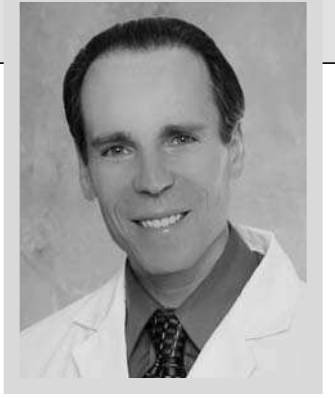


JOEL FUHRMAN, MD

Don't fall for the unfounded myths about soy



Soy is the subject of some of the worst health misinformation on the internet. We need to tune out this misinformation and follow the science. Greater intake of soy foods is linked to a decrease in the risk of breast cancer, prostate cancer and cardiovascular disease.

Soy contains phytoestrogens ("plant estrogens") called

isoflavones which are said to be weak estrogens, but it's actually more complicated than that. Isoflavones have both estrogenic and anti-estrogenic effects.

The evidence suggests that, because of their complex relationship with different estrogen receptors, soy isoflavones have beneficial anti-estrogenic

effects in breast tissue while also having beneficial estrogen-mimicking effects in bone tissue.

Does soy promote breast cancer?

No. Since estrogen causes breast cancer cells to proliferate, and cumulative estrogen exposure increases breast cancer risk, there was an early theory that there might be a link between soy foods and breast cancer. At that time, however, in Asian countries, where soy was a staple food, breast cancer rates were much lower than those in the United States.

This paradox launched hundreds of studies. The results of some individual studies were neutral, and, importantly, no studies in humans have sug-

gested an increase in breast cancer risk; most show a decrease.

Overall, the research suggests that soy intake helps to protect against initial breast cancer development (especially postmenopausal breast cancer), breast cancer recurrence, and breast cancer mortality. There is no more soy breast cancer controversy.

Note that soy appears to be most protective when eaten during adolescence, when breast tissue is most sensitive to influences from the diet and environment.

Does soy reduce the risk of other cancers?

Yes. Soy isoflavones have additional anti-cancer effects. In a 2009 meta-analysis, higher

soy intake was associated with a 26-percent decrease in prostate cancer risk. Soy has also been linked to decreases in risk of lung, stomach, and colorectal cancers.

Do soy phytoestrogens have feminizing effects on men?

No, not at reasonable levels of intake. This internet frenzy seems to be based on sensationalized reports about one rare case of a man who developed breast swelling, who had been drinking three quarts of soy milk every day for over six months.

When he stopped overconsuming soy, the issue resolved.

Of course, nobody should eat or drink that much soy; nobody should even consume that much of any one food. Even in Asian countries, where soy intake is much higher than in Western countries, three quarts of soy milk would greatly exceed the typical isoflavone intake.

This case is simply not relevant to people eating moderate amounts of soybeans, in edamame, tempeh or tofu or one serving of soy milk, and scientific research documents the safety of that.

A meta-analysis evaluated the data from 15 different placebo-controlled trials of soy foods, soy protein or isoflavone supplements. The studies measured several indicators of testosterone levels, including total testosterone, free testosterone, and sex hormone binding globulin.

There were no significant effects in these studies on men's testosterone levels, estrogen levels or sperm quality.

Another review of the studies looking at the potential feminizing effects of soy similarly concluded that there is no cause for concern.

Furthermore, a recent observational study on couples using in vitro fertilization found that soy food and soy isoflavone intakes were not associated with rates of successful IVF outcomes, suggesting soy intake does not have any negative effects on male fertility.

Is all soy genetically modified, even organic soy?

No. The USDA's organic standards prohibit the use of genetically modified organisms in certified organic foods.

In addition, they require certified organic farmers who plant organic soybeans and

have neighboring genetically modified soybeans to take appropriate, farm-specific preventive measures to avoid cross-contamination and conduct testing.

Cross-pollination of non-GMO soybean plants by GMO plants is far less common than many people believe, and the assertion that all soy has been contaminated does not have the science to support it. In field trials, presence of the transgene in adjacent non-GMO soybean plants was a fraction of a percent (0.1-0.5 percent), and non-GMO soybean plants that were 10 meters away from the genetically modified plants showed no contamination with the transgene at all.

