Key Points to the Non-Reactive (Paleo) Diet

This way of eating is based upon everyday, modern foods that mimic the food groups of our pre-agricultural, hunter-gatherer ancestors. The following seven fundamental characteristics of hunter-gatherer diets will help you to optimize your health, minimize your risk or even reverse chronic disease, and lose weight.

This diet is recommended for conditions such as cancer, autoimmune diseases, asthma, allergies, diabetes and much more.

1. Higher protein intake – Protein comprises 15 % of the calories in the average western diet, which is considerably lower than the average values of 19-35 % found in hunter-gatherer diets. Grass-fed, pasture-raised and wild-caught: eggs, meat, seafood, and other animal products represent the staple foods of modern day paleo diets.

2. Lower carbohydrate intake and lower glycemic index – Non-starchy fresh fruits and vegetables represent the main carbohydrate source and will provide for 35-45 % of your daily calories. Almost all of these foods have low glycemic indices that are slowly digested and absorbed, and won't spike blood sugar levels.

3. Higher fiber intake – Dietary fiber is essential for good health, and despite what we're told, whole grains aren't the place to find it. Non-starchy vegetables contain eight times more fiber than whole grains and 31 times more than refined grains. Even fruits contain twice as much fiber as whole grains and seven times more than refined grains. Berries and green leafy vegetables are your best options.

4. Moderate to higher fat intake dominated by monounsaturated and polyunsaturated fats with balanced Omega-3 and Omega-6 fats – It is not the total amount of fat in your diet that raises your blood cholesterol levels and increases your risk for heart disease, cancer, and type II diabetes, but rather the type of fat. Cut the trans-fats and the Omega-6 polyunsaturated fats in your diet (baked goods, creamer, margarine...) and increase the healthful monounsaturated (sources) and Omega-3 fats (sources) that were the mainstays of our stone-age ancestors. Recent, large population studies, known as meta-analyses, show that ingestion of saturated fats had little or no adverse effects upon cardiovascular disease risk.

5. Higher potassium and lower (processed) sodium intake – Unprocessed, fresh foods naturally contain 5 to 10 times more potassium than sodium, and stone-age ancestors were adapted to this ratio. Potassium is necessary for the heart, kidneys, and other organs to work properly. Low potassium is associated with high blood pressure, heart disease, and stroke – the same problems linked to excessive dietary sodium. Today, the average American consumes about twice as much sodium as potassium. Potassium along with magnesium also helps to keep our system alkaline, which is one of the primary factors that can keep inflammation down, thus reducing the risk of cancer, autoimmune disease and obesity.

6. Net dietary alkaline load that balances dietary acid – After digestion, all foods present either a net acid or alkaline load to the kidneys. Acid producers are meats, fish, grains, legumes, cheese, and salt. Alkaline-yielding foods are fruits and veggies. A lifetime of excessive dietary acid may promote bone and muscle loss, high blood pressure, and increased risk for kidney stones, and may aggravate asthma and exercise-induced asthma. Cancer is also caused by and/or accelerated in an acidic environment – meaning a higher acid mineral to alkaline mineral ratio.

7. Higher intake of, vitamins, minerals, antioxidants, and plant phytochemicals – Whole grains are not a good substitute for lean meats, fruits, and veggies, as they contain no vitamin C, vitamin A, or vitamin B12. Many of the minerals and some of the B vitamins whole grains do contain are not well absorbed by the body. Eating and juicing the rainbow in fruits and vegetables, eating healthy fats, along with consuming grass-fed, wild-caught and pasture-raised proteins, will give you all the nutrition you need without having to take a handful of supplements each day.

Food, Product and Preparation Resources:

- **Grass-fed/free-range products directory (CA) -** http://www.eatwild.com/products/california.html

- **Local Harvest: Real Food, Real Farmers, Real Community -** LINK

- **Unprocessed Real Sea Salt.** (link to their store-front) *It's a wet-grey salt and needs a special wet-salt or grey-salt grinder. I hate to even call it salt because it's really a trace mineral supplement and it's the best tasting "salt" I've ever tasted, and I've been using it since 2004*.

