

**BONUS REPORT #1**

# **Cancer Survivors Reveal Their Personal Secrets**

by Andrew Scholberg

**BONUS REPORT #2**

# **Here's What You Do for the “Ugly Cancers”**

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**BONUS REPORT #3**

# **The ONLY Soy You Should Ever Eat**

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## **IMPORTANT CAUTION:**

By reading this special report you are demonstrating an interest in maintaining good and vigorous health. This report suggests ways you can do that, but — as with anything in medicine — there are no guarantees. You must check with private, professional medical advisors to assess whether the suggestions in this report are appropriate for you. And please note, the contents of this report may be considered controversial by the medical community at large. The authors, editors and publishers of this report are not doctors or professional health caregivers. The information in this report is not meant to replace the attention or advice of physicians or other healthcare professionals. Nothing contained in this report is meant to constitute personal medical advice for any particular individual. Every reader who wishes to begin any dietary, drug, exercise or other lifestyle changes intended to treat a specific disease or health condition should first get the advice of a qualified health care professional, or accept full responsibility if he or she decides not to do that.

No alternative OR mainstream cancer treatment can boast a one hundred percent record of success. Far from it. There is ALWAYS some risk involved in any cancer treatment. The authors, editors, and publishers of this report are not responsible for any adverse effects or results from the use of any of the suggestions, preparations or procedures described in this report. As with any medical treatment, results of the treatments described in this report will vary from one person to another.

PLEASE DO NOT USE THIS REPORT IF YOU ARE NOT WILLING TO ASSUME THE RISK.

The authors report here the results of a vast array of treatments and research as well as the personal experiences of individual patients, healthcare professionals and caregivers. In most cases the authors were not present themselves to witness the events described but relied in good faith on the accounts of the people who were.

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# Cancer Survivors Reveal Their Personal Secrets

by Andrew Scholberg

***Editor's Note:** Following is the report of one of our star writers, Andrew Scholberg, who represented Cancer Defeated at the 4<sup>th</sup> Evidence-based Complementary & Alternative Cancer Conference held recently in West Palm Beach, Florida.*

One of the most shocking things I've heard lately was the story of a young woman who'd endured harsh, conventional treatment for her breast cancer. During one of the breaks, she told me her doctors prescribed such high doses of chemotherapy that she now has "chemo brain." The main thing you need to know about "chemo brain" is: you don't want it.

I had only heard of "chemo brain" once before, when I interviewed a young man at Dr. Ursula Jacob's clinic in Germany's Black Forest a few months earlier. The young man had had heavy doses of chemotherapy before discovering alternative treatments at Dr. Jacob's clinic. He told me he had "chemo brain."

The young lady in West Palm Beach described what it's like to have "chemo brain." She said, "I have short-term memory problems, and there doesn't seem to be anything that can be done for it." That's tragic. The high-dose chemotherapy aged her brain by many decades, leaving her with a memory problem similar to early-stage Alzheimer's disease.

But the catastrophe of "chemo brain" need not

happen to any cancer victim. That's because high dose chemotherapy is optional. You make the choice.

So is high dose radiation. One of Germany's top cancer doctors told me that a cancer patient who gets the lifetime maximum exposure to radiation can never recover: the blood will be impaired for life.

A conventional doctor may try to scare a patient into high dose chemotherapy and radiation. Indeed, *many* cancer doctors tell their patients, "Without chemo and radiation, you'll be dead in six months," or words to that effect. But conventional chemotherapy and radiation are two choices among many different treatment options for cancer. And it's the patient -- not the doctor -- who ultimately makes the choice. The patient is the boss. It's a matter of health freedom.

Health freedom advocate Ann Fonfa -- the founder of the Annie Appleseed Project and this annual conference -- passionately spreads information about cancer treatment alternatives just as the American folk hero Johnny Appleseed (John Chapman) planted apple seeds wherever he went.

## How Ann survived breast cancer without chemo or radiation

Ann's story of how she survived breast cancer is remarkable. She was first diagnosed in 1993 and underwent surgery. The cancer came back in 1995. Altogether she's had 25 tumors -- nine in the breast and 14 on the chest wall. She decided *against* radiation because there was no proof that it offered her any benefit.

Ann also rejected chemotherapy because of her sensitivity to chemicals. She was so sensitive that if she sniffed an aspirin, she could pass out. She got into a support group, and the others asked her, "Ann, what are you going to do?" She had no idea.

