumor marker blood tests to quickly go back up again to where they were in the early spring. The tumor marker blood test went up in less than 2 months where it had taken 6 months for the blood tests to go down . Deanna had her 2nd. reoccurrence of bone cancer, caused by soy lecithin, Nov. - Dec. 2001.

This time she got real discouraged. She didn't want to take anything. Then she found out about **Bio-cell Therapy** at Ubiquity Wellness Centre, Vancouver. BC. She took that and was feeling and getting better until she mistakenly followed the **Lemon Cleans Master Cleans Lemon Diet.** That gave her severe dehydration and put her in the hospital in Aug. 2002. We found out about **Sir Jason Winters Herbs** about the same time and she took them right away and over 3 week period and started feeling better, and continued taking them. She came home mid Sept. 2002 feeling and getting better. Then the home care nurse made a mistake on the medications and Deanna ended up in the hospital again, mid Oct 13, 2002. There she started to recover again while still taking the Jason Winters herbs. But after a month into the 2 months she was in the hospital we found out that 90 % of the hospital food has soy in it from the dietitians computer data base print out.

When she went into the hospital last fall, Oct 13 - Dec 15, 2002, she was there for over 2 months before she died. At the beginning of the last month in hospital, I, we found out that, according to the hospitals dietitians computer data base, & that print out, 90% of hospital food has soy added to it from the wholesalers, the bulk manufactures. I told the doctor and the dietitian about the dangers of soy and gave them information on it, even photocopy of research abstract proving it, & asked them if the hospital would bring in food that did not have soy in it for Deanna. But all they said was that soy was controversial & wouldn't believe me or take me seriously. They would not bring in extra food for her without soy in it, even after I gave the dietitian and our Doctor a photo-copy of this abstract from **PubMed.** See pages 47, 52.

u u u, u u u, u u u, u u u - Soy **Stimulates** breast cancer growth. **Yes !!.**

- http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11573864&dopt=Abstract .

2001 "Effects of soy phytoestrogens genistein and daidzein on breast cancer growth," – *de Lemos M.L., Ann Pharmacother 2001 Sep;35(9):1118-21., B. C. Cancer Agency, Vancouver, BC, Canada, mdelemos@bccancer.bc.ca*

— **Objective:** to determine whether **genistein** and **daidzein**, the major phytoestrogens in soy, **can stimulate breast cancer growth ??.**

; u ; — **Women with current or past breast cancer should be aware of the risks of potential tumor growth when taking soy products.**

— **Conclusions:** Genistein & daidzein may **stimulate existing breast tumor growth** and antagonize effects of tamoxifen

Eating poison interferes with everything. A week before Deanna died, she said to me that she did not want to die, by that time, her throat had gotten smaller. She couldn't take the Jason Winters Herbs unless they were broken up into small pieces, and by then she was getting discouraged and didn't want to take them as often as she needed to. On Sunday afternoon, Dec 15, 2002, after taking **morphine** for 2 days she died in a coma. During the last 2 days, from hand signals, squeezing, Deanna could tell me that she was in a lot of pain, and if she wanted more morphine. The nurses wouldn't believe me, and I had a difficult time getting the nurses to give my wife enough morphine to stop the pain. On Sunday morning, I told our Doctor what I was experiencing and our Doctor said that what I was experiencing was not unusual, it happens. The Doctor instructed the nurses to give Deanna more morphine, and few hours before Deanna died, and they did.

Eating Soy was the major contributing cause in my wife's death from Cancer. I can prove it, and I also have the tumor marker blood

tests, [CEA](#) and [CA 15.3](#) to prove it. It was a very slow, painful death that could have been easily avoided, if they would have listened to me, when she was in the hospital. We feel that Soy was also the single greatest cause of her getting cancer & also the single greatest cause of the 1st, 2nd and 3rd reoccurrence of bone cancer, and her eventual liver cancer shortly before she died. [The weed of crime bears bitter fruit. Does the soy industry really think they will get away with it ??; do they really think that we wouldn't know ??.](#)

Note: Make sure the [label](#) on your vitamins, minerals, [and](#) medications says ... [contains no Soy ... or ... contains no Soy ingredients](#) .