SEA-90 sea mineral solids are natural crystals produced by solar dehydrating H2O from sea water trapped in retention ponds located in a very arid pristine coastal area with no industry or agriculture. This particular sea is considered to be one of the most mineral-rich and diverse in sea life on earth.

The minerals and trace elements in SEA-90 are proportioned and balanced to sustain biological life. Consider that the elements in sea water are at essentially the same ratios as human blood, and that sea life living in pure and balanced ocean water is seemingly immune to cancer and other degenerative diseases.

SEA-90 is the product of 30 years of research by Dr. Maynard Murray that proved soils enhanced or remineralized with sea minerals grow crops superior to that grown solely with conventional fertilizers. Dr. Murray shared his knowledge and research with Robert Cain who is the founder of SeaAgri, Inc.

- **When You Ferment Foods, You Make Them Better** - http://gnowfglins.com/ecourse/classes/ferment

- **Book on fermenting foods** - The Complete Idiot's Guide to Fermenting Foods [paperback]

- **Great Lakes Gelatin (Sold at the clinic) -** A Healthy Protein Powder - http://www.foodrenegade.com/gelatin-healthy-protein-powder/

Recipe Resources:

Bone Broth - The backbone to any proper paleo diet is traditional bone broth. Here is my version of the time honored classic. http://www.advancedhealing.com/dr-ettingers-chicken-bone-broth-with-pureed-vegetables/

Websites:

- One of my favorite websites for **paleo recipes -** www.monmonpaleo.com
- Yummy recipes using **coconut flour and coconut oil** - http://blog.radiantlifecatalog.com

Breakfast Recipes
http://paleospirit.com/paleo-recipes/paleo-breakfast-recipes/
http://paleomg.com/category/breakfast/
http://everydaypaleo.com/food/breakfast/
http://pinterest.com/chowstalker/paleo-primal-breakfast-recipes/

Soup Recipes
Broccoli Soup
Butternut Squash Apple Soup
Butternut Squash Soup
Chicken Noodle Soup
Cucumber Avocado Gazpacho
Fennel Apple Soup
Green Chicken Soup
Green Soup with Ginger
Matzo Ball Soup
Mushroom Soup
Pumpkin Ginger Soup
Roasted Cauliflower Soup
Thai Vegetable Soup: Everyday Chef Challenge
Yellow Split Pea Soup with Smoked Paprika

Salad Recipes
Asian Slaw
Asparagus Basil Salad
Cabbage Orange Salad
Cherry Arugula Solstice Salad
Cherry Orange Salad
Cucumber Mango Salad
Cucumber Salad
Jicama, Beet and Carrot Salad
Kale Salad with Grapefruit
Kaleslaw
Orange Arugula Salad
Peach Arugula Salad
Pomegranate Salad
Radicchio Salad with Frisée and Apples

Raw Kale Salad
Raw Kale Shiitake Salad
Simple Fruit Salad
Spicy Slaw
Spinach Salad
Summer Squash Salad
Sunflower Sprout Salad
Zucchini Carpaccio

Dinner Recipes

Baked Mustard Lime Chicken
Balsamic Roasted Turkey with Apple Stuffing
Chicken Meatballs from Spunky Coconut
Chicken Piccata
Chicken Salad with Almonds
Chicken with Cherries and Kale
Chinese Chicken Salad
Chipotle Lime Salmon
Chipotle Orange Chicken
Cobb Salad
Cod Piccata
Curried Shrimp
Dogs In a Garden
Fish Sticks
Gefilte Fish
Green Chili Turkey Burgers
Grilled Chipotle Orange Chicken
Ina's Grilled Lemon Chicken
Leftover Turkey Sandwich
Mango Chicken
Mexican Chicken and Rice
Mustard Lime Chicken
Paleo Shepherd's Pie
Paleo Turkey Hash
Peach Chicken
Roasted Chicken with Olives and Prunes
Rosemary Apple Chicken
Rosemary Lemon Chicken
Salmon Kabayaki
Salmon with Anchovy Olive Tapenade
Salmon with Cucumber Chile Relish
Salmon with Mushrooms and Red Pepper Sauce
Salmon with Tomato Basil Relish
Sesame Kelp Noodles
Sesame Salmon Burgers
Stuffed Peppers
Thyme Salmon with Gluten Free Girl's Leek Coulis
Turkey Chili
Turkey Club Sandwich

