

Soy Quality Control Checklist

Do not purchase soy powders and expect them to produce positive health results unless you know that the following "ESSENTIAL SEVEN" quality controls have been met by the manufacturer:

1. ***The beans must be organically grown***
2. ***The beans must NOT be genetically engineered***
3. ***Each batch must be checked to confirm that it contains the 9 essential amino acids***

4. ***In the manufacturing process to produce the soy isolate, the crushed soy flakes must be water washed (not alcohol washed)***
5. ***The anti-thyroid/anti-growth substance MUST be removed***
6. ***The process must be without heat***
7. ***The soy isolate must have calcium added (when the oil is removed it becomes an acidic food - when calcium is added it makes it neutral again)***

The attached explanations will help you to clear up confusion.

a) ***Were the soybeans ORGANICALLY GROWN? studies have shown decreased levels of food nutrients and increased levels of nitrates in chemically fertilized crops, when compared with their organic counterparts. There is a connection between the ingestion of nitrates & CANCER! Therefore, it is important to know that pesticides, fungicides, and herbicides have not been used during the growing process. In particular, with soy beans, since they are such a hardy plant, a powerful and DEADLY weed spray called Round-up is usually used. For your safety, you must know that your soy products are organically grown.***

b) ***Were the soy beans GENETICALLY ENGINEERED? genetically engineered soybeans are much cheaper to purchase, and most companies producing soy products look for ways to save money.***

c) ***Does your soybean powder contain ALL of the nine essential amino acids? One of the most valuable features of the soybean is that it is a complete protein and provides ALL nine of the essential amino acids. The body requires these daily to produce hormones, digestive juices, antibodies, and enzymes. HOWEVER, not all soybeans are created equal quality and amino acid content will vary based on soil conditions, and variable growing and harvest conditions. If one essential amino acid is missing, the immune system can be depressed 30%, and many important body functions are delayed or stopped. Therefore, it is essential that each batch of soybeans be checked for amino acid content if we want to depend***

on the soy isolate to provide a GUARANTEED supply of the nine essential amino acids.

d) Were the crushed soy flakes washed in alcohol or water? Alcohol washing destroys isoflavone content up to 88%! It is the isoflavones that reduce the risk of breast, prostate, lung and bowel cancer! As well, it is the isoflavones that are so beneficial in hormone balancing and increasing bone mass.

e) Was the "anti-thyroid", "anti-growth" substance in the raw soy removed? Orientals, who have consumed large amounts of soy for years, have known that RAW soy contains an "anti-growth", "anti-tyrosine" substance. Tyrosine deficiency will cause low blood pressure, low body temperature, and restless leg syndrome. Therefore, Orientals always lightly cook their soy foods to deactivate the "anti-tyrosine/anti-growth" substance. Find a brand that uses an extracting process that removes this substance, yet keeps the soy in a raw form in order to maintain the HIGHEST LEVEL OF AMINO ACIDS and ISOFLAVONES which are very sensitive to heat.

f) Is your soybean food RAW or heated? Amino acids are very sensitive to heat. In some studies, cooking protein has been shown to destroy up to 50% of some ESSENTIAL AMINO ACIDS. If an individual consistently consumes a diet that is lacking in all of the essential amino acids, inadequate brain development and hormones, or other body tissue development can be the result.

g) Has CALCIUM been added to your soy powder? Some negative reports about soy say that soy powders are VERY ACIDIC and cause bone loss because it causes calcium to be drawn from the bones!!!! The raw soy bean is a NEUTRAL food neither acidic or alkaline. However, the removal of the soybean oil (which is essential so the soy powder will not go rancid very quickly), makes the powder very acidic. Therefore, adequate calcium (which is very alkaline) must be added to cause the powder to be neutral again, or it can cause the above stated problem. Many protein powder manufacturers do not add any or enough calcium.