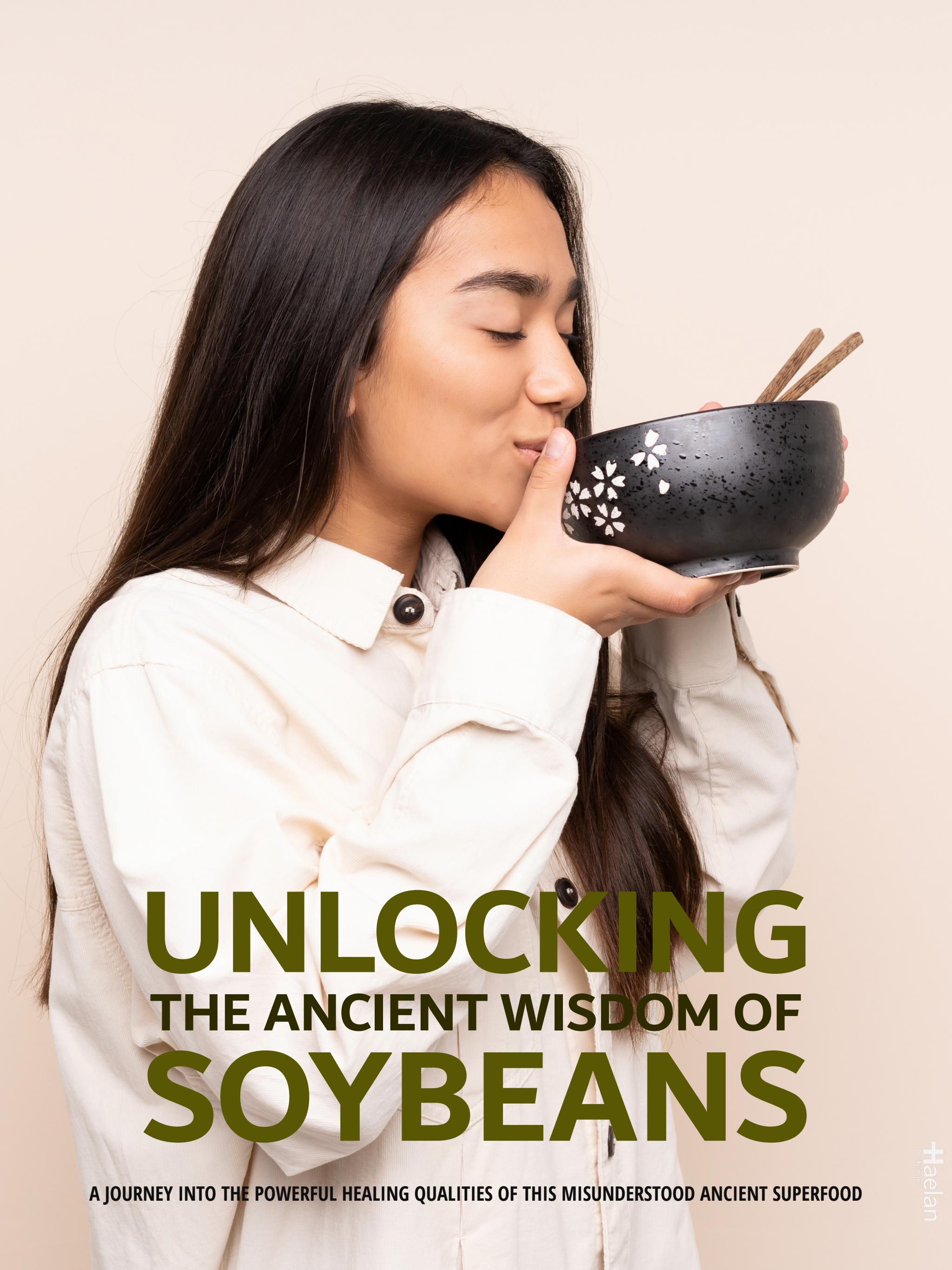

UNLOCKING
THE ANCIENT WISDOM OF
SOYBEANS

A JOURNEY INTO THE POWERFUL HEALING QUALITIES OF THIS MISUNDERSTOOD ANCIENT SUPERFOOD

Haelan Products Inc

Overview

For thousands of years soybeans have been a part of a traditional Asian diet. This is due to soybeans having a robust nutritional profile. Soybeans are rich in vitamins, minerals, and complete protein. Soybeans contain all the essential amino acids, and this makes them unique.