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at levels above those found in traditional diets
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Patient Food Items

U.B.C. Hospital, Van., BC

Oct. 13, 2002 — Dec. 15, 2002

Foods That **Do** Contain Soy Ingredients

Meats and Alternatives

Breaded Perch-(soybean oil, soy flower) Breaded Fish-(soy oil)
 Breaded - Pork Cutlet Salisbury steak-(textured soy protein)
 Ground Beef-(soy flower, as in meat loaf, meat balls, hamburgers)
 Veggie Burgers * Chicken Fried / baked-(in what oil, soy ??, yes)

Starches

Whole Wheat Bread-(may contain soy) Turkey stuffing/dressing
 60% Whole Wheat Bread -(may contain)
 Pancake Mix * Mashed Potatoes-(from a flake/ mix)
 French Fries-(and / or soy bean oil.) Stoned Wheat Thins
 Social Tea Cookies Digestive Cookies

Soups

Campbell's - Tomato - (no soy listed), listed in store bought
 - Cream of Celery - (soy protein isolate)
 - Cream of Chicken and Cream of Mushroom
 Hospital made soups ?? Beef Broth Chicken Broth

Dressings

French 1000 Island Golden Italian
 Soy Sauce BBQ Sauce-(HVP) Worcestershire Sauce
 Hollandaise Sauce

Desserts

Jell-O Pudding Cups * Pre-made puddings ??.
 Whipped Topping Muffins ?? Peanut Butter
 Cakes - (margarine or shortening is used)

* * *

Foods That **Do Not** Contain Soy Ingredient (as far as she, the dietitian, nutritionist can tell.)

Not always available at every meal or every day

Meats and Alternatives

Poached Eggs Canned Salmon Cod sliced Turkey
 Canned Tuna-(mixed with other ingredients in sandwiches ??.)
 Chicken Fried / baked-(cooked in what oil ??, Soy ??.)
 Ham for sandwiches Pork Sausage Ham Roast
 Red Kidney Beans Garbanzo Beans Bacon

Starches

White Rolls Whole Wheat Rolls ? * Bake potatoes
 All cereals on the menu - (hot and cold)
 All Pasta - (Plain)Bread sticks Melba Toast
 Premium Plus Saltines - (Christie)
 Arrowroot Cookies Graham Wafers Pie Shells
Cereals, all bran, bran flakes, special k, Cream of wheat, Oatmeal
 Puffed rice, rice krispies, raw bran

Soups

Low sodium Beef Broth Low sodium Chicken Broth
 Hospital made soups ??.

Dressings / Condiments

Italian Dressing-(calorie reduced) Miracle Whip
 Gravy Butter Bicol Margarine
 Ketchup Mustard Cranberry Sauce
 Strawberry and Raspberry Jams Fruit Spread
 Kraft Light style orange spread and grape spread
 Apple / Grape Jelly Orange Marmalade Salt / pepper

Desserts / Fruit

All fresh & canned fruits All Juice Jell-O
 sherbert and Ice Cream-(modified milk ingredients)
 * Pudding-(made in our kitchen) Lemon and Tapioca pudding
 Sweet Tart shells Yogurt plain and fruit-(mod. milk ingred.)

No Soy Ingredients

... Continued ...

	<u>Dairy</u>		<u>Vegetables</u>
Process Cheese Slices	Cottage Cheese	Cheddar Cheese	All vegetables
Brick Cheese	Cream Cheese	Parmesan Cheese	Cream Style Corn
Grated Cheese - (used to top casseroles, has modified milk ingredients)			Tossed Salad mix

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Written In Memory of Princess Diana and Mother Teresa,
Sept. 1997

The ! Heart Has No Reasons, It Knows Without Reasoning.