From the beginning of her ordeal, Ann believed she wasn't going to die from cancer. Her breakthrough happened when she met a woman who gave her all sorts of information and advice. When Ann heard that this woman was a *ten-year breast cancer survivor*, she was filled with happiness to hear that you could survive cancer!

Ann considered various alternative therapies and tried some of them, including high dose vitamin A and Chinese herbs. She discovered Chinese herbs in 2001 after she met Dr. George Wong, master Chinese herbalist. That solved the problem for her.

From the speaking platform at the West Palm Beach hotel, Ann asked her audience, "Is that what everyone should do? No. You have to find something that works for you. When you try a therapy, stay the course, but if you see no progress after six months, try something else. There's no single magic bullet. It's whatever works for you."

Another cancer survivor who told her story from the platform was naturopath Lisa Alschuler, N.D., who co-authored the book *Using an Integrative Approach*.

Dr. Alschuler was on the staff of the Cancer Treatment Centers of America, an organization

that integrates some alternative treatments with conventional medicine. Nearly three years ago, at the age of 42, she was diagnosed with breast cancer. She used conventional therapy plus integrative treatments.

Most people don't realize the extent to which severe stress can devastate the immune system. Dr. Alschuler pointed out that stress can cut the immune system's NK cells down by *half*! Although it's impossible to eliminate stress altogether, it's essential for cancer patients to learn to manage their stress and keep it under control.

The adage that "laughter is the best medicine" is literally true. Laughter and feelings of joy, relaxation and serenity *increase* NK cell activity.

## Why night nurses get more cancer

Getting more sleep is also essential to cancer recovery, she said. One of the other speakers, Christine Horner, M.D., pointed out that night nurses have a 50 percent higher risk of breast cancer and that the *time* you go to sleep has a huge effect. Similar increases in cancer rates have been observed among other night shift workers. She recommended trying to sleep from 9:30 p.m. to 6:00 a.m.

For an eating plan, Dr. Alschuler recommends a "rainbow diet" of colored fruits and vegetables, minimal sugar, and six to eight servings of fruits and vegetables a day. Eating right and exercising, she said, are a powerful combination: just 30 minutes a day of exercise can reduce breast cancer deaths by half and prostate cancer deaths by almost a third.

## Eating the right foods the *wrong* way won't help

As important as it is to eat the right foods, it's equally important to eat them the right *way*. Many people are in the habit of eating too fast

and wolfing down their food before chewing it enough. Dr. Alschuler advises chewing your food to the consistency of oatmeal. Keep chewing it until it reaches that consistency and *then* swallow it.

Dr. Alschuler helped one patient solve the problem of Irritable Bowel Syndrome (IBS) with this recommendation *alone!* Thoroughly chewing food caused that patient's IBS to disappear.

One of the physicians who addressed the conference was Dr. Richard Linschitz, M.D., of Glen Cove, New York. He's an expert in Insulin Potentiation Therapy (IPT). He says IPT isn't a magic bullet but rather a tool. My Special Report, ***Adios, Cancer!*** (co-written with Frank Cousineau), gives more information about IPT including first-class clinics in Mexico where you can obtain this treatment from distinguished doctors.

### **“Smart bomb” technology against cancer cells**

Dr. Linschitz pointed out that conventional oncology focuses only on the tumor, not on the biological terrain. One advantage of IPT is that it takes into account the cancer patient's biological terrain, turning IPT into a “smart bomb” against cancer.

As Dr. Linschitz explained, insulin modifies cancer cells, making them more vulnerable to low-dose chemotherapy. The insulin lulls the cancer cells into letting their guard down, and then the doctor follows up with low-dose chemo to kill cancer cells by the millions.

Anyone who takes chemo should definitely take antioxidants to reduce the side effects, said Dr. Linschitz.

Next on the conference agenda was a panel discussion featuring cancer survivors. The moderator was breast cancer survivor Julia Chiapetta.

Julia introduced Jeannine Walston, a young lady who survived brain cancer. Diagnosed in 1998, she underwent a 12-hour brain surgery during which she was awake and aware that her brain was exposed to the air. She said “no” to chemo and radiation.

She learned she needed to be her own advocate. Several doctors told her, with smiles, that she'd die of a brain tumor. No one spoon-fed her information about the alternatives. No one held her hand. She says it was a hard lesson to learn that it was up to her.

