



# The Apple Press

*Caring For Tomorrow Today*

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## About the *Apple Press*

**The newsletter of Preventive Medicine Group, the private medical practice of:**

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**The practice emphasizes family care, healthy eating and nutritional supplements, healthy lifestyles, anti-aging medicine, energy medicine, acupuncture and preventive medicine. This complementary and alternative medical practice also offers non-surgical therapy as an option in the treatment of cardiovascular disease.**

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**Preventive  
Medicine Group**

32 Years of Caring For  
Tomorrow Today

**1976—2008**

## SOY—GOOD OR BAD?

It used to be that Americans ate very little soy. Although soybeans have been a crop grown in this country for decades, most was used for animal feed, exportation or industrial use with some squeezed for oil for salad dressings. In the mid-1970s with the advent of the natural foods movement, certain soy products were introduced into mainstream American diets as vegetable forms of protein. In particular, tofu became a grocery store produce department staple for use in stir-fry dishes. In addition to tofu, health food stores offered tempeh and miso, fermented soybean products used in traditional Oriental dishes. Soymilk was available, but was not universal.

In the 1990s, soy became the latest food darling. Research linked phytonutrients in soy as beneficial for menopausal symptoms, osteoporosis, cardiovascular health, breast health and certain cancers. Suddenly soy sales took off and soy foods seemed to be without fault. Major commercialization followed and the market became inundated with a myriad of processed soy products ranging from cereal to chips to milk to soy burgers to energy bars to you-name-it. Consumers began to think the more soy consumed for all ages the better. Even the FDA allowed a label health claim for certain soy-containing products.

Soy has become big business. Growing soybeans is a major component of agribusiness in America today with the

marketing of soy products a byproduct. Speaking of by-products, modern technology allows for the processing of some former soy waste into designer foods, such as isolated soy protein. Numerous trade organizations with lots of clout have been most successful in paving the way for some form of soy to be included in a all kinds of foods, in some cases unbeknownst to the consumer, and on a global level.

While all this was going on, there remained some voices in the wilderness that said all was not well with soy. There is much controversy over soy and its suitability in the human diet.

Historical evidence indicates that soybean did not serve as a food in the Orient until the development of fermentation techniques in China resulting in fermented soybean (tempeh, natto), fermented soybean paste (miso), and fermented soybean juice (soy sauce.) Later it was learned that puree of cooked soybeans could be precipitated with calcium sulphate or magnesium sulphate to make a bean curd (tofu.) Before these techniques were known, the soybean was considered an inedible product revered primarily for its role in crop rotation to fix nitrogen in the soil. The Chinese did not eat unfermented soybean because they knew it contained something that was not healthy. We call these natural toxins antinutrients.

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## Soy — Good or Bad? (cont'd.)

Soybeans contain potent enzyme inhibitors that block the action of trypsin and other enzymes needed for digestion resulting in gastric distress, reduced protein digestion and chronic deficiencies in amino acid uptake. Soybeans also contain a clot-promoting substance called hemagglutinin that causes red blood cells to clump together. Trypsin inhibitors and hemagglutinin are also growth inhibitors. Growth depressant compounds are deactivated during fermentation. In precipitated products, enzyme inhibitors concentrate in the soaking liquid rather than the curd, so in tofu or bean curd growth depressants are reduced in quantity but not eliminated. Soy also contains goitrogens which are substances that depress thyroid function. Soybeans are very high in phytic acid which is a substance that can block the absorption of essential minerals including calcium, magnesium, copper, iron and zinc. Phytates in soy are resistant to normal phytate-reducing techniques such as long, slow cooking. Only fermentation will significantly reduce the phytate content of soybeans. When precipitated soy products such as tofu are consumed with animal protein, the mineral blocking effects of the phytates are reduced. The Japanese traditionally eat a small amount of tofu or miso as part of a fish broth followed by a serving of meat or fish. There is concern that vegetarians who consume tofu or bean curd as a substitute for animal protein risk mineral deficiencies.