When all is said and done, when you come to the end of your life, I don't want to know what the world said or what your worldly mind has learned to define as successful, or what rules or customs you were brought up with and felt you had to follow in order to justify what you did or didn't do to others or for others. What I really want to know is, Do you know how to really not know ?? Can you realize your own ignorance while you profess and assert your worldly knowledge to others ?? I want to know if you have learned what it means to think with and through your Heart, to know the difference between looking with your eyes and seeing with and through your Heart, and to not only be able to hear with your ears but to also be able to listen with and through your Heart. Have you learned and experienced the difference between feeling with your hands and feeling with and through your Heart ?? Are you able to touch others Hearts with your Heart ??

I don't want to know what facts you have learned throughout your life on earth, but I do want to know if you know what it means by the saying, "The ! Heart has no reasons, it knows without reasoning". Have you learned how to know with and through your ! Heart ... **FIRST**, and then act accordingly ?? I want to know if you can do the "Right Thing", even if it means challenging the authority figures and rules of the day, **and then** do it again, and again ?? What I really want to know is, are you strong enough, and do you have the courage to follow **Socrates, (469 - 399 BC), example of "... Examining your thoughts, statements and actions by pursuing their implications, on the assumption that if they are true, they would not lead to false consequences ..."** ?? I want to know that after you have struggled to climb, to ascend, to the top of the mountain, will you willingly and Joyfully and ! Lovingly come back down to be with and to help those who have not climbed the mountain ?? If you can, then you have been able to touch the ! Heart and ! Love of God with your ! Heart, with your thoughts, and with what you have said and done with your life on earth ... this time ... and then each time hereafter.

Anonymous

P.S. The ! Heart has no reasons, it knows without reasoning, because the ! Heart understands and knows in ways that reason

does not understand and can not verify . . . so, the **! Heart** has it reasons that reason does not know.

Einstein Said, "... The world is a dangerous place to live in, **not** because of the people who are evil, but because of the people who don't do anything about it ...".

"Ethics" ... n. pl., 1.) The Principles of morality, including both the science of the good and the science of right.

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Dangers of Dietary Isoflavones
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Ethics and Soy

Please refer to page 5, 12, 18, 98-105, 109, 113, 114, 119, 143-152
of this Soy Research Paper

Putting soy in our food supply, medications, vitamins and mineral supplements, and in the food of our pets and farm animals is **force feeding** a poisonous ingredient on to the public, and our pets and farm animals without consent.

Very much the same type of reasoning and logic can be use for not putting soy in our food supply as is used in not putting fluoride in our food supply.

In this research paper, it has been established that putting soy and soy ingredients in our food supply is **not legal**.

It has been established that soy estrogens are a drug.

It has been established that soy is proven to be and is classified scientifically as a **Topoisomerase II-poison** .

Medical **ethics** unequivocally demands that the wishes of the individual must take precedence over actions imposed by the state, medical system, or corporation, unless there is a valid and wider public health concern.

Putting soy in our food supply is forcing a person ... without their consent ... to take a medication ... as well as ... forcing a person to take a know and proven poison with very serious and sometimes deadly health hazards ... It is mass poisoning.

Putting soy in our food supply is illegal mass medication without consent. It is an abuse of our human rights and also breaches Human Rights legislation, Putting soy in our food forces the public to consume an unlicensed substance and a substance that has been tested and proven to cause over 24 very, very serious and sometimes deadly adverse health effects including cancer and heart disease and death.

Putting soy in our food supply does not allow a person to avoid it if they have a medical condition that soy will make worse.

Putting soy in our food supply removes people's fundamental Human Right to refuse medication, removes freedom of choice.

The reality is that our food supply is being poisoned with a poisonous soy ingredients that cause over 24 very serious and sometimes deadly health hazards.