Traditional dishes were generally fermented to unlock the true benefits of soybeans and over the year’s epidemiologist have noted that these traditional diets have led to overall lower occurrences in prostate cancer, breast cancer and other health issues. A study on residents of Okinawa, Japan found a soy rich diet to be a major contributor to some calling it “the healthiest place on earth.”

Over the years, the industrial applications of soy have dominated the growing market for soybean production. From crayons to fuel, soybeans found their way into almost every aspect of our lives. This rise in demand caused a major need to increase the production of soybean crops. In the early 1990s the agricultural implications of genetic engineering were starting to be realized. With this type of advancement, they could produce a crop that could resist drought, herbicides, disease and increase or decrease specific profile traits of the crop. This genetic engineering and rushed growing process has led to a major decline in the quality of much of the soy available today - making it in many cases have negative health effects instead of positive.

However, there are still some species of soybean that are available today that can have the same positive health effects experienced for thousands of years. In this book I want to explore some of the science, concerns and health benefits of soy.

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HISTORY

Soybeans: One of five holy and untouchable plants.

EMPEROR SHENG-NUNG 2853 BC

Soybeans have a very rich history starting in China. In 2853 BC, Emperor Sheng-Nung of China named five holy and untouchable plants - soybeans, rice, wheat, (grain, eaten for food), and millet. Between 17th and 11th century BC in the eastern half of China they were then tamed and grown as a food crop. Soybeans were then introduced into countries such as Japan, Indonesia, the Philippines, Vietnam, Thailand, Malaysia, Burma, Nepal and India.

The earliest Japanese reference to the soybean is in the classic Kojiki (Records of Very old Matters) which was completed in 712 AC. The first soybeans arrived in America in the early 1800's.

ANCIENT WISDOM

What makes soybeans special?

Soybeans are uniquely packed with many vital nutrients including calcium, magnesium, many B-complex vitamins, iron, zinc, thiamine, niacin, riboflavin. Another important thing to look at are some of the other beneficial chemical substances found in soybeans, many of these compounds are believed to play a major role in preventing cancer or slowing cancer cell growth. One of the major rolls they play are as antioxidants, which as you may know, stops the damage of free radicals. Vitamins C, E, and beta-carotene are just some of these antioxidants.

There are many other phytochemicals found in soy including isoflavones, protease inhibitors, flavonoids, polyphenols, terpenes, saponins, phytosterols, phytates and more. These phytochemicals are found in some other foods, but soy contains them all. This has made the soybeans a topic of great discussion and the subject of many cancer and immune system studies.

Another thing to add to the uniqueness of soy are the phytoestrogens. This has been a wildly misunderstood topic and we will cover it in a later section. These are plant-based estrogens that are very weak and have an estrogen balancing effect on the body. This has been studied in relation to cancer and even the mitigation of menopause symptoms.

Soy is a power packed bean and it is no wonder that it has been a topic of conversation for many years. Keep in mind that there are over 2200 species of soybean and some will have greater nutritional value than others.

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.

— DR. JOEL FUHRMAN, M.D.

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POTENTIAL PROBLEMS

Why not consume all soybean products?

Fresh raw soybeans have come under fire for a few reasons. One of these reasons is the phytic acid content and lectins. Phytic acid is sometimes called an “anti-nutrient” but in recent years these assumptions are coming into questions with many benefits being found including anti-cancer properties and combating osteoporosis. Lectins are common in many foods, and some report a hard time digesting and increased inflammation with lectin consumption. While this may be true, lectins do play an important role in soy and health so they may not be the villain they are made out to be. The complexities of the relationship between compounds in soy is still being discovered even after thousands of years.

Eating raw soybeans may still be in debate for some. However, we do need to start even further back in the process. I am talking about the bean itself. As I mentioned there are varying qualities of bean. The worst of which are the genetically modified ones or GMO. Soy is one of the most genetically modified crops in the business. Therefor it can be covered in toxic chemicals and bred for specific qualities that rarely have nutritional profile in mind. If you are going to add soy to your diet you need to ensure that it is organic. That being said, there are still more things to consider in the process...

Many of the soy-based products are processed in ways that damage and even change the chemical structure. For example, you may think of soybean oil. This oil is processed at high temperatures and with harsh chemicals. This can cause the oil to be very pro-inflammatory. In addition, you do not get any of the other complementary compounds. Other things like emulsifiers, preservatives and soy protein all go through processing methods that strip out other beneficial compounds and leave very little to be desired.