Soy protein isolate (SPI) and textured vegetable protein (TVP) are two heavily processed products that still have residual trypsin inhibitors and denatured protein forms. SPI and TVP products also very often contain MSG and other flavoring agents to mask the “beany” taste. In feeding experiments, the use of SPI increased requirements for vitamins E, K, D and B12 and created deficiency symptoms of calcium, magnesium, manganese, molybdenum, copper, iron and zinc. Test animals fed SPI develop

enlarged organs, particularly the pancreas and thyroid gland, and increased liver deposition of fatty acids.

Interestingly, although Asian populations consuming soy products have lower incidence of cancers of the breast, uterus and prostate, they have much higher rates of other types of cancer, particularly esophagus, stomach, pancreas, liver and thyroid. Research logic linking low rates of reproductive cancers to soy consumption attributes high rates of thyroid and digestive cancers to soy, corroborated by tests with laboratory rats.

Scientists have long known that babies fed a soy based formula tend to develop thyroid problems at a higher rate. Now concern also exists about the phytoestrogen properties of soy based products and hormone-like effects in early childhood, including early puberty. Unless you buy organic, almost all soy in the U.S. is genetically modified and contain one of the highest levels of pesticide contamination of all foods. Soy is a common allergen and is not easily tolerated by many people either due to true allergy or food intolerance. Like gluten and casein, it can also partially digest to form opiate-like peptides.

Soy consumption in Asia is an average of 9 grams per day as compared to over 20 grams a day in this country. Although we associate soy foods with Asian diets, in reality they tend to use traditionally fermented soy products in small amounts and not as an alternative for animal foods. Americans think if a small amount of something is good then a lot must be better. Consequently, people in this country are consuming far more soy (in non-fermented form) than Asians have ever done.

Preventive Medicine Group recommends soy, if consumed, be limited to fermented soy foods with, possibly, some limited consumption of tofu, if necessary.

### Fermented Soy Foods

**Tempeh** — Tempeh is made from whole cooked soybeans infused with a starter bacteria and allowed to ferment. The soybean is sometimes mixed with rice or millet. Tempeh is usually a tender, chunky flat patty or cake that has a nutty, earthy flavor. It originated in Indonesia. Tempeh can be marinated and grilled or pan sauteed and added to soups, casseroles or chili or used like a burger in a sandwich. Available from Asian markets and natural foods stores.

**Natto** — Natto is made of fermented, cooked whole soybeans. A traditional Japanese food popular especially for breakfast, it has a strong flavor and smell and a sticky, cheesy consistency. In other Asian countries, it is used as a topping for rice, in miso soup and with vegetables. Natto may be an acquired taste. Can be found in Asian and natural foods stores.

**Miso** — Miso (pronounced *mees-o*) is fermented soybean paste made from soybeans, salt, rice or barley and a fermenting agent. Aged in cedar vats 1-3 years, miso has a strong, distinctive taste that can be used to flavor broth or soup, salad dressings, marinades, sauces and as a condiment. High in sodium. Miso is traditional to Japanese cooking. Found in Asian markets and natural foods stores, it comes in various colors and tastes.

## The Book Worm

🌀 *The Diet Detective's Countdown* by Charles Stuart Platkin lists 7,500 foods with their calorie counts and the amount of walking, running, biking, swimming, yoga or dancing you need to do in order to burn off those calories.

🌀 *The Kid-Friendly ADHD and Autism Cookbook: the Ultimate Guide to the Gluten-Free, Casein-Free Diet* by Pamela J. Compart, M.D. and Dana Laake, RDH, MS, LDN. The title says it all! What GFCF is, why it works and how to do it. Recipes! Info! Top-notch!

🌀 *SuperFoods Health Style — Proven Strategies for Lifelong Health* by Steven G. Pratt, M.D. & Kathy Matthews is not just food but lifestyle also. A five star guide for making choices for health for life!