Jeannine said that she'd gone to several alternative clinics over the years, including the Hippocrates Health Institute in West Palm Beach, a clinic that specializes in detoxification, nutrition, and other holistic therapies.

For a time, she was a patient of Dr. Nicholas Gonzalez, M.D., in New York. His treatment worked, but it was arduous and time-consuming. With Dr. Gonzalez she was taking 200 supplement pills a day and four coffee enemas a day.

Coffee enemas detoxify and flush the liver. They're a widely accepted cancer treatment among alternative doctors. The treatment was even accepted by mainstream medicine at one time – listed in the *Merck Manual*-- but was dropped for no reason and without an explanation.

Even though Jeannine had good results, she found the Gonzalez program too difficult and decided to try other alternatives.

She went to Cologne, Germany, for dendritic cell therapy and mistletoe therapy. But she said the doctor lacked integrity.

Jeannine made two trips to the Paracelsus clinic in Switzerland for holistic, anthroposophical treatment. Later she switched to the BioMed clinic in Germany.

Someone from the audience asked Jeannine how she could afford to go to Germany for



treatment. She said that she raised money from friends and family and went into some credit card debt.

## **Here's what's needed to survive cancer**

To survive cancer, Jeannine said you need passion and purpose: "At the age of 24, as I faced my own mortality, I realized that it's a gift to look at death as a way to awaken to life. I thought, 'What do I want to do with my time? Why am I here? What's most important to me?' I realized I could make some changes and really awaken to life more fully. That's how I try to live."

Another panelist, Jonny Imerman, survived testicular cancer. He noticed that many cancer patients -- adults *and* children -- are without hope. Many of them receive few or no visits from friends or family. Because he has an encouraging story of survival, he started visiting these patients to talk to them, cheer them up, and encourage them. His enthusiasm for this ministry attracted other cancer survivors to join him.

His group is called "Imerman's Angels." Jonny tries to match his angels to patients who have the same kind of cancer. The best person to encourage a brain cancer patient, for example, is a brain cancer survivor.

The last panelist was Nancy Henry, who has had breast cancer for 10 years. At the age of 52 she had two mastectomies, but the disease had already spread to her lungs, and surgery didn't get rid of the lung lesions. She has lived for the last seven years with stage four lung cancer. And she appears to be in good health!

In other words, Nancy is in the state known as "stable disease." Her immune system and her cancer are in a Mexican standoff, with neither gaining the upper hand. People can live for years in a similar state of stable disease, and it can be considered a victory over cancer as long as cancer doesn't get the upper hand.

Nancy uses Dr. Wong's Chinese herbs and has also been helped by an anthroposophical doctor who gives her mistletoe extract, which she injects herself. The top cancer doctors in Germany, Austria, and Switzerland are influenced by anthroposophical medicine. For a description of the most reputable clinics, including contact information, see my Special Report ***German Cancer Breakthrough***.

Nancy also uses Rife technology, and practically swears by the Model A Rife machine by JW Labs, which she calls the "real deal." According to the theory, when Rife technology is attuned to the frequency of a pathogen, such as a cancer cell, it can "vibrate" the pathogen to death in the same way that an opera singer can shatter glass by matching its frequency. Each type of microbe -- each strain of virus or bacteria -- has its own Rife frequency that will vibrate it to death.

There are number of competing Rife machines, as the original invention from the 1930s was reportedly destroyed after the inventor, Royal Rife, was subjected to fierce persecution by the government and the American Medical Association. Strange as the theory sounds, many experienced cancer survivors and crusaders swear by it.

Nancy explained to the audience that she "dialogues" with her tumors. She has learned to love them while not approving of their behavior. And she tells her tumors the stark truth: "If I go, you go too!"

# Here's What You Do for the "Ugly Cancers"

(Second of two reports on the 2011 Evidence-based Complementary  
& Alternative Cancer Conference held in West Palm Beach, Florida)

by Andrew Scholberg

**D**r. Walter Wainright, a Ph.D. researcher, presented a remarkably potent remedy that devastates cancer cells without pulling down the immune system or killing healthy cells. It's a fermented soy product I'd never heard of before: Haelen. Dr. Wainright declared that "fermented soy is for the ugly cancers."