Dessert Recipes

Apricot Power Bars
Baked Apples
Brownies
Chocolate Almond Joy Bars
Chocolate Chili Truffles
Chocolate Raspberry Bonbons
Cinnamon Pecan Brittle
Coconut Bars
Coconut Chocolate Chip Ice Cream
Cranberry Chocolate Biscotti
Cranberry Chocolate Truffles
Cranberry Orange Biscotti
Double Chocolate Mocha Biscotti
Espresso Fudge Brownies
Gingerbread Apple Crisp
Gluten Free Tart Crust
Granny Smith Apple Crisp
Lemon Almond Biscotti
Molasses Spice Cookies
Mounds Candy Bars
Paleo Apple Tart
Paleo Chocolate Cupcakes
Paleo Coconut Macaroons
Paleo Fruitcake
Paleo Girl Scout Cookies: Samoas
Paleo Honey Cake
Paleo Pecan Tart Crust
Paleo Pumpkin Bars
Peach Almond Ice Cream
Peanut Butter and Jelly Cookies
Pecan Shortbread Cookies
Peppermint Patties
Popsicles from Simply Sugar & Gluten-Free
Practical Paleo: Mint Chip Truffles
Pumpkin Custard
Raw Chocolate Fudge
Roasted Banana Coconut Ice Cream
Sesame Cookies
Silvana's Mousse Cloud Pie
Star Cookies
Sunbutter Ice Cream
Vanilla Fig Bars
Vegan Mint Chip Ice Cream
Vegan Nut Free Gluten Free Brownies
Vegan Peanut Butter Cookies

Cooked Vegetable Recipes

Acorn Squash with Cranberry Apple Stuffing
Broccoli Rabe with Garlic

Butternut Squash Latkes
Carrot French Fries
Carrot Kugel
Carrot Scallion Latkes
Cauliflower Rice
Cranberry Apple Stuffing
Eggplant Caponata
Garlic Ginger Bok Choy
Grilled Broccoli
Grilled Portabella Mushrooms
Grilled Zucchini
Kale with Cranberries
Kale with Gomasio
Kelp Noodles
Lemon Kale Chips
Mashed Cauliflower
Oven Roasted Broccoli
Paleo Dirty Rice
Roasted Asparagus
Roasted Balsamic Beets
Salt and Vinegar Kale Chips
Sautéed Kale
Simple Braised Greens
Spinach Cake
Squash "Pie"
Squash Fries
Squash with Cherries
Stuffed Mushrooms

Condiment Recipes
Apricot Butter
Apricot Salad Dressing
Basil Salad Dressing
BBQ Sauce
Beet Hummus
Beet Maror
Chopping Board Pesto
Cranberry Cherry Relish
Cranberry Sauce
Creamy Avocado Dressing
Creamy "Ricotta" Dip
Easy Avocado Dip
Gomasio
Gravy
Green Goddess Dressing
Herb Gravy
Homemade Ranch Dressing
Homemade Tomato Sauce
Honey Mustard Dressing
Horseradish: Make Your Own Maror

Kale Almond Pesto
Lemon Walnut Pesto
Marcona Almond Mayonnaise
Nettles Pesto
Orange Ginger Sauce
Pear Parsley Salad Dressing
Quick and Easy Gourmet Garlic Oil
Raw Cranberry Sauce
Raw Tomato Sauce
Savory Avocado Spread
Sesame Dip
Spicy Walnut Vinaigrette
Umeboshi Cucumber Dressing
Vanilla Almond Butter

