



You Are What You Eat

# The Energy of Food

by Ellyn Hilliard, NE, CNC

## SOY: Scientific Studies Reveal Cancer Controversies

The popular food trend in soy products has led to the unhealthy concentration of soy plant estrogens in the American diet. According to a recent University of Illinois study several leading universities point to concentrated soy as a potential link to growth of estrogen dependant human breast cancer cells. The findings of three studies, funded by the National Institutes of Health, are detailed in the Journal of Nutrition, Carcinogenesis and Cancer Research.

The results demonstrate that we Americans are expert at overdoing a good thing. These studies also suggest that women with estrogen-dependent breast cancer, or a predisposition to it, may want to reduce their consumption of processed soy products with a high isoflavone content. This doesn't mean doing away with soy altogether. Occasional tofu and edamame beans (the whole soy bean) are still great ways to reduce animal protein in the diet. It's just that in our attempt to market a product that showed favorable results in reducing breast cancer in Japan, we Americans have managed to market the concentrated soy estrogen products so effectively that we have thrown off estrogen levels in millions of American women and men.

Many soy isoflavone-containing products are marketed to women over age 50 for the relief of menopausal symptoms. For most people, soy is a healthy food and can be used as part of a healthy diet. Soy protein had been found in previous studies to effectively lower cholesterol. Studies elsewhere have shown potential relief of menopausal symptoms and protection against cancer.

What can we do to reduce the overuse of soy and still have our soybeans? Here are some great substitutes:

1. Try Basmati Rice Milk or Almond Milk instead of Soy Milk.
2. Along with a moderate amount of tofu, use a little organic chicken in the stir fry.
3. There is nothing wrong with a bit of organic butter instead of soy margarine.
4. Raw Goat Cheeses are healthy ways of adding protein to the diet and reducing the soy cheese trend.
5. Edamame Beans are the whole, natural form of soy without packing the high concentrations of phytoestrogens into a glass.

Remember: Eat as close to whole, unprocessed, locally grown, and seasonally appropriate as possible. This is the best way to avoid foods that may not agree with your ancestral, metabolic, and cultural system sensitivities. In the meantime, don't avoid Japanese food. Studies show that Asian cuisine is still some of the healthiest food in the world. But they also eat ten times more vegetables than the typical American. 🍽️

About the author:

Ellyn Hilliard is a certified holistic nutritionist working with clients who are challenged by life threatening illness. A graduate of Bauman College and Clayton College of Natural Health, she lectures in the Colorado area on whole food nutrition and energy healing. She is passionate about organic gardening, juicing, and Healing Touch.