An ugly cancer requires an equally serious remedy -- not a remedy like high-dose chemo or radiation that destroys your immune system while indiscriminately killing your body's *healthy* cells, but a powerful natural remedy. This could be it.

Unlike Dr. Wainright, I'm not a scientist. I'm only a layman, like most of the people reading this article. I regret to admit that just about everything Dr. Wainright said in explaining how Haelen works sailed right over my head. But fortunately I was sitting next to Ursula Jacob, M.D., one of Germany's top cancer doctors. Immediately after Dr. Wainright's talk, I turned to Dr. Jacob and asked her, "Does he know what he's talking about?" She said yes. She uses Haelen at her clinic in Germany's Black Forest.

Haelen has no side effects, it's cheap, and it's easy to get.

Compare Haelen to the popular chemo drug Avastin, for example. Avastin costs an astounding \$100,000. The benefit of Avastin for all this money? Studies purport to show that Avastin could extend someone's life a couple of months -- perhaps as much as five months. And Avastin has severe side effects.

By contrast, Haelen costs only \$900 for an effective course of treatment: less than *one penny on the dollar* compared to Avastin. It's effective against cancer -- even ugly cancers. And it has no side effects.

Make no mistake: there's no silver bullet against cancer. But there are quite a few effective therapies that work well when used together to get rid of cancer: Haelen, high dose vitamin C, detox therapies, DMSO, laetrile, etc. Your Bonus Report #3 has all the details on Haelen.

## **Americans still go to Mexico for laetrile**

Dr. Ralph Moss, one of the world's most well-known advocates for alternative cancer treatments, addressed the topic of laetrile in his talk at the conference. Late in the 1970s, about 70,000 Americans went to Mexico to get laetrile

because news of its effectiveness against cancer leaked out.

Incredible as it sounds, Dr. Moss pointed out that the Cancer Treatment Center of America in Zion, Illinois, was giving laetrile and DMSO in the late 1970s. Laetrile was freely prescribed -- right here in America! No longer is that the case.

Laetrile is now *verboden* in America, and any American doctor who prescribes or recommends it can expect a huge hassle from the government or from the medical board or from both. Doctors who've given laetrile to their patients have been given free room and board -- in other words, prison.

No wonder so many Americans still go to Mexico for cancer treatment. For more information about the top Mexican cancer clinics in safe, secure areas, check out my Special Report, ***Adios, Cancer!***

Even though the Cancer Treatment Centers of America doesn't offer laetrile any more, it's still better than the conventional cancer hospital because it offers *some* alternative therapies plus nutrition and counseling. For information about the top alternative cancer clinics in America, see my Special Report ***Cancer Breakthrough USA***.

### **Ignoramus gives Marisa six months to live**

One of the most dramatic stories I heard at the conference was from Marisa Harris, a stage four pancreatic cancer survivor. Marisa's conventional doctor told her, "Nothing can be done. You have four to six months to live." Then, after giving her this death sentence, he quizzed her and said, "You're not going to do any of that alternative stuff, are you?" She replied, "Of course not!" He patted her shoulder and said, "Good girl."

Not only was that doctor an ignoramus, but also -- please pardon me for saying this -- he was a pompous ass!

Fortunately Marisa found another doctor with two important qualifications: humility and useful information. The new doctor asked her, "Do you really want to live?" "Yes," she replied. The doctor responded, "How much are you willing to do?" "Everything," she said. The doctor pointedly asked, "Are you sure?"

What filled Marisa with a bright ray of hope were the new doctor's words: "There's so much you can do! Doctors don't even know when *they're* going to die. How can any doctor possibly know when *you're* going to die?"

Amen! Any doctor who gives patients just months to live is a fool, pure and simple. No doctor knows the future. Only God knows how many months someone has to live.

To beat cancer, the patient needs a robust immune system and vibrant health. Mark Kaylor gave a talk on what cancer patients can take to achieve *radiant* health, a remedy he called the "missing element" in health and healing. Getting rid of a disease counts for something, but what if the patient still feels "blah" or even rotten?

Medicinal mushrooms are a powerful remedy that can help bring back one's pep, vitality, and enthusiasm for life. They are among the most thoroughly documented, studied and proven alternative remedies. They strengthen the immune system, and can be used safely and effectively to both prevent and treat cancer.