Paleo Topping Recipes
Paleo Chocolate Frosting
Pumpkin Whipped Cream

Paleo Drink Recipes
Almond Milk
Apple Cider Soda
Breakfast Power Smoothie
Crockpot Hot Toddy
Dandelion Root Coffee
DIY Coconut Milk
DIY Sparkling Beverage
Frank Zane's Protein Powder Piña Colada
Ginger Cilantro Green Shake
Ginger Licorice Tea
Ginger Lime Mocktail
Greeña Colada
Green Lemonade
Homemade Hot Apple Cider
How to Make Pumpkin Spice Lattes
Iced Ginger Chai
Iced Tea
Kale Creamsicle
Lemon Cooler
Mexican Hot Chocolate
Mint Chip Protein Shake
Peppermint Hot Chocolate
Simple Green Juice
Soothing Chai
Strawberry Lime Shake
Time for Cocktails
Turning Lemons into Lemonade
Vegan Eggnog
Watermelon Aguas Frescas

Related Websites

I do not personally endorse the websites below; they are for educational purposes only. The views expressed, within the websites, are those of their authors and may not be shared by myself.

Medical – Ketogenic and Paleo:

- Cancer & Ketogenic/Paleo Diet - Dominic D'Agostino, PhD (Facebook)
- Cancer & Ketogenic/Paleo Diet – Elaine Cantin

Mark's Daily Apple - http://marksdailyapple.com/

Mark Sisson calls his version of the diet (Paleo Diet) the Primal blueprint, because he also incorporates lifestyle and habit changes that are in line with our ancestor's lifestyle (e.g. sleep, leisure time, intermittent fasting….) He is a very impressive guy and always tries to bring balance to his recommendations. Mark makes things very easy to integrate into one's day to day life. Mark's site is called Mark's Daily Apple and you'll find a ton of great information. I would definitely put his blog in my bookmarks and check it every day.

Robb Wolf's blog and podcast - http://robbwolf.com/

Robb Wolf is a personal trainer and biochemist who's passionate about the paleo diet and likes to go deep into the subject with exact explanations as to why certain things work while others don't. He has a great weekly podcast where he answers questions people send him through his blog and you'll find lots on gems in there, especially if you're dealing with specific problems or autoimmune diseases. I strongly recommend that you listen to a couple of his podcasts and see if you can get some of your questions answered.

PaNu - http://www.archevore.com/

PanuPaNu stands for Paleolithic Nutrition. This is the blog of Dr. Kurt Harris with great introductory material as well as more in-depth explanations. I absolutely love the unapologetic and sometimes cynical style of Dr. Harris and certainly share some of his ideas around the benefits of high fat nutrition and the benefits of butter and grass-fed ruminants.

Weston A. Price Foundation - http://www.westonaprice.org/

I think that the work of the Weston A. Price foundation is a true gem in the paleo diet world and I wrote about it in a separate article. They certainly have diverging opinions concerning dairy and some grain products, but the basis is the same as the paleo diet and the site is full of great information and in-depth articles written by people who really know what they are talking about.

The Healthy Skeptic - http://chriskresser.com/

Chris Kresser from the Healthy Skeptic really does a great job of going in-depth into subjects like thyroid diseases, GERD, heart disease, fish oil … I really like his style of writing and I've learned a lot from his blog.

Perfect Health Diet - http://perfecthealthdiet.com/

This is another great blog by two scientists that can probably teach you a thing or two about nutrition. They have a very interesting take on some aspects of a perfect diet for health and longevity and they bring nice ideas to the table like keeping proteins on the low side for example and the consumption of safe starch. Excellent website!

Hyperlipid - http://high-fat-nutrition.blogspot.com/

Peter is a vet and a genius and his information will blow your mind. He's well-versed in science and biochemistry and if you're like me you'll only understand 25% of his posts, but just that 25% will be very mind blowing. He digs out the truth behind nutritional and health papers.

Dr. Michael Eades' blog - http://www.proteinpower.com/drmike/

Dr. Michael Eades, along with his wife, Dr. Mary Eades, are pioneers in low-carb, high-fat nutrition and have been spreading the right nutritional information now for a number of years.