It has been proven that there is no real proven benefit to eat soy. There is only one real reason for putting soy and soy ingredients in our food supply and that is ... for the express purpose and the intent to harm others. This is just like the intent to harm when someone puts a razor blade, pin, etc in a apple or candy at Halloween. The intent to harm. With all the alternatives available for the reasons that are given to put soy and soy ingredients in our food supply, one can easily and understand that there is no other reason but to want to harm large and mass amounts of people, by people with bad motives, including putting profits above the health and safety of others.

Soy robs us of our freedom to choose & violates the ... The Code of Medical Ethics -- set out in the Council of Europe's Convention on Human Rights and Biomedicine ... Codex Soy Food Safety Standards ... Precautionary Principle ... FDA GRAS ... "Declaration of Helsinki" ... "Nuremberg Code" ... Hippocratic Oath ... First Do No Harm.

The ethical validity of the policy of putting soy ingredients in our food supply does not stand up to scrutiny relative to the Nuremberg Code and other codes of medical **ethics**, including the Council of Europe's Biomedical Convention of 1999. The police power of the State has been used in the United States to override health concerns, with the support of the courts, which have given deference to health authorities.

Continued ...

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Warning - Soy Damages Your Thyroid, Immune System, DNA and Chromosomes

<http://www.soyonlineservice.co.nz/> .

((

healthwise933@shaw.ca))

Soy has not → does not → can not → Soy will not → prevent cancer

Gerald and Deanna - (

Deonaa)

Soy blocks vitamin, mineral, protein absorption (Osteoporosis) ... pages 84, 96

Soy damages the **Myelin Sheath** around the nerves, spinal cord and brain tissue ... pages 63 - 67

Genistein in soy is proven to be and is classified as a **Topoisomerase II-poison** ... pages 32, 42, 44, 71-2, 81

Soy causes cancer → → **Soy causes** existing cancer cells to grow → → **Soy causes** non-cancerous tumors to turn cancerous

Soy is an Omega-6 oil, fatty acid, and they → **"cause"** cancer cells to grow ... http://www.mercola.com/2002/jun/5/fish_oil.htm,
British J. Nutr., Apr. 2002, vol.87:4, pp. 281 - 289(9) and vol.87:3, pp. 193 - 198(6).

* Read the fine print

Soy was the major contributing cause of my wife Deanna-(Deonaa) death from **Breast** cancer, **Bone** cancer, and **Liver** cancer on Dec. 15, 2002. **Read her story on pages 122–124.** Her death was a slow, very, very painful, and inhumane DEATH **while - from - and because of** eating soy ingredients in her Hospital food over a 2 month period. We did a good job of avoiding soy and soy ingredients in our food when she was home. **BUT**, it was the **soy in the Hospital food**, (which we could not and were not able to avoid) that **quietly and quickly** poisoned her, causing her cancer cells to continue growing. As soy was **poisoning** her, it was also slowly painfully, brutally, cruelly, violently, **inhumanly** killing her. **To protect yourself and the ones you ♥ Love ... read the ingredient labels on all the food you buy, switch brands to avoid it !.**

The US FDA's ... **"Poisonous Plant and Plant Parts Database,"** at ... <http://vm.cfsan.fda.gov/~djw/pltx.cgi?QUERY=SOY> , and <http://www.cfsan.fda.gov/~djw/plantox.html> ... *documents --- Soy – Flax-Linseed – Canola-Rapeseed -- as "poisonous plant,"* Soy since **1907** and Flax since 1850. The FDA recommends that if you are **injured** by these plants, to **contact** your local **"Poison Control Center"** at ... <http://www.aapcc.org/> , or call 911. { **Einstein said**, "... the world is a dangerous place to live in, **not** because of the people who are evil, but **because** of the people who don't do anything about it ... <http://en.thinkexist.com/> }. **No safe cigarettes ... No safe soy ... Unsafe at any speed.** **"The Precautionary Principle"** pages 113 – 114, and ... http://www.biotech-info.net/rachels_586.html ... **"The obligation to prevent harm."** * **Soy does not pass ... "WHO Food Safety Standards" ... or ... US FDA GRAS, "Generally Recognized As Safe" status ... In fact, it is not even legal to put it in our food,** pages 5-8, *55, 63, 96-106, 109, 113, 119, 143 ... **For Legal action** against the soy industry, manufactures and sellers, see pages 119 - 121.