Kaylor said that three different mushrooms have a dramatic effect for better health: 1) Eating 9 to 12 shitake mushrooms a day is an anti-fungal that also revitalizes the liver. 2) Chaga mushrooms are extraordinarily strong and show great promise for strengthening your constitution. In fact, the body of the 5,000-year-old "Iceman" of the Alps was found with a medicine pouch containing similar mushrooms. 3) Kaylor's favorite is the reishi mushroom, which is good for sleep, and for the heart, lungs, liver, kidneys -- just about everything.

Dr. Troy Sanford, N.D., spoke about water

ionizing machines that activate hydrogen, which scavenges free radicals. He said 15 percent of Japanese homes have water ionizers, which create “living water.” Like an inflated balloon, this water has energy, according to Dr. Sanford. It’s an easy way to alkalize your diet.

Dr. Sanford said that your body *will* alkalize your blood -- one way or the other. But if your body has to rob calcium from your bones and magnesium from your muscles to accomplish this, it will be at a high price. Instead of forcing your body to rob Peter to pay Paul, drinking alkalized water will make it easy for your body to alkalize your blood. The by-product of the ionizing machine is acidic water, which is useful for washing food because it kills food-borne pathogens -- even E. coli. He says you can get a good water ionizer for about \$2,000.

### **Nutrition can cure even brain cancer, study proves**

Believe it or not, eating the right foods alone is enough to beat some cancers. In Dr. Jeanne Wallace’s talk, she cited a study that involved 341 glioblastoma brain cancer patients. This is an ugly cancer -- the kind that killed Senator Ted Kennedy. Glioblastoma is considered a death sentence, and hardly any patients are alive a year or two after their diagnosis. But with good nutrition, an astounding 15 percent of the 341 patients were still alive after *five years*!

That’s the astonishing difference good nutrition can make. What does Dr. Wallace recommend you should eat? She highly recommends things like cinnamon, blueberries, chamomile tea, black walnuts, and oat bran.

Dr. Wallace also listed the ingredients of her “superfood” salad: garlic/onions, parsley, avocado, flaxseed meal (*fresh ground* flaxseeds for which you need a spice grinder in your kitchen), fresh squeezed lemon juice, and extra virgin olive oil.

To quench inflammation, Dr. Wallace recommends curcumin *and* resveratrol -- not one or the other but *both*.

Another speaker, Dr. Helayne Waldman, gave her recipe for an anti-inflammatory “Cream of Green” soup:

- Four cups of fresh green veggies (broccoli florets and/or asparagus and/or green beans and/or chard and/or greens of your choice)
- Two cups of organic chicken broth or vegetable broth
- One cup of organic coconut milk
- One large onion, fried
- Add garlic to taste
- Be creative with your spice rack, adding curry or curcumin or ginger or oregano, etc.
- Blend everything

Dr. Waldman urged the audience members to give their overtaxed livers some help! She mentioned three things anyone can do: 1) Take olive oil mixed with fresh lemon juice with your salad or at bedtime. 2) Take hot water with lemon in the morning. 3) Take milk thistle extract -- available at any health food store – for good liver health.

The best way to promote intestinal health, Dr. Waldman said, is to eat raw sauerkraut -- the kind that has to be kept under refrigeration in the store. Not only is kraut (fermented cabbage) a cruciferous vegetable, but in its fermented state it’s jam-packed with the probiotics your intestines need for optimal health. Raw sauerkraut is expensive to buy, but it’s cheap and easy to make at home. “Raw kraut is fabulous. You can’t beat it,” she said. But you need to know that most sauerkraut sold in conventional supermarkets is pasteurized and therefore useless as a probiotic. Pasteurization kills all the microorganisms.

Dr. Waldman also addressed a topic cancer patients must consider: dental health. Because

root canals and other jaw infections can cause cancer -- even cancers of the breast and prostate! -- these dental problems must be solved. Conventional dentists -- i.e., those who are *doing* the root canals in the first place -- may not be of much help. To find a biological dentist, Dr. Waldman recommends this website: [www.iaomt.com](http://www.iaomt.com).

Another excellent resource is *Cancer Defeated's* Special Report ***The Secret Poison in Your Mouth***. This 53-page guide provides numerous resources for finding a good biological dentist – plus much other information about the bad dental work that's destroying the health of millions. Most alternative cancer experts consider mercury fillings and root canals to be prime causes of cancer. In fact, one famous Swiss clinic told us that nearly ALL breast cancer patients have had a root canal.