Paleo Hacks - http://paleohacks.com/#axzz2J2YcHCra

This is the site I like to hang around all the time. It's a question and answer site where you get to ask any Paleo diet related question that you have in mind and get knowledgeable members of the community give you their answer. It's a site where participation and respect is greatly encouraged and you'll find a ton of information. I could spend whole days on that site.
Whole Health Source

Whole Health Source - http://wholehealthsource.blogspot.com/

W.W.S is one of the best blogs about nutrition on the web. Stephan Guyenet is the guy to read for information regarding ancestral nutrition. He likes to analyze papers and to study traditional cultures in regards to their health and nutritional habits.

Hunter Gatherer - http://www.hunter-gatherer.com/

John Durant has become sort of the poster boy for the Paleo diet. After having been featured in a New York Times article and on the Colbert Report, he is now well-known and active in the Paleo community of NYC. His blog is very entertaining.

Hunt Gather Love - http://huntgatherlove.com/

Melissa McEwen is also active in the growing Paleo community of NYC and she as a great and often entertaining blog where she discusses all matters around the paleo lifestyle.

Wheat Belly – Great Book

Renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems.

Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls “wheat bellies.” According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It’s due to the whole grain wraps we eat for lunch.

After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as “wheat”—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle.

Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

10 Signs You Are Gluten Intolerant by Amy Myers, MD

More than 55 diseases have been linked to gluten, the protein found in wheat, rye, and barley. It's estimated that 99% of the people who have either gluten intolerance or celiac disease are never diagnosed. It is also estimated that as many as 15% of the US population is gluten intolerant. Could you be one of them?

If you have any of the following symptoms it could be a sign that you have gluten intolerance:

1. Digestive issues such as gas, bloating, diarrhea and even constipation (I see the constipation particularly in children) after eating gluten.
2. Keratosis Pilaris, also known as 'chicken skin' on the back of your arms. This tends be as a result of a fatty acid deficiency and vitamin A deficiency secondary to fat-malabsorption caused by gluten damaging the gut.
3. Fatigue, brain fog or feeling tired after eating a meal that contains gluten.
4. Diagnosis of an autoimmune disease such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis.
5. Neurologic symptoms such as dizziness or feeling of being off balance.
6. Hormone imbalances such as PMS, PCOS or unexplained infertility.
7. Migraine headaches.
8. Diagnosis of chronic fatigue or fibromyalgia. These diagnoses simply indicate your conventional doctor cannot pin point the cause of your fatigue or pain.
9. Inflammation, swelling or pain in your joints such as fingers, knees or hips.
10. Mood issues such as anxiety, depression, mood swings and ADD.

How to test for gluten intolerance?

I have found the single best ways to determine if you have an issue with gluten is to go through an elimination diet and take it out of your diet for at least 2 -3 weeks and then reintroduce it.

Please note that gluten is a very large protein and it can take months and even years to clear from your system so the longer you can eliminate it from your diet before reintroducing it, the better.

The best advice that I share with my patients is that if they feel significantly better off of gluten or feel worse when they reintroduce it, then gluten is likely a problem for them. In order to get accurate results from this testing method you must elimination 100% of the gluten from your diet.

How to treat gluten intolerance?

Eliminating gluten 100% from your diet means 100%. Even trace amounts of gluten from cross contamination or medications or supplements can be enough to cause an immune reaction in your body. The 80/20 rule or "we don't eat it in our house, just when we eat out" is a complete misconception. An article published in 2001 states that for those with celiac disease or gluten sensitivity eating gluten just once a month increased the relative risk of death by 600%.

High Carbohydrate Not High Fat Causes Heart Disease.

From Gary Taubes best selling book, *Good Calories, Bad Calories*, we learn the following:

Pete Ahrens of Rockefeller University was considered by many investigators to be the single best scientist in the field of lipid metabolism. He observed how the triglyceride levels of some patients go up on low-fat diets and they fall on high fat diets. Ahrens called this carbohydrate-induced lipemia (an excessive concentration of fat in the blood). He gave lectures where he showed two photos of blood serum obtained in a test tube from the same patient. One photo was taken during the low-fat, high-carbohydrate diet, and the other was taken during the high-fat, low-carbohydrate diet. One test tube was perfectly clear and the other was milky white, indicating the lipemia. The surprise was that the lipemia occurred during the high-carbohydrate diet and the clear liquid happened during the high-fat diet. Elliott Joslin reported this phenomenon in diabetics thirty years earlier.