## Tip Top Tips

Go to the grocery store and pick up two 5 pound bags of potatoes. Do not put them in a cart. Carry them around the store for 5 minutes. You may now put them back. You have just carried 10 pounds of extra weight. Are you carrying that much or more extra weight in the form of body fat on a daily basis? Yes, it is the new year and yes people always say they are going to lose weight this time of the year. And, yes, you know if you need to take this message seriously. Women, do not compare yourself to your husband in a race to lose weight. He will win. Women have a higher percentage of body fat compared to men who are more muscle. That is the way we are made. On the average, it takes 12 calories per pound of weight to keep a male at stable weight whereas it takes 11 calories for a women. Men and women can and should support each other in making lifestyle changes, however, so everyone will be fit & healthy!

## The Wise Old Apple

*Jack LaLanne, the well-known fitness buff, is alive, well and exercising 2 hours daily at 93!. Here are some words of wisdom from the self-proclaimed "Godfather of Fitness."*

**Exercise is king,  
Nutrition is queen.  
Put them together  
and you have a kingdom!**

*Dying is easy;  
you have to work at living!*

**If man makes it, I don't eat it.**

*If you can't stand 30 minutes of exercise 3-4 times a week to take care of your most priceless possession — your body — you've got to be sick.*

**I can't afford to die.  
It would wreck my image!**

*Many people over 40-50 years old think they are over the hump and say "I can't do this" or "I'm to old." It is ridiculous. More older people are getting in shape now than ever before.*

## The Recipe Corner

*food for many people!*

*An easy way to get to know what may be an unfamiliar*

### TEMPEH BURGERS

4 ounces tempeh (available from the refrigerated section of natural food stores)  
Oil

Cut tempeh into burger size squares. Heat oil to cover surface of skillet, and when hot, add tempeh squares. Cook about 5 minutes or until bottom is golden. Carefully add a few tablespoons of water to the pan. Cover pan and steam tempeh a minutes. Repeat process. Turn tempeh, add a little oil to pan if necessary and brown other side. Repeat steaming process two more times to soften. Serve on a plate or bun with relish, catsup, lettuce and tomato.

**From: Nikki & David Goldbeck's American Wholefoods Cuisine by Nikki & David Goldbeck**



# Free Lecture Series

## **“Diabetes, Insulin Resistance & Metabolic Syndrome”**

*This talk is not just for people with diabetes! It is for everyone! It is for you!*

**Stan Gardner, M.D. 6:30 p.m. Tuesday, January 22, 2008**

## **“Heavy Metals & Disease”**

*Mercury (especially from amalgam fillings) and other toxic metals stress your system and can contribute to decreased health & increased disease!*

**James P. Frackelton, M.D. 6:30 p.m. Tuesday, January 29, 2008**

## **“Complementary Alternative Medicine in Neurological Disease”**

*Parkinsons, Alzheimers, ALS, anxiety, depression & more!*

**Stan Gardner, M.D. 6:30 p.m. Tuesday, February 12, 2008**

## **“Bypassing Bypass Surgery”**

*Learn about chelation therapy from the M.D. who first brought it to Cleveland!*

**James P. Frackelton, M.D. 6:30 p.m. Tuesday, February 19, 2008**

## **“Preventive Medicine Questions & Answers”**

*You bring the questions and the doctor has the answers in this open forum!*

**Derrick Lonsdale, M.D. 6:30 p.m. Tuesday, March 4, 2008**

## **“Allergies”**

*Learn about allergies as well as an alternative way to test & desensitize!*

**Stan Gardner, M.D. 6:30 p.m. Tuesday, March 25, 2008**

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**PREVENTIVE MEDICINE GROUP**

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*On occasion, lectures may be rescheduled due to weather or emergency. All advance registrants will be notified in such event.*