No one who attended the 2011 Annie Appleseed conference would deny that there's so much a "terminal" cancer patient can do to live in good health for years. The speakers who gave their testimonials proved this point.



# The ONLY Soy You Should Ever Eat

You can get remarkable benefits from this little bean  
– But only if you avoid this catastrophic mistake...

by Lee Euler, Editor, *Cancer Defeated* newsletter

**I**t is no secret that soy has become the best-loved 'health food' of the past 20 years.

What *is* a secret – by all evidence – is which soy products you should use to obtain these health benefits. After all, there's a world of difference between the beneficial ones – and the ones that will *seriously* throw a wrecking ball at your health.

It's often hailed as a wonder food, but soy is actually a Pandora's box of benefits and dangers.

Japanese women have held the record for the world's longest life expectancy for 25 years now (as of 2010), according to Reuters News. Women in Japan have a life expectancy of 86.44 years, while Japanese men can expect to live 79.59 years.

It's been said, "It's all in the food." And it *is* true that the Japanese consume a diet rich in fish, soy and tea. What's more, there's less overeating because of their custom of small serving sizes.

However, there is a soy secret the Japanese know – which Americans seem totally clueless about.

## **The soy secrets not one American out of ten knows...**

You see, there are two kinds of soy – the kind the Japanese eat, and the kind Americans eat. And a great chasm separates the two.

Hence, the great debate about whether soy is truly a 'health food' or not.

What if everything you've heard about soy is industry hype and multi-million dollar marketing campaigns based on half-truths or lies?

The U.S. soy industry was born decades ago, back when coconut and palm oils were in nearly every kitchen. But since these two tropical oils were primarily grown outside the U.S., a plan was devised to replace them with a domestic 'healthy' oil – soybean.

The explosive growth of the soy industry was virtually guaranteed thanks to government subsidies, which kept prices artificially low, and the American Soybean Association, which united the industry into a powerful lobby. For the most part, the industry has succeeded in convincing Americans that its soybeans are indeed a health food.

But regular unfermented soy has been linked to all sorts of health issues – digestive distress, immune system breakdown, PMS, endometriosis, reproductive problems (men *and* women), allergies, ADD and ADHD, increased heart disease and cancer risk, malnutrition, and loss of libido.

Were it eaten as it usually is in Japan, soy could be considered a health food. In Japan, soy is nearly always consumed in fermented form, while in the U.S. it's almost always highly processed and non-fermented.

And there's a world of difference...

### Here's a quick look at the difference between fermented and non-fermented soy...

Fermented Soy Products	Non-Fermented Soy Products
<ul style="list-style-type: none"> <li>• Natto (Nattokinase)</li> <li>• Miso</li> <li>• Tempeh</li> <li>• Soy sauce (tamari)</li> <li>• Fermented tofu</li> <li>• Fermented soy milk</li> <li>• Pickled tofu</li> <li>• Haelan</li> </ul>	<ul style="list-style-type: none"> <li>• Soy milk</li> <li>• Tofu</li> <li>• Fresh green soybeans</li> <li>• Whole dried soybeans</li> <li>• Soy nuts &amp; chips</li> <li>• Soy flour</li> <li>• Soy sprouts</li> <li>• Soy cheese / veggie cheese</li> <li>• Soy infant formula</li> </ul>

And now, on to the reasons *not* to eat soy unless it's fermented – things the soy industry doesn't want you to know.

## 5 reasons to avoid non-fermented soy

Numerous studies have been performed on soy dating back to 1925. These are the highlights:

**1. Soy blocks vitamin and mineral absorption, denying your body the health building tools it needs.**

Soy has extremely high *phytate* levels, and they're highly resistant to normal phytate-reduction tactics like long, slow cooking. Long periods of fermentation will greatly reduce those levels, though it won't eliminate them.

Every plant has anti-nutrient properties, but the soybean plant is especially rich in these chemicals. If they're not removed by fermentation, soybeans are *one of the worst foods you can eat*.

Soy creates an increased bodily demand for vitamins E, K, D and B12. The phytic acid in soy blocks absorption of essential minerals, creating mineral deficiencies of calcium, magnesium, copper, zinc, and more.