"Soy – Abundance of Health Hazards"

identifies the link to the over 144 page Soy Research Paper, which can now be found in the **Health Section** under **Articles** on the **"Mayan Majix"** website at ... http://www.mayanmajix.com/art_ht.html , and at ... <http://www.mayanmajix.com/soy.html> ... **Dangers of Soy**
- http://www.mayanmajix.com/soy_summary.pdf ... Short one page Summary PDF - <http://www.mayanmajix.com/soy01.html> ... Full 144 page HTML

- http://www.mayanmajix.com/soy_306.pdf ... Abundance Scientific Proof - Summary - <http://www.mayanmajix.com/soy01.pdf> ... Full 144 page PDF

containing a collection of over **205 scientific research abstract summaries on Soy** ... pages 29 - 96, from almost 1,800 going way back to **1907**, (also see the 2005 book **"The Whole Soy Story"**) ... that are from well-designed studies, from around the world, conducted in a manner which is consistent with generally recognized scientific procedures and principles which show that - **there does exist** - significant scientific agreement among **research experts** from around the world, { qualified by scientific training, experience and expertise }, **PROVING** a very strong statistically significant association of very serious harm to human and animal health from consumption of soy, SPI-soy protein and soy estrogen ingredients in our food supply & an **INCREASED RISK** of a variety of cancers and other major and life threatening health problems, referred to in this body of evidence as ... **"Hidden Harm"** ... which includes, but is not limited to this list of **known, "ignored," still denied "Side-Effects"** of ... **endocrine disruption ... thyroid suppression ... immune system suppression ... Liver disease ... ♥ Heart disease ... leukemia, (IAL) ... subtle changes in sexually dimorphic behaviors ... Arthritis ... infertility / lower sex drive ... growth problems ... learning disabilities // Alzheimer's – Parkinson's Disease // M.S. -- from Brain & Nervous System damage ... Osteoporosis ... as well as ... chromosome fragmentation & errors in chromosome orientation ... Cancer(s) - breast, bone, uterine, liver, colon, pancreas, thyroid etc ... DNA damage ... "DEATH" ... (+) infinite # of - **"broken ♥ Hearts"**. (Many **"Research Experts"** say in the conclusion of their abstracts ... Women with cancer or a history of cancer should be warned ... pgs. 5-10, 17-8, 37, 40, 47, 52, 55, 73, 77, *80, 122, & 60, 72, 77.)**

- <http://www.mercola.com/2002/jun/8/soy.htm> ... **"Soy Weakens Your Immune System"** ... Soy Industry own research 2002 ... **"The phytoestrogen genistein induces thymic and immune changes: a human health concern ?,"** (*see page 55)
NCBI ... http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12032332&query_hl=2 .

(Yellayi S., Naaz A., Sato T., Woods J.A., and others --- *Proc Natl Acad Sci USA* 2002 May 28;99(11):7616-21) ... **Dr. Mercola's Comment** -- "It is quite amazing that this study was actually published, as the findings were quite negative for Soy, yet it was funded by United Soybean Board and Illinois Council on Food and Agricultural Research ." { Soy feeds - fertilizes - cancer cells, "causing" them to grow !. } .

It is like throwing gasoline on a campfire.

...**"Meta-Analysis"**...

