

# ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

## SOY: Healthful or Harmful?

The popularity of soy products has multiplied since 1999 when the FDA approved the claim, "Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risks of heart disease." A large number of people swear by the health benefits of soy and a multitude of high quality products make soy more available than ever before. From bars to protein supplements; cereal to soymilk; and soy burgers to soy ice cream, a plethora of soy products can be found on grocery store shelves. Soy is also in many processed foods that we purchase in the form of "textured vegetable protein" (TVP), "textured plant protein," "hydrolyzed vegetable protein" (HVP), "vegetable oil" or "MSG" (monosodium glutamate). As the health promoting benefits of soy grew from fighting heart disease to curing osteoporosis to decreasing risks for cancer and the severity of menopausal symptoms, more and more people jumped on the soy bandwagon. Touted as a miracle food, initial studies of increasing dietary soy were promising.

### NEWER FINDINGS

Over the years, one by one, most of the health claims have not been supported by research. When searching the Internet for information, just as much information about the potential dangers of a diet high in soy was found

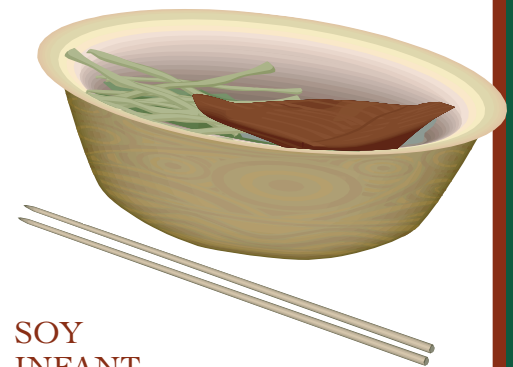
as that supporting its health promoting aspects. The National Institute of Health suspended funding for new soy studies in 2005 after an expert government panel found insufficient evidence that soy prevents osteoporosis, prevents heart disease or relieves the symptoms of menopause.

### SOY & HEART DISEASE

In January of this year, an American Heart Association committee reviewed 22 studies and concluded that eating soy-based foods has only a minimal impact on cholesterol and other heart disease risk factors. In addition, citing the questions of safety that had been raised in these 22 studies, this committee went on to make the statement, "For this reason, use of isoflavone supplements in food or pills is not recommended."

### SOY & CANCER

The American Cancer Society website offers the following information regarding the relationship between soy intake and cancer. "No solid evidence has shown that soy supplements reduce cancer risk, although human studies are inconclusive at this time. Another theory suggests that high doses of soy might increase the risk of estrogen-responsive cancers, such as breast or endometrial cancer in certain women. Breast cancer survivors should consume only moderate amounts of soy foods as part of a healthful, plant-based diet."



### SOY INFANT FORMULAS

Soy infant formulas are consumed by 25% of American infants. A National Institute of Health panel in March concluded that there is not enough scientific data to determine whether or not soy formula poses a health risk. They say that they are not overly concerned that the genistein (estrogen-like substance) in soy poses a developmental risk in infants. Soy formula has been used by 40 million infants and not shown "a blip on the radar screen" in health consequences. Studies have shown that genistein can interfere with hormonal function in rats and their offspring. Some studies have also implicated soy formula as a risk factor for premature breast development in girls. Interesting to note is that some countries restrict the use of soy formula to prescription only status.

### SOY AND MENOPAUSE

With the negative news regarding hormone replacement therapy, soy has become a sought after "natural" alternative to decrease the annoying symptoms of menopause. Some

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women report that soy does help to decrease the frequency or intensity of hot flashes. Research, however, is not consistent. Long term, well-designed studies are needed to determine if foods containing soy or pills containing soy isoflavones are effective at decreasing menopausal symptoms.

## OSTEOPOROSIS

There are three major studies currently underway, that will not be complete until at least 2008 that may shed more light on the effectiveness of soy to increase bone density. The studies that have been done to date are inconclusive. Some indicate no benefit and others show some positive benefits. Again the studies have not been consistently designed.



## OTHER CONCERNS

A study by Lon White, MD, MPH at the University of Hawaii found that elderly people who ate tofu twice a week or more for 30 years were aging faster than normal.

Larrian Gillespie, MD finds that some women who use soy feel fatigued,

constipated and achy all over. They gain weight and have heavy menstrual periods. Mistaking these symptoms as a result of hormonal changes, they actually have slowed thyroid function and once they stop using soy, they feel better.

Many people assume that soy has been used as a food for thousands of years in Asia. It actually was first used as food in China beginning in the Chou dynasty (1134–246 BC) in a fermented form (tempeh, natto, and tamari). Today, the average consumption of soy foods in Japan and China is now about 2 teaspoons a day.