**2. Soy contains its very own natural toxins, known as anti-nutrients.**

These are potent *enzyme inhibitors* that block trypsin and other enzymes from being released to help you digest protein and carbohydrates.

The enzyme inhibitors can produce gastric distress and cause amino acid deficiencies. Diets high in trypsin inhibitors caused enlargement and pathological conditions including cancer in test animals.

**3. Soy contains endocrine-disrupting isoflavones, especially one called genistein.**

Problems relating to dietary intake of isoflavones include infertility, reproductive problems, thyroid and liver disease.

One hundred grams of soy protein (less than four ounces) can contain nearly 500 mg of isoflavones – a very high dose. In 1992 the

Swiss Health Service estimated that 100 grams of soy protein provide the same amount of estrogen as one birth control pill. This is a controversial subject – I would say the jury is still out on whether eating a large amount of genistein is literally the same as supplementing with human estrogen. But if I were you, I wouldn't take the chance.

What's even more paradoxical is that genistein has been shown to KILL cancer cells under some circumstances. From what I can learn, we don't have definitive answers on the good and the bad when it comes to this plant chemical.

#### ***4. Unfortunately, matters get worse when soy is processed.***

It is often acid-washed in aluminum tanks, leaching aluminum into the finished product. Spray drying produces nitrites, which are potent carcinogens. The toxin lysinoalanine forms during alkaline processing. Artificial flavorings, especially MSG, are added to soy protein isolate (SPI) and textured vegetable protein (TVP) products to cover their 'beany' taste and make it more 'meat-like'.

#### ***5. DNA damage and cancer.***

Are you now consuming soy in the belief that it protects you from breast cancer?

Genistein was found to stimulate breast cells to enter into a breast cancer cycle.<sup>1</sup> Furthermore, scientists have known since 1993 that soy causes DNA damage and chromosome fragmentation.

And there's more damaging evidence which is beyond the scope of this article.

It should be noted that America's FDA even ignored two of its own expert research scientists (Daniel Sheehan, Ph.D., and Daniel Doerge, Ph.D.) – when these two Daniels expressed concerns about the widely-accepted 'safe' use of soy.

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<sup>1</sup> Estrogen found in soy stimulates human breast-cancer cells in mice . Three studies from the University of Illinois, Nov 1, 2001, [http://www.eurekalert.org/pub\\_releases/2001-11/uoia-efi110101.php](http://www.eurekalert.org/pub_releases/2001-11/uoia-efi110101.php) Abstract EurekAlert Medical Archives.

## **Why fermented soy is a MUCH different story...**

Fermentation is the oldest known form of food biotechnology, dating back more than 5,000 years. Our distant ancestors found it was a way of preserving foods safely.

Traditional fermentation processes enrich foods biologically with protein, essential amino acids, essential fatty acids, vitamins, numerous antioxidants and phytosterols... and increases the quantity, availability, digestibility and assimilation of nutrients.

In soy, fermentation removes the trypsin inhibitors – those nasty anti-nutrient factors – from the bean's coating.

Fermented soy products become nutritionally enhanced, more bioavailable, and *reduce* certain cancer risks... while promoting heart and bone health and relieving menopausal symptoms. During the fermentation process, the enzymes produced by the bacteria and yeast break down and become easier to digest. This makes the protein content of unfermented soy protein easier to digest also.

A study of cultured miso concluded that this fermented soy produces its own unique anti-carcinogenic activity by strongly inhibiting the formation of cellular mutations. I was glad to hear that, since I like miso soup.

In addition to reducing the risk of certain kinds of cancer, fermented soy gets credit for lowering cholesterol, reducing chronic pain, lowering blood pressure, and alkalinizing blood.

## **How to enjoy the benefits of fermented soy...**

You may not be familiar with fermented soy products, so here's a quick rundown about a few options you may want to experiment with.

**Natto** – Fermented soybeans with a sticky texture and a strong, cheese-like flavor. Loaded



with nattokinase – a very powerful blood thinner – it's the world's best source of vitamin K2, as well as a quality source of the beneficial bacteria called bacillus subtilis. You can find it in most Asian grocery stores.

**Tempeh** – A fermented soybean cake with firm texture and a nutty, mushroom-like flavor.

**Miso** – A fermented soybean paste with a salty, buttery texture... often used in miso soup.

**Soy Sauce** – Caution! Traditionally soy sauce was made with fermented soybeans, salt and enzymes. But many varieties on the market today are made artificially using a chemical process, not the traditional fermented process.