– http://www.mercola.com/article/soy/avoid_soy.htm ... A "meta-analysis" is a review & summary of the results of many clinical studies on the same subject. The use of meta-analyses to draw general conclusions has come under sharp criticism by members of the scientific community. "... **Researchers substituting meta-analysis for more rigorous trials risk making faulty assumptions and indulging in creative accounting ...**", says Sir John Scott, President of the Royal Society of New Zealand, "... Like isn't being lumped with like. Little lumps, big lumps of data are being gathered together by various groups ...". 34

There is a added temptation for researchers, particularly researchers funded by companies like Protein Technologies International – soy corporation, to leave out studies that contradict / dilute the conclusions desired ... see W.A.P.F. 2004 submission of objection to the US F.D.A. - 2004Q-0151, page 10, (being that soy has many very serious health hazards). **Dr Anderson discarded 8 important studies for various reasons, leaving a remainder of 29.**

-- See June 14, 2004 ... W.A.P.F. petition of objection to US - FDA ... http://www.fda.gov/ohrms/dockets/dockets/04q0151/04Q-0151_emc-000009-01.pdf.

and ... http://www.westonaprice.org/soy/solae_comments.pdf ... and ... **Soy Alert** ... <http://www.westonaprice.org/soy/index.html> .

Another very good example ... It was a 1994 meta-analysis by Mark Messina that fueled **False** speculation that soy had anti-carcinogenic properties, published in Nutrition and Cancer. 43. (and yet, it is this very same paper that proves Soy has been "**known**" in scientific community ... to be carcinogenic for over 40 years ... cause DNA - Chromosome damage for more than 25 years ... cause infertility for 50 years ... thyroid damage for 70 years ... page 126.)

* * *

New Margins – for these pages 21 and 22 in my Soy Research Paper, “Soy – Abundance of Health Hazards”

“Warning - Soy Damages Your Thyroid, Immune System, DNA and Chromosomes

By adjusting to these margins below, this one page summary will all fit on one page in MS Word.

Top ... 0.20 inches
Bottom ... 0.20 inches
Left ... 0.26 inches **Right ...** 0.25 inches

Base Font Type ... Times New Roman

Base Font Size ... (6, 8, 9, 10, 11, 12, 14) ,

(8 pt for spacing between title and first line, and 6, 8 and 9pt spacing between other paragraphs)

Justification ... Full

Note: Make sure the label on your vitamins, minerals, and medications says ... contains no Soy ... or ... contains no Soy ingredients .

... Pet and farm animal foods

“Why Just Stop Eating Soy Will Improve Your Health !!.”

"The Evidence Is In -- **Not Eating Soy** Not Only **Lowers** The Risk and **Helps Prevent** Breast **Cancer**, Leukemia & Other Cancers Including The **Reoccurrence** of Cancer, Soy **Also Damages** Your Thyroid, Nervous System, Pancreas, DNA, And Immune System. Soy **Also Causes** Infertility, Cancer, Heart and Liver Disease, Hypospasia And Osteoporosis."
Just **Revealing** A Few Of The Almost 2 Dozen Scientifically Documented and Still **Ignored** And Denied Very, Very Serious Health Hazards Since 1907

*

The Evidence

Soy Online Service ... <http://www.soyonlineservice.co.nz/> ... Huge, extensive scientific database, Soy **Causes** Cancer, etc.

Weston A Price Foundation ... <http://www.westonaprice.org/soy/index.html> ... Soy Alert Page

The Whole Soy Story ... <http://www.thewholesoystory.com/index.php?pageID=> ... Book, April 2005, by Kaayla Daniel, Ph.D

with 1,798 endnotes, scientific research references and abstracts, since 1907 into 2005.

Soy - Abundance of Health Hazards ... http://www.mayanmajix.com/art_ht.html ... <http://www.mayanmajix.com/soy.html> ... 144 page Soy Research Paper, (Oct. 2004), with 205 scientific research abstracts, since 1907 into 2004.

***US National Center For Biotechnology Information, NCBI** ... <http://www.ncbi.nlm.nih.gov/entrez/query.fcgi> ... **PubMed**

N.C.B.I. - Established in 1988 as a national resource for molecular biology information, NCBI creates public databases, conducts research in computational biology, develops software tools for analyzing genome data, and disseminates biomedical information - all for the better understanding of molecular processes affecting human health and disease.