Choosing the right soybeans is critical to getting the desired healing properties.

ANTI-CANCEROUS COMPOUNDS
FOUND IN SOYBEANS

In 1991 the National Cancer Institute conducted a study to identify these compounds and their implications with cancer. After their $20 million study of fruits and vegetables (Journal of the Nation Cancer Institute April 17, 1991) they identified a few superstar compounds:

ISOFLAVONES

Hormone-like substance studied for its ability to inhibit the initialization of cellular pathways that lead to cancer and selectively modulate estrogen cutting off cancer feeding supply.

PROTEASE INHIBITORS

Studied for their ability to combat cancer by preventing the synthesis of key proteins required for cancer cells to spread. By destroying premalignant cells they block the initiation of the cancer process.

SAPONINS

By affecting cell morphology, proliferation enzymes, and growth, saponins may be effective in preventing colon cancer. There are also studies that show saponins can block certain signaling pathways in colon cancer cells.

PHYTOSTEROLS

Plant sterols are compounds found in plants that are structurally related to cholesterol. They also have been found to inhibit proliferation (multiplication of cells) and induce natural apoptosis (cell death).

PHYTIC ACID

Aside from cancer prevention, dietary phytates been reported to help protect against diabetes mellitus, dental cavities, heart disease and prevent kidney stone formation.

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UNLOCKING POTENTIAL

The important role of fermentation.

We have seen that there are many issues with conventional processing soy. However, the process of fermentation breaks down the phytonutrients into their metabolites and makes them much more bio-available, drawing out many health benefits.

Proper fermentation can unlock the massive potential of the soybean nutrient profile. Also, keeping the whole soybean together allows the natural compounds to work in synergy with each other to protect and heal your body. Some fermentation processes can even brake down the soy protein into amino acids and remove the compound that some people have reactions too.

The compounds take on completely different characteristics and the synergy between them produces all new compounds that can aid in healing.

There are some common fermented soy products that you may recognize like miso, natto, tempeh and traditionally made soy sauce. While not everyone may agree that conventional or unfermented soy is good, pretty much everyone agrees that fermented soy has great health benefits.

According to Alive.com, the fermentation of soybeans can convert minerals like iron, calcium magnesium, potassium, selenium, copper and zinc into more soluble forms so that the body gets more of the provided nutrients. Soy fermentation can also increase the total amount of vitamin and mineral content in the final product, and some of the yeasts commonly used during the fermentation process are able to add large quantities of thiamin, nicotinic acid and biotin, making an even healthier overall product.

When we have people employ Haelan 951 nitrogen fermented soy, it's amazing what we see when our medical team does blood profiles and follow-ups... If you are facing any immune problem nitrogen fermented soy can help.

— DR. BRIAN CLEMENT

Haelan Products Inc.

CLEARING UP CONFUSION

What about estrogen and soybeans?

For years many have come to think that by adding phytoestrogens into their diet they will increase their overall estrogen. This is a very common misconception. Many have looked to cultures that consume soy on a regular basis to determine that there are positive long-term effects of soy on overall health. These studies concluded that there was great benefit to consuming soy and that the phytoestrogens play a large roll in fighting and protecting against cancer and other diseases.

The incorrect assumption that introducing phytoestrogens will raise your over all estrogen is often due to the fact that many do not realize there are two different types of estrogen receptors in the body, alpha and beta. Unlike the estrogen you produce naturally, soy phytoestrogens will preferentially bind to and activate the Beta receptors and are much weaker than your natural estrogen. This is important because the alpha and beta receptors have different tissue distributions within the body and often function differently, and sometimes in opposite ways. So, rather than increasing estrogen, it has been concluded that there is more of a regulation or balancing effect, inhibiting the growth-promoting effects of actual estrogen especially in the breast. You will often hear the term SERM (Selective Estrogen Receptor Modulation) when talking about soy.

These weaker estrogens even help to protect by blocking the stronger estrogens from things like plastic and pesticides.

While there have been some studies in mice that show a negative effect with the introduction of phytoestrogens, it turns out that the way we metabolize these phytoestrogens is very different from a rodent. This is why many soy tests in mice fail to translate to humans. On top of this the consumption levels needed to achieve these “poor” results are hard to achieve.