Over the course of two decades, Ahrens only saw two patients whose blood serum became cloudy with triglycerides after eating high-fat meals. He had thirteen in whom carbohydrates caused the lipemia. Since Very Low Density Lipoproteins(VLDL) particles carry triglycerides and carry cholesterol they contribute to the total cholesterol. This means that when a person has high triglycerides their cholesterol will be elevated as well. This prompted Ahrens to believe that high cholesterol was an exaggerated form of the normal biochemical process which occurs in all people on high-carbohydrate diets." He acknowledged that it was also possible that a genetic disorder might explain the observations.

Either way, the lipemia would clear up on a low-calorie diet. This would explain why the carbohydrate-induced increase in triglycerides was absent in Asian populations living primarily on rice. The majority of Asian populations ate at a bare subsistence level. They ate low-calorie diets compared with their level of physical activity, and this combination would counteract the triglyceride rising effect of the carbohydrates, according to Ahrens. The critical question was whether prolonged exposure to abnormally high triglyceride levels increased the risk of atherosclerosis. In other words, does eating too many carbohydrates lead to high triglycerides, which leads to heart disease?

John Peters was the chief of the metabolic division at the Department of Medicine at Yale University. He was renowned in the medical community for his measurements of the chemical constituents of body fluids. He used an analytical centrifuge, which was a less sophisticated version of the one John Gofman used for the atomic bomb, and for his calculations concerning cholesterol which four teams were unable to master. Peters suggested that this device be used to test the association between high triglycerides and heart disease. Peters died in 1955, but Margaret Albrink, Wister Meigs, and Evelyn Man continued the work. They compared triglyceride and cholesterol levels from patients at New Haven Hospital with those of healthy employees at American Steel and Wire. They found that elevated triglycerides were far more common in coronary heart-disease patients than high cholesterol. In fact, only 5 percent of the healthy young men had elevated triglycerides compared with 38 percent of healthy middle-aged men and 82 percent of coronary patients.

At about the same time that the American Heart Association embraced Ancel Key's hypothesis of cholesterol and heart disease, both Ahrens and Albrink presented their research at a meeting of the Association of American Physicians in Atlantic City New Jersey. The New York Times covered the talk and their headline read, "Rockefellar Institute Report Challenges Belief that Fat is Major Factor." However, the story was buried deep in the paper. Gary Taubes reported that people were so angry that they couldn't believe what was being reported. Proponents of Key's hypothesis were vehement and attacked them relentlessly.

Despite the attacks, the results were independently confirmed by Peter Kuo of the University of Pennsylvania; by Lars Carlson of the Karolinska Institute in Stockholm, and by the future Nobel laureate Joseph Goldstein and his colleagues from the University of Washington. All three reported that high triglycerides were considerably more common in heart-disease victims than was high cholesterol. In 1967, Kuo reported in the *Journal of the American Medical Association* that he studied 286 atherosclerosis patients. Physicians who thought their patients had the genetic form of high cholesterol referred 246 patients. This turned out to be true in only 10 percent of the patients. The other 90 percent had carbohydrate-induced lipemia and for most of these patients their sensitivity to carbohydrates elevated their triglyceride and cholesterol levels. When Kuo put these patients on a sugar-free diet, he reported that their triglyceride and cholesterol levels lowered with only five to six hundred calories of starches per day. Two months later, the JAMA published an editorial in response to Kuo's article suggesting that the

"*almost embarrassingly high number of researchers who boarded the 'cholesterol bandwagon' had done a disservice to the field. This fervent embrace of cholesterol to the exclusion of other biochemical alterations resulted in a narrow scope of study. Fortunately, other fruitful approaches have been made possible in the past few years by identification of the fundamental role of such factors as triglycerides and carbohydrate metabolism in atherogensis*."

