

Energizing Soy Protein®

Our bodies require a continuous supply of protein to help build muscles, skin, hormones, and the immune system. It is not the protein that is so important; it is the amino acid content of the protein that is important. The quality of the amino acids in protein is a function of their bioavailability...how readily they are available to the body upon consumption. Phytochemicals and phytoestrogen, which are essential for maximum human health, are not found in animal protein. Because of these facts, soy protein is gaining in popularity among consumers and acceptance among medical professionals. This is good news for both men and women. Research shows that daily intake of soy protein helps retain normal cholesterol levels and promotes heart, breast and prostate health. For women the phytoestrogens protect against the ill effects caused by the powerful estrogens naturally produced by the body. For men these natural compounds may help blunt some of the potency of testosterone, thereby reducing the risk of prostate cancer. Give soy protein a chance. A recent study on consumer awareness of the health of soy protein showed that 50 percent of consumers nationally are aware of the benefits of soy protein, but only half of those actively seek soy foods to incorporate into their diet. Why? There are not many soy products that offer good taste and convenience. Shaklee has an answer to this challenge. Energizing Soy Protein is a biologically complete source of protein that gives an energy boost for hours. Soy protein is the highest quality protein available from nature. Our health is going to be affected by the quality of protein we consume. Shaklee soy is the very best money can buy. For a product that can prevent cancer, lower cholesterol, promote heart health and slow the aging process, consider adding Shaklee Energizing Soy Protein to your daily intake of whole-food supplements. What an investment in your future health!

Shaklee's Soy Protein

In November 2004, Dr. Nasr spoke in Milwaukee Wisconsin on the benefits of soy. If you want, please feel free to pass this along to your acquaintances. For the soy that Dr. Nasr recommends, here are some options:

Dr. Mohamad Nasr has a B.S. in Agronomy; M.S. in Biochemistry of antioxidants 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.

For those who didn't see Dr. Nasr, below is a synopsis from Kay Beers' notes.

Contact Dr. Nasr for the actual research studies. He 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 flavonoids (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 in about 3 hours.
3. Chicken takes about 4 hours.
4. Beef takes about 5 hours.
5. Pork takes about 6-8 hours to digest.
6. Sausage takes up to 12 hours.