PubMed - a service of the National Library of Medicine, includes over 15 million citations for biomedical articles back to the 1950's. These citations are from MEDLINE and additional life science journals. PubMed includes links to many sites providing full text articles and other related resources.

*Soy does not have FDA **GRAS status**, Generally Recognized As Safe or **Pre-market Approval** ... is not legal to put in our food.

*Soy industry applied twice to US FDA for **GRAS** and was turned down twice, 1989 and 1999, because soy is carcinogenic.

*Genistein in soy is proven to be and is scientifically classified as a **Topoisomerase II-poison** ... **NCBI – PubMed**.

*Soy proven a poisonous plant since **1907** in US FDA **Poisonous Plant database** ... <http://www.cfsan.fda.gov/~djw/plantox.html>.

*Violates “**The Precautionary Principle**” ... http://www.biotech-info.net/rachels_586.html ... “The obligation to prevent harm”

Text books - dangers of soy ... “**Chemical Carcinogens**” 1976, 1984, American Chemical Society ... “**Cancer Rates & Risks**” 4th Ed.1996, National Institutes of Health, National Cancer Institute ... “**Hormonally Active Agents in the Environment**” 1999.

Be careful, be careful !!. “**Vegetable Oil**” has not been real Vegetable Oil since early 1970's. It is either soy, canola, or both.

***Soy Protein – Is In Breach Of – In Violation Of -- WHO/Codex Guidelines.**

WHO/Codex General Standards for Soy Protein Products ... <http://www.soyonlineservice.co.nz/articles/Codex.htm> ... **new link**

There is Clear **evidence** Soy Protein does not meet WHO/Codex Guidelines. Natural isoflavones in soy protein induce:

- **Sub acute toxicity** ... <http://www.soyonlineservice.co.nz/04thyroid.htm> ... Repeated daily exposure to a poison
- **Chronic toxicity** ... <http://www.soyonlineservice.co.nz/articles/Brain.htm> ... Long term poisonous health effects
- **Reproductive toxicity** ... <http://www.soyonlineservice.co.nz/04infertility.htm> ... Reproductive system damage
- **Teratogenic effects** ... <http://www.soyonlineservice.co.nz/articles/Bdefects.htm> ... Embryo, monster making

-- **Mutagenic effects** ... <http://www.soyonlineservice.co.nz/04immunefunction.htm> ... Immune System and DNA Damage

WHO/Codex Standard 175-1989.

6.3 (c) When tested by appropriate methods of sampling and examination, the product shall not contain

other poisonous substances which may represent a hazard to health.

WHO/Codex General Guidelines for the Utilization of Vegetable Protein Products (VPP) in Foods CAC/GL 4-1989.

4.1 VPP intended for human consumption should not represent a hazard to health.

1.4 Toxicological Safety:

Safety of the VPP should be predicted from info. concerning methods of production, chemical and physical properties...should be supported, where necessary, by safety data using laboratory animals.

2.4.1 Sub acute Toxicity Studies:

The purpose of these studies is to delineate the toxic potential of VPP and to elucidate such problems as species sensitivity, the nature of gross and micro-pathological changes and the approximate dose level at which these effects occur. They also provide guidelines for the selection of dosage for chronic toxicity tests and any functional or biochemical studies that may be necessary.

2.4.1.3 Length of Study:

Sub acute toxicity feeding trials should be **at least three months** duration.

2.4.2 Other Studies:

Following an appraisal of the source and the method of manufacture of the VPP together with the results of nutritional and sub acute toxicity studies, the need for further studies including chronic, reproduction, teratogenic and mutagenic studies will be evaluated.

...

New Margins

These pages 23 and 24s will fit all on one page in MS Word by using these margins below

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Justification ... Left and full

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