The FDA has not provided GRAS (Generally Recognized as Safe) status for soy isoflavones or soy protein due to the concerns of the presence of toxins and carcinogens in processed soy.

## SAFE INTAKES

If you are interested in adding soy to your diet or continuing with your favorite soy product, most experts agree that you should limit daily intake of isoflavones to no more than 50–70 mg. until more studies validating its safety are completed. That amount of isoflavones are typically found in 1–2 cups of soymilk, 1–2 oz of soy nuts or 10 oz of soy yogurt.

## EXERCISE & MENOPAUSAL SYMPTOMS

Exercise can alleviate hot flashes. In one study, aerobic exercise reduced the severity of hot flashes in 55% of postmenopausal women. For women choosing not to take HRT, regular weight-bearing exercise and strength-training can help maintain strong bones.

Miriam Nelson, PhD, of Tufts University and author of *Strong Women Stay Young*, has done extensive research on the benefits of weight training on slowing down even reversing bone loss. Nelson compared two groups of healthy postmenopausal women who were sedentary at the start of the program. One group lifted weights for 40 minutes twice a week whereas the other remained sedentary. The sedentary control group lost about 2% of their bone density during the year while the strength-training women gained 1%.

Another study of menopausal women found an increase in lumbar spine bone mineral density of 3.5% in women who exercised compared with a 2.7% decrease in the control group.

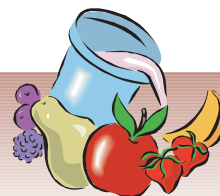
## HEALTH CLAIMS FOR SOY

- Helps to fight heart disease
- Helps to fight Osteoporosis
- Helps to fight Cancer
- Decreases menopausal symptoms

## SAFETY CONCERNS FOR SOY

- Thyroid dysfunction
- Cancer
- Reproductive Disorders
- Heart Disease
- Birth defects
- Infertility
- Immune system breakdown
- Malnutrition
- Digestive Disorders
- Cognitive decline

## WHAT'S NEW



**B**arix Clinics Store has a great new product to help you meet your protein needs: **Profect**. Profect is a convenient, highly concentrated, easily absorbed protein supplement that tastes great. Weighing less than 3 fluid ounces and packed in a virtually unbreakable container, Profect can be taken anywhere. Delicious, not too sweet flavors are perfect for taste sensitivities after bariatric surgery. Try Blue Raspberry Swirl,

Grapefruit Mango, Fresh Citrus Berry, Cool Melon Splash, Fuzzy Peach Nectar, Orange Pineapple, Passion Fruit, and Ruby Melon Twist. One 2.7 ounce serving (About 1/4 cup!) provides 25 grams of protein, 0 grams of fat and 0 grams of carbohydrate. If you struggle to meet your protein goal, this is a product that you have to try. Specially priced at \$2.60 for the month of December.



# Planning for Surgery

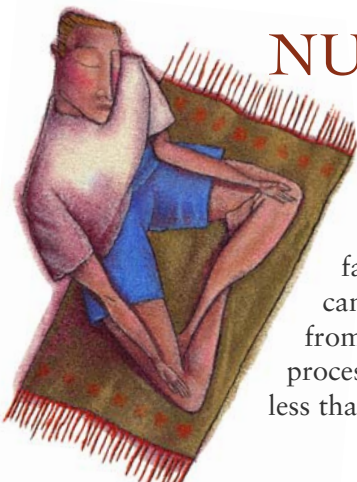
In her book, *The Emotional First Aid Kit, A Practical Guide to Life After Bariatric Surgery*, author Cynthia L. Alexander, PsyD recommends that you establish all of your healthy habits prior to surgery and think of the surgery as the last piece of the puzzle. Rather than expecting the surgery to force the lifestyle changes, change your mindset so that you expect the surgery to support the lifestyle changes that you have already made. She has the following suggestions to prepare for surgery:

- Prepare your home environment—make sure that you do not have foods in the house that will tempt you.
- Prepare your support system by discussing changes and areas of concern which can allow the entire family to have a healthier lifestyle. Supportive family members will make it easier for you to stick to your healthful lifestyle habits.
- Become aware of emotional and recreational eating and learn to find new coping mechanisms prior to surgery. For example, if you are aware that you eat to reduce

anxiety in certain situations, find new healthful ways to reduce anxiety without using food. Do not count on the surgery to correct this habit.

- Don't wait until you are at your goal weight to enjoy activities that you have always dreamed of. Have fun. Begin to enjoy life before surgery.
- Begin to retrain your automatic eating patterns. Think of food as fuel and your body as a work in progress to decrease the hold that food has on your life. Focus on activities and people more so than food. Focus on how you can connect with people at a party rather than what is on the buffet line.
- Keep a structured eating pattern.
- Make regular exercise part of your life. It is not realistic to expect that you can reach and maintain your goal weight without consistent regular exercise.

