
Why Shaklee Protein

Benefits of Soy Protein

Below are notes from a seminar that Dr. Nasr did in Milwaukee Wisconsin on the benefits of soy. If you want please feel free to pass this along to your acquaintances. For the particular soy that Dr. Nasr recommends click on

Dr. Nasr has a B.S. in Agronomy; M.S. in Biochemistry of anti-oxidants and a PH.D. in Pharmacognosy (science of bio-active products). He received his M.D. from Rush Medical College in Chicago, followed by Internal Medicine and

Cardiology fellowships from Chicago Medical School. He is a member of the American College of Nutraceuticals and the American College of Preventive Medicine and is Director of the Medical Care & Diagnostic Center, Lake Villa, IL 847-356-9009.

Dr. Nasr uses Shaklee Soy exclusively because it has the very best and most complete soy protein and isoflavone content. You can feel so very good about Shaklee's soy protein, and how we can help so many people who are looking for ways to improve their health.

1. Optiflora and Soy Protein increase the absorption of protein, decrease gas and discomfort and decrease cholesterol by 23%
2. Sixty (60) studies have been conducted showing soy protein increases bone density more than just Calcium Magnesium does.
3. Two studies show that soy and vitamin E, together, decrease LDL (bad cholesterol) by 40% and that is 17% greater decrease than Zocor and Lipitor
4. Four studies show that soy protein inhibits oxidation of LDL (bad cholesterol) by 40%. When cholesterol oxidizes, it becomes "sticky" and in this condition is when it can attach to blood vessel walls.
5. Soy prevents gall stones. It doesn't dissolve them but it prevents them.
6. Soy prevents kidneys from damage. Lots of animal protein may be hard on the kidneys, but soy protein protects the kidneys
7. French fries at major fast food establishments are crispy. That is a value for the store. Some french fries are coated with a protein substance that when combined with the sugar in the potato and then heated, give them added crispness. Unfortunately that combination of sugar, protein and high heated fat produces a carcinogen. Probably a good idea to avoid all French fries.
8. Shaklee's protein includes valuable protein and isoflavones that are not present in other soy proteins

produced with heat or chemicals. Shaklee's low heat - water wash process keeps the isoflavones in the protein. Isoflavones are natural cancer fighting ingredients that occur naturally in soy.

9. Soy's protein and Isoflavones inhibit the mutated cell's ability to make an enzyme that would cause the cell it to reproduce.
10. Soy inhibits the cancer cell from making the body provide it with additional blood supply (additional blood supply is called angiogenesis).
11. Soy increases the killing effect of the white blood cells (phagocytosis).
12. Soy's amino acid Lysine when combined with Vitamin C decreases Colon Cancer by 90%.
13. The flavanoids (like those in Shaklee's Flavomax) when combined with Soy Protein are synergistic (they work even better together) and decrease breast cancer 10 fold.
14. Beta carotene (like those in Shaklee's CarotoMax) when combined with Soy Protein and Calcium with Vitamin D are 10 times as effective at preventing cancer cells from getting an addition blood supply.
15. Women in the Orient get about 80mg of Isoflavones a day...women in US and Europe get about 1.0 mg. That's an 80% negative difference for US and Europe.
16. Soy protein helps the differentiated cell (bad cell) convert back to a normal cell.

Dr. Nasr also listed the several forms of protein and the length of their chain of Amino Acids. The shorter the chain, the more quickly the Amino Acids can be absorbed and utilized.

1. Soy has the shortest chain and takes less than an hour
2. Fish is next.
3. Chicken takes about 4 hours.
4. Beef takes about 5 hours.
5. Pork takes about 6-8 hours to digest.

Internet Myth on Soy

Many of you have been asking me about a report that has been circulating on the internet called "Soy Products Is A Poison".

Let me start by saying that this report would never have been published in any reputable scientific journal. It simply would not pass scientific peer review.

But no scientific review is required for articles circulated on the internet. There is also no requirement for scientific accuracy.

The internet has aptly been described as the 21st century version of the "wild west".

Let me start by putting this article in the appropriate context - the context of the scientific process.

Scientists are continually testing and challenging existing paradigms. It is through this process that scientific knowledge evolves and changes over the years.

Because of this you will always find articles in the scientific literature on both sides of every issue. That means that if someone has a particular agenda that they want to advance they can always find papers that support their viewpoint.

However, when a review of a subject is submitted to a scientific journal, it is expected that the review will include a balanced evaluation of the papers on both sides of the issue.

The report currently circulating on the internet is extremely one-sided. It completely ignores or tries to discredit any papers that don't fit the preconceived views of the authors - which is why it would never be accepted by a reputable scientific journal.

Let me just give you a few examples of why I consider this report to be inaccurate and misleading (I won't respond to all of the inaccuracies. I'm sure you don't want to read a 12-page "Tips From The Professor").

1) Scientific articles on the benefits of soy outnumber articles on the risks of soy by about 10 to 1. That is why the summary statement from the Third International Soy Symposium emphasized the benefits of soy in the diet.

The authors of the report circulating on the internet tried to discredit those studies by saying that they were supported by big companies with a interest in soy.

In fact, the biggest and best studies in the soy literature have been supported by the National Institutes of Health - a government agency.

In addition, I can speak from experience on those studies that were company-supported.

I have conducted a number of company-sponsored research projects in my academic career. Before such research can be conducted the university requires the company to sign a legal agreement prohibiting them from influencing the outcome of the research or blocking publication of unfavorable results.

2) The internet report contains many half-truths and inaccuracies concerning "anti-nutrients" found in soy - things like trypsin inhibitor, haemagglutinin, and phytates.

For example the report says "Weanling rats fed soy containing these antinutrients [trypsin inhibitor and haemagglutinin] failed to grow normally."

That's true, but is it relevant?

Both trypsin inhibitor and haemagglutinin will be present at fairly high levels in edamame (lightly steamed soy beans) and at somewhat lower levels in cooked soy beans. But how many people eat edamame or cooked soy beans on a daily basis - or feed them to their toddlers on a daily basis?

The level of these compounds in most processed soy products is minimal, and there is not a single clinical study showing that the small amounts of these compounds in processed soy products cause problems in humans.

And, even if those compounds did cause a problem in other soy products it would be completely irrelevant for you and me. Shaklee has added an enzymatic digestion step in the preparation of their soy products that completely destroys those compounds.

3) The story is similar for phytates. High phytates foods are only a significant problem in certain third world countries where the intake of zinc and other trace minerals is marginal to begin with - and phytates are almost completely removed in the preparation of Shaklee's soy protein products.

4) The internet report would lead you to believe that most soy products are contaminated with aluminum, nitrites and other toxic chemicals formed during processing. This may be true for certain "textured vegetable protein" meats and similar food products, but it is not true for soy products made by companies like Shaklee that employ rigorous quality control tests at every step in the preparation of their products.

I could go on, but I think that you get the point. This article distorts the facts and only reports studies that support their viewpoint.

Soy is not a panacea - which is why Shaklee provides whey protein products as well as soy - but it is certainly not a poison.

When you look at the totality of the scientific literature, it is clear that the benefits of soy far outweigh the risks.

To your health!

Dr. Stephen Chaney, PhD

A fun and yummy protein candy recipe

Equal parts

Shaklee Energizing Protein

Nut butter (peanut, almond , cashew)

A healthy granola or chunky cereal

Honey