Which soy foods should I eat, and how much?

Edamame, tempeh and tofu are healthful foods that can be included in a high-nutrient (Nutritarian) diet with all other kinds of beans.

Unsweetened soy milk without additives is useful in recipes for smoothies, salad dressings and sauces.

The association between minimally processed soy intake and a reduction in the risk of cancers has been reported over and over again. However, keep in mind that because some is good doesn't mean eating a soy-based diet is healthful; we should not eat lots of soybeans to the exclusion of other beans and other health-promoting foods.

Two to four servings a week is reasonable. Variety of natural plants is crucial for obtaining diversity in protective phytochemicals.

Avoid isolated and concentrated soy protein; eat a variety of beans such as black beans, chickpeas and lentils; and enjoy some edamame, tofu and tempeh as well.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

Backstreet Gallery - The Place to Shop!
Unique Gifts for Every Occasion!



1421 Bay Street, Old Town, Florence

Exceptional, one of a kind gifts, handmade by local artists!

Cards, prints, and original art, photography, pottery, fused glass, night lights, scarves, felting, wood turning and carving, jewelry, books.

541-997-8980 www.backstreetgallery.org

Watch
"In Search of the Lord's Way"
Sunday, 7:30 AM
KMTR Channel 12

Then visit the
Florence church of Christ
1833 Tamarack
Florence, Oregon

and experience the joy and simplicity of
pre-denominational New Testament Worship. (Romans 16:16)

Bible Study: Sunday, 10:00 am
Worship: Sunday, 11:00 am

www.churchofchristflorence.org

Join Us In Worship
4 lines, approx 15 words, \$10 a week
4 week Minimum
Deadline 3 p.m. Mondays.

To be included in this directory contact
the Siuslaw News at 997-3441, or drop off
information at 148 Maple St., Old Town, Florence.

JOIN US IN WORSHIP

WATCH! 3 ANGELS BROADCASTING NETWORK
(3ABN) TV UHF Channel 48.

24 hour Christian TV highlights Bible studies of prophecy, inspirational music, health lectures, healthy cooking and more.

BAY BERRY CHRISTIAN FELLOWSHIP SINGSPARATION

You are invited to come and sing your favorite old time gospel hymns
Every Friday night at 7pm • Non-denominational
Bay Berry Square; 101 at Sutton Lake Dr. /milepost 185 N.
For more information, please call 541-997-2681

CHRISTIAN SCIENCE GROUP

"God Is Truth"
Meeting Thursday at 3pm
575-313-3640

**THE CHURCH OF JESUS CHRIST
OF LATTER-DAY SAINTS**

Located at Munsel Lake Road and North Fork Road
Worship Services 10:00 AM Sunday
All are welcome! 541-997-7268

COMMUNITY BAPTIST CHURCH

4590 Hwy. 101, Across from Fred Meyer -- 997-7418
Sunday School, 9:30a.m. - Worship, 10:45
Wed. Prayer - 6:00 p.m. - Wed. Ministries 1-8 Grade 7 p.m.

CROSS ROAD ASSEMBLY OF GOD

Corner of 10th & Maple -- 997-3533
Bible Study at 9:00 A.M.
Services: Worship, 10:30 A.M.
florencecrossroad.org • office@florencecrossroad.org

FIRST BAPTIST CHURCH - SBC

1935 25th St. - 997-7660 • Pastor, Dr. Marvin Owen
Series "People of the Bible." on Wednesdays 6 p.m.
A friendly place to worship, vacationers welcome.
Sun.; 11am & 6pm, Sunday school 9:45am.

FLORENCE CHRISTIAN CHURCH

2nd & Ivy - 997-2961 -Non-Denominational
Worship Service: 9:00 am & 10:30 am
Middle School and High School youth groups meet on Wednesday.