Despite this conclusive evidence, measuring triglycerides was still much more difficult than measuring cholesterol and so only the rare laboratory had the facilities to do it. The National Institutes of Health was the only effective funding source for research of this nature in the US. At this time, their resources were already committed to three enormous studies, the Framingham Heart Study, Key's Seven Countries Study, and the pilot programs of the National Diet-Heart Study. These studies would only measure cholesterol. This means they only tested Keys's hypothesis. No consideration was given to any alternative hypothesis. By 1961, Keys and his collaborators had already tested over ten thousand men. By 1963, they completed exams on another eighteen hundred men. Even if it were technically possible to go back and include triglycerides in the measurements the cost would have been astronomical. Therefore, the fat-cholesterol hypothesis came out ahead.

The history is unambiguous and not uncontroversial. The choice is yours.

“All About Soy”

Dangers of Soy

Thankfully, more and more independent research has been done regarding the dangers of soy, and what it’s revealed should scare you.

Phytoestrogens

Soy is higher in phytoestrogens than just about any other food source. Phytoestrogens are plant-based estrogens that mimic estrogen in our bodies. In recent years, you may have read about studies which indicate phytoestrogens are good for you. But ask yourself, who funded those studies? The soy industry, that’s who. Independent research has clearly shown that consuming phytoestrogens is downright dangerous for the human body.

It’s only common sense. No one argues, for example, that a leading cause of breast cancer, endometriosis, uterine fibroids, infertility, and low libido is unopposed estrogen, or estrogen dominance. Why, then, would *anyone* argue that we should consume more of a food high in estrogen?

An infant taking the recommended amount of soy formula is consuming a hormone load equivalent of 4 birth control pills a day! Is it any wonder we’ve seen such a dramatic rise in precocious puberty with young girls starting their periods at 6 and 7?

Goitrogenic

Soy will destroy your thyroid. Many foods are goitrogenic (thyroid suppressing), but soy is king of them all. Goitrogens work by preventing your thyroid from getting the necessary amount of iodine. Friends, I believe this is what happened to Oprah’s thyroid. She pushed soy for years, featured it in everyone one of her “healthy” diets, and it destroyed her thyroid. If your thyroid fails, what happens? You gain weight. You have a harder time regulating your moods. You get colder more easily. You’re more easily fatigued. You demonstrate an inability to concentrate and remember details. The list goes on. You simply don’t want to mess with your thyroid.

Phytates

Phytates are enzyme-inhibitors that block mineral absorption in human digestive tract. They are naturally present in all grains, seeds, nuts, and legumes (which is why everyone should read this primer on how to eat grains, if you eat them at all.) But soy is so high in phytates that it’s almost impossible to get rid of them. Simply soaking soy overnight in an acidic medium won’t do the trick. Soy must be fermented in order to be digestible to humans. That means that if you eat soy at all, you should stick to fermented soy products like miso, tempeh, natto, or a naturally fermented soy sauce (tamari).

Trypsin inhibitors

Finally soy is rich in trypsin inhibitors. Trypsin is a digestive enzyme we need to properly digest protein. Without enough trypsin, you’ll experience many digestive problems including stomach cramps, diarrhea, and bleeding. You’ll also be leaving yourself open to future problems with your pancreas.

Debunking the Asian Soy Myth

But, people say, what about Asians? They eat soy every day, and they're so healthy!

In this article by Nina Planck, she writes:

Soy farming started around 1100 BC in China, where it was used to build soil fertility and feed animals. Soy beans were not considered fit for humans until the Chinese learned to ferment them, which makes them digestible. Asian diets now include fermented soy beans in the form of natto, miso, tamari, and tempeh.

Soy producers want you to eat more soy — more than the Asians eat, and more than is good for you. The Japanese and Chinese eat 10 grams of soy per day — about two teaspoons. Yet a soy manufacturer recommends Americans eat ten times what the Japanese eat — 100 grams of soy protein per day. In The Soy Zone, Barry Sears recommends a daily diet of a minimum of 50 grams of soy, and up to 75 grams for women and 100 grams for men.