**Haelan** – Discussed in the following section...

It's often said that natto takes a little getting used to for most Americans, because of its strong taste. In fact, I know a Japanese-American who thinks the stuff is pretty foul. There are nattokinase food supplements available for people who don't want to eat natto. Please take note: the supplements probably don't contain other nutrients (such as beneficial bacteria) that are found in whole natto. They just contain one enzyme extracted from natto.

Compared to natto, the word on the street is slightly different for tempeh and miso.

A quick online search revealed numerous tempeh recipes to try, such as barbeque tempeh sandwiches, tempeh ratatouille, vegetarian sloppy joes, and more. One piece of advice... use the freshest tempeh available for best and tastiest results.

Likewise, you can find numerous miso recipes online, as well as entire print cookbooks. Recipe ideas range from miso soup(s) to salad dressings, and miso-glazed salmon to BBQ miso chicken... and more.

Bear in mind that with fermented soy foods, a little goes a long way. The Chinese and Japanese

eat only about one ounce of fermented soy food on a daily basis. It's a condiment or flavoring, not something you stuff yourself with.

For this reason (and this is just my conjecture) Asians aren't getting the massive doses of estrogens that Americans ingest by eating hundreds of grams of unfermented soy. In health food stores and Chinese restaurants I've often encountered chunks of unfermented tofu as big as children's blocks. The Asians, I'm told, don't eat it that way.

When fermented soy foods are used in small amounts they help build the inner ecosystem – the “good” bacteria and yeast in your colon. Fermented soy provides your colon with a wealth of friendly microflora that aid digestion, boost immunity, and help with the assimilation of nutrients.

### **Fermented soy as a cancer treatment...**

Haelan is a fermented soy anti-cancer product. Walter Wainright, Ph.D., is an expert on this subject, and is with the Haelan Research Foundation ([www.haelan951.com](http://www.haelan951.com)).

Wainright points out that the chemo drug Avastin costs \$100,000 – and perhaps extends life for two to six months, with extreme side effects.

Haelan, on the other hand, costs approximately \$900 for an effective course – with NO side effects. Wainright declared, “Fermented soy is for the ugly cancers.”

As noted in Bonus Report #2, Dr. Ursula Jacob uses Haelan at her clinic in the Black Forest.

Haelan Products, Inc., began in 1989 – when Lesly Todesco learned of a fermented soy product manufactured and sold in China that had worked wonders for a friend of hers.

She and her husband Joe decided the product should be made available in the U.S. They began selling it, and incorporated their company in the

Pacific Northwest. Since then, Haelan Products has built a good reputation in the field of nutrition.

They select beans based on the maximum available nutrition. They take geographical area and soil quality into account, with beans harvested at the peak of nutritional value. The soybeans used to manufacture their Haelan 951 drink are processed through a patented fermentation process under carefully controlled conditions.

This sets Haelan 951 apart from other soy beverages. The differences are noticeable in both the protein and phyto-nutrients provided. They are proven to be readily digested.

The ingredients in Haelan 951 include mineral water, cultured soy powder, potassium phosphate, yeast, calcium carbonate, sodium chloride, and sodium selenate – and absolutely **no** artificial colorings or flavoring.

### **Fermented, yes – unfermented, no**

Overall, the evidence seems to point to *fermented* soy as a product to safely include in your diet in moderation – but not so with ‘regular’ soy.

*Unfermented* soy should be banished from your diet... hands down. Read labels, because it's in nearly everything even remotely processed (including dark chocolate, which contains soy protein isolate). Skip it – it's not worth the health risks. Be sure you're consuming the **ONLY** soy your body can benefit from.

By all means, feel free to include one ounce per day of *fermented* soy, if you enjoy consuming it. In moderation only!

When it comes to Haelan, I'd like to see more clarification of the genistein/estrogen issue before making it my first choice as a cancer treatment. As a male, I'm not looking for added estrogen. Since I've just encountered this treatment, I need to learn more.

Haelan's website says that one-fourth to one-half an eight ounce bottle each day is a “maintenance” dose (for someone not seriously ill). As you have to expect in the case of any nutritional supplement, the website makes no claims as to whether Haelan is useful in treating cancer or other diseases. The site recommends very large doses of Haelan for patients with an acute condition.