This book is a must read for anyone considering bariatric surgery or for those who have had bariatric surgery. It is available at [www.barixclinicsstore.com](http://www.barixclinicsstore.com).



## NUTRITION NIBBLER

A study done by researchers at Wake Forest University found that monkeys that were fed a diet that contained consistent amounts of calories and fat put on 33% more abdominal fat when the fat came from trans-fat than those that consumed fat from other sources. Trans fats are found in many processed foods. Watch labels and limit trans fats to less than 2 grams a day.

## REWARD YOURSELF

This month, you could earn a **\$25 GIFT CERTIFICATE** for your "It Worked for Me" tips or recipes! Just submit as many recipes and "It Worked for Me" tips as you like, the most original and creative will be awarded a \$25.00 gift certificate. Include your name and contact info with your entry—make sure your recipes follow Barix nutritional guidelines. Tips must be submitted by December 31, 2006. This month, thanks to Kelly S. and Elizabeth R. for the tips and recipes. Please send comments, ideas, recipes, and "It Worked for Me" tips to Deb Hart, RD, LD at [dhart@foresthealth.com](mailto:dhart@foresthealth.com).

*"Prepare your home environment—make sure that you do not have foods in the house that will tempt you."*



## RECONSTRUCTIVE SURGERY

To receive a free reconstructive surgery guide, call 800-282-0066 or send us an email at [rc@barixclinics.com](mailto:rc@barixclinics.com) with your name and contact information.

Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, Illinois and Pennsylvania. Call us today for more information!

**SUBSCRIBE to *On Track With Barix* at:** [www.barixclinicsstore.com/newsletter.html](http://www.barixclinicsstore.com/newsletter.html)



# IT WORKED FOR ME

Recently I started doing Stott Pilates in the home of a Personal Trainer (Stott is a less aggressive style of Pilates with a certification center in Bloomfield Hills, MI). I go every other day to ride the stationary bike for 3 miles and then one hour of Pilates. I feared I might still be "too big" for Pilates but have learned I am not and it is very encouraging and empowering. I see my body reshaping and I'm getting stronger and healthier. The cost, though reasonable, still initially put me off — but I know I used to easily spend the same amount or more in eating out.

~Submitted by Elizabeth R.

## OTHERS CARE, PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story to <http://www.barixclinicsstore.com/id190.html>. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

## REQUEST A FREE BROCHURE FOR YOU OR A FRIEND

at 800-282-0066, or [www.barixinfo.com](http://www.barixinfo.com)



## QUESTIONS? ABOUT FINANCING YOUR SURGERY...

Call a Barix Patient Service Representative at 800-282-0066.

# RECIPES

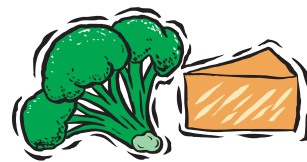
## HAMBURGER STEW

Submitted by Kelly S.

- 1 1/2 lbs. ground lean turkey
- 1 med. onion chopped
- 1-28 oz diced tomatoes, including juices
- 28 oz Swanson's® Lower Sodium Beef Broth
- 1 C. water
- 4 celery ribs thinly sliced
- 4 large carrots thinly sliced
- 1/2 T pepper
- 1 tsp thyme
- 1 C. quick cooking barley

Cook meat, onion & celery till tender and the meat is not pink. Rinse the meat under hot water. Put meat back in pan and then add tomatoes, broth, water, carrots, & spices. Bring to boil, reduce heat and cook about 40–50 minutes. Add barley, cook for 10–12 minutes. Makes 8 servings.

**NUTRITION INFORMATION PER SERVING:** 233 calories; 21 grams protein, 6 grams fat, 28 grams carbohydrates, 707 mg sodium.



## BROCCOLI CHEDDAR BAKE

Submitted by Kelly S.

- 4 cups chopped fresh broccoli
- 1/2 cup finely chopped onion
- 2 tablespoons water
- 1 1/2 cup egg substitute
- 1 cup fat-free milk
- 1 cup shredded cheddar cheese
- 1/2 teaspoon ground black pepper

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick skillet, combine the broccoli, onion and water. Sauté over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining 1/4 cup shredded cheese. Let stand about 10 minutes before serving. Makes 6 servings.

**NUTRITION INFORMATION PER SERVING:** 168 calories, 15 grams protein, 9 grams fat, 8 grams carbohydrate, 266 mgs sodium.

*“A holiday gives one a chance to look backward and forward, to reset oneself by an inner compass.”*

~May Sarton~