It's like red wine: a glass or two a day may be good for you; a bottle or two every day rots your liver.

Did you catch that? Asians only eat 2 *teaspoons* of soy a day, usually as a condiment, and it's highly fermented! Fermentation takes care of many of the dangers of soy. Plus, the typical Asian will also consume soy with mineral-rich and nutrient-dense foods such as fish broth (naturally high in iodine & other minerals which support the thyroid).

So, Is Soy Bad For You?

The short answer, YES! Let's be clear on the recent history of soy. The soybean was a modest and unpopular crop until food manufacturers, intent on creating cheap vegetable oils, convinced the U.S. government to start subsidizing it. The soy was turned into oil, and the industry was left with an industrial waste product. Then somebody had a brilliant idea:

Let's take this industrial waste product full of toxins and carcinogens — isolated soy protein — and turn it into food that people will eat!

Soy foods were born. From Nina Planck's article:

The FDA refused to approve isolated soy protein as a safe food additive with the designation "Generally Recognized as Safe."

Agribusiness giant Archer Daniels Midland withdrew its application for the coveted GRAS status for soy protein, after an outcry from scientists about the toxins and carcinogens that come with it. They can still put soy protein in your food, but they have to get pre-market approval for every product.

Isolated soy protein is no health food. But we don't eat soy protein with a spoon. How do we eat it? It is the main ingredient in soy burgers, ice cream, milk shakes, and fake cheese. These soy protein products are phony foods — but they must look like the real foods they imitate. So the soy industry transforms a small yellow soy bean into something resembling a hamburger. They make soy "milk" and "ice cream" white and creamy.

The other ingredients in these foods are no better for you than the soy protein that goes into them. Soy milk, for example, is simply a cocktail of soy protein, sugar, and vegetable oil. The "natural" MSG formed in soy processing is already bad for you, but even more MSG, and more flavorings, are added. Imitation foods need a lot of help to be tasty. Many savory soy foods are loaded with additives to give them the flavor of the real foods they mimic. Most imitation meat, for example, contains man-made MSG, which causes migraines and is associated with brain cancer.

Soy foods aren't real food. They aren't traditional. They aren't old. They're industrial waste products dressed up in pretty clothes and marketed to an ignorant public.

What Do I Recommend As Alternatives To Soy Milk?

If you can't do dairy and are looking for healthier alternatives than soy milk, please see Healthy Milk Substitutes With Recipes for a couple of excellent alternatives you can make at home.

One alternative I particularly enjoy is coconut milk. It's full of the best kinds of saturated fat — medium chain triglycerides — which help speed your metabolism. It's also exquisitely flavorful and perfect stirred into curries, soups, and sauces. Sadly, almost all coconut milk available at your grocery store comes in BPA-lined cans. To my knowledge, only Native Forest brand is BPA-free, and not all stores carry it. Click here to find coconut milk sold in BPA-free packaging online.

ETA: *Reader comments below prompted me to include a couple of additions to this post. The questions: What about tofu or homemade soy milk? Their consumption is quite widespread in Asian cultures, and they're non-fermented soy foods. Are they okay? The answers: Tofu originated around the 2nd century BC in China, and it was made from fermented bean curd. That is how it was traditionally made before the days of refrigeration. Most modern tofu isn't fermented anymore. You can still buy varieties of fermented tofu (aka "Stinky Tofu" or "Pickled Tofu") in some Asian markets, though. Also, according to the most comprehensive online account of soymilk's history, its use was rare before the 20th century and widespread usage was highly unlikely. In other words, it's not a traditional food. Nor is non-fermented tofu. They're the Asian equivalents of margarine, hot bath canning, "vegetable oil," or soda pop — something relatively new on the food scene which became very widespread with the industrialization of the food supply. And like these industrialized food products, they are bad for your health.*

Sources

288 references to the toxicity of soy in the FDA's poisonous plants database

77 studies showing the adverse reactions to dietary soy

174 studies showing the adverse reactions to isoflavones (phytoestrogens)