“Pooling all of the results, soy food intake after breast cancer diagnosis was associated with both reduced mortality and reduced recurrence—that is, a longer lifespan and less likelihood that the cancer comes back. This improved survival was for women with estrogen receptor negative tumors and estrogen receptor positive tumors, and for both younger women and for older women.”

– DR MICHAEL GREGER M.D. FACLM

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NEXT LEVEL FERMENTATION

What sets Haelan 951 nitrogen fermented soy apart?

Haelan's unique species is grown in Mongolia at an elevation of 3,300 feet. This allows it to avoid cross pollination with lesser species of soybean and maintain a consistent crop each time. The organic growing process is fertilized with volcanic ash to encourage good bacteria and keep the soil infused with nutrients. Finally, the beans are picked at the optimal time to ensure they are in their most nutrient rich state.

Once the beans are harvested, they undergo an extensive fermentation process. The patented multistage nitrogen fermentation process uses the autogenic antiammonia azotobacter mutant strain, induced from Azotobacter vinelandii as inoculum in an industrial fermentation. They are specific bacterial strains belonging to the species Stenotrophomonas maltophilia.

This extensive multi-stage fermentation process reduces approximately 25 lbs. of raw soybean to make only one 8 oz bottle. During this process there are no added fillers, colors, flavors, or anything else that could disturb the healing properties of Haelan 951 soy. The process is completed with lab testing to verify the specific levels desired are achieved and that no other contaminates are found. The fermentation process hydrolyzes many of the soybean proteins into amino acids and compounds that are rich in nitrogen, polysaccharides, and fermentation metabolites of the naturally occurring isoflavones, protease inhibitors, saponins, phytosterols and inositol hexaphosphate compounds in soybeans.

By using these naturally occurring compounds found in this specific soybean, we see a dramatic increase in their ability to aid the body in natural health. Haelan 951 is rich in proteins, selenium, zinc, vitamin A, B1, B2, B12, C, D3, E, and K1. With many additional micronutrients such as daidzein, genistein, protease inhibitors, saponins, phytosterols, essential fatty acids, twenty of the twenty-two amino acids and more.

The real key to unlocking this potential is the fermentation. This makes these compounds exponentially more bioavailable to your body. In other words, your body can readily absorb the nutrition. This is the primary reason to not encapsulate or use a dry version. Keeping it in the liquid state allows for your body to begin assimilation the moment it touches your lips.

The original intent of Haelan 951 was to combat cachexia in late stage cancer patients. This was the focus of many of the early studies and continues to be a focus today. The high concentration and combination of anti-inflammatories, amino acids and other phyto-nutrients allows the gut to heal and nutrient absorption to resume.

Because other things were noted during these treatment combination studies, Haelan 951 went on to be looked at for various other hormonal, inflammatory, and toxic load driven problems such as PTSD, ALS, and others. These studies began exposing more of the potential inner workings of Haelan 951 including:

Apoptosis Allowed to Proceed

DNA repair Enhanced.

P-21 Gene Activity Increased

Anti-angiogenesis Without Destroying VEGF

Reduces NK Cell Inhibiting Exosomes

Improves Ratio – ER-A/ER-B

Increased Estrogen receptor-beta receptors – ER-B

Decreased Estrogen receptor-alpha receptors – ER-A

Decreases the Matrix Metalloproteinases Enzyme

Produces Anti-Cancer Metabolites

Shuts Down NF-kB Mutation Pathway

Decreases Viral and Bacterial Burdens

Overcomes Depression and Improves Quality of Life

Non-Specific Immune Stimulation Increased via improved Macrophage Activity

And more…

This is just scratching the surface of the complex inner-workings of Haelan 951 and its anti-inflammatory, antioxidant and immune boosting effects on the body.

To learn more about Haelan 951 please visit us at www.Haelan951.com

“During my second cancer journey, Haelan 951 was an important part of my healing protocol and had a very positive impact on my healing... I have recommended Haelan 951 for many years.”

– DR. VERONIQUE DESAULNIERS

* The information provided on this book is for educational and advertising purposes only and does not take the place of talking to your doctor or healthcare professional. Haelan 951 is not approved nor intended to take the place of any type of therapy. If you have questions about your condition, or if you would like more information on taking Haelan 951, please talk to your doctor or pharmacist. Statements in this document have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition consult your physician before using our products. There is no guarantee of specific results and results may vary.

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Resources:

Isoflavones:

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https://journals.sagepub.com/doi/pdf/10.1177/1534735419835310

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4791423/

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https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/phytosterols

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Phytic Acid:

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