FLORENCE CHURCH OF CHRIST

Pre-Denominational (Romans 16:16)
1833 Tamarack Street (2 blocks east of Hwy. 101 on 18th St.)
Bible Study: Sunday 10 a.m.; Worship: Sunday 11 a.m.
www.churchofchristflorence.org

FLORENCE CHURCH OF THE NAZARENE

12th and Nopal -997-9020
Worship Service 10:30 a.m.
10 am Wed., Women's Bible Study
Saturdays, Mens' Breakfast @ 8 a.m.
Online Worship Service@ www.florencenaz.org

FLORENCE EVANGELICAL CHURCH

1318 Rhododendron Dr. -- 997-2523 - Worship at 11:00 AM -- Sunday
School at 9:30 AM - Variety of Sunday evening activities - 5 PM
Wed. Bible & Children classes at 6:00 PM
Call for details.

FLORENCE SEVENTH-DAY ADVENTIST

4445 Hwy 101 (South of Fred Meyer) - 997-3951
Worship on Saturday 10:30 A.M.
Adult/Children's Sabbath School 9:15 A.M.

FLORENCE UNITARIAN

UNIVERSALIST FELLOWSHIP
N.W. Corner of Heceta Beach Road & Hwy. 101
Every Sunday at 10 a.m.
All are welcome. (541) 997-2840

FLORENCE UNITED METHODIST CHURCH

1st Sunday of each month worship at 10:30 am
2nd-5th Sundays worship at 9am and 10:30am
Every Sunday Adult Sunday School at 9am
Children and Youth Sunday School at 10:45 AM
2nd & Kingwood • (541) 997-6025

FOURSQUARE CHURCH

1624 Highway 101 (next to A&W) -- 997-6337
Pastor George Pagel - Something for the entire family.
Sun. Services: 10:45 a.m., Wed. Bible Study 7 p.m.
Website: florence4square.com

FLORENCE VINEYARD (GOD'S POWER HOUSE)

2610 Kingwood, Florence • 541-268-2025
Sunday Worship @ 10:00 a.m., experience the Power of the Holy Spirit
Pastors: George & Beverly Sisemore
Intercessory Prayer & Worship, Thursday night @ 5:00 pm
florencevineyardchurch.com

NEW LIFE CHURCH-UPC

1424 15th Street • 541-991-9398
Sunday Services: 10am and 6pm
Tues. Bible Study 7:00pm

NEW LIFE LUTHERAN CHURCH, E.L.C.A.

21st & Spruce Street - 997-8113
Adult Forum 9 a.m. - Sunday School 10:30 a.m.
Worship services; Sun. 10:30am & Wed. 6pm.
Pastor Lori Blake
www.lutheranchurchflorence.com

PRESBYTERIAN CHURCH OF THE SIUSLAW

Traditional Worship Service 10:00 a.m., Reverend Greg Wood
Sunday School and Nursery - Organ and Choir
All Welcome. Come as you are.
3996 N Hwy 101 997-7136

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

"War is still not the answer." FCNL
We worship in homes at 11am Sundays
Call 997-4237 or 902-9511 for locations.

RESURRECTION LUTHERAN CHURCH, L.C.M.S.

Every Sun., Bible Class 9 a.m., Worship Service 10 a.m.
85294 Hwy. 101 S. - 997-8038
DVD of Weekly worship service available.
Pastor Randy Benscoter

ST. ANDREW'S EPISCOPAL CHURCH

2135 19th St. -- 997-6600
8:30am, Tuesdays, Morning Prayer
Sunday Services: 8 a.m. and 10 a.m. - Wed. 11 a.m.
Everyone Welcome - Come walk our Labyrinth.

SAINT MARY, OUR LADY OF THE DUNES

CATHOLIC CHURCH
Masses: Sat. 5:30 p.m., Sun. 11:00 a.m.
1.5 miles south of river on Hwy 101 - 997-2312

One Free
round of golf
for new
members!

Ocean Dunes Women's
Golf Association

OPEN HOUSE

Do you play golf?
Are you interested in
joining a Ladies golf club?

Annual Dues \$45
Discounted Greens Fees
for members on Play Days
No handicap needed
Have FUN and meet NEW
FRIENDS!

Please Join Us for our
OPEN HOUSE
Tuesday, February 7th
9 am - 11 am.
Refreshments served

Ocean Dunes Golf Links
3345 Munsel Lake Road
Katherine Jones, 541-991-7279

Want Breaking News? More Photos?
www.TheSiuslawNews.com