

A Letter from Dr. Jamie McManus



Hello Shaklee Family,

July 27, 2011

An Update on the Science of Soy

Long valued as a healthy vegetarian source of protein, recent research has discovered important compounds in soy called isoflavones provide potentially powerful health benefits of their own beyond the simple delivery of healthy nutrients in soy, from protein to minerals.

For 50 years, Shaklee scientists have recommended soy protein consumption as part of a healthy diet. However, today we are also well aware of the great confusion among consumers and even health professionals about the health benefits of soy, because of a few very limited studies on soy that have received much attention on the internet.

Because nothing is as important to us as your well-being, we decided to consult an independent scientific expert on soy to review all the latest data for us and prepare a comprehensive review.

We chose Mark Messina, PhD, an adjunct associate professor at Loma Linda University and the Executive Director of the Soy Nutrition Institute. Dr. Messina, an acknowledged leader in soy research, has made studying the health affects of soy his focus for over 20 years and has published more than 60 scientific papers and given more than 500 presentations on soy foods to health professionals around the world. From his comprehensive scientific white paper prepared exclusively for us, Dr. Messina produced a two-part summary update on soy. Part 1, **Soy and Your Health: An Update on the Benefits**, summarized the latest science on the health benefits of soy consumption. It covered a wide range of topics such as how a daily moderate intake of soy can promote heart health and bone health, potentially alleviate certain menopause symptoms and possibly even help keep skin looking beautiful.

Now in Part 2, **Soy and Your Health: Dispelling the Myths**, linked to this letter, Dr. Messina addresses the misleading and inaccurate rumors about soy circulating on the internet. According to Dr. Messina's careful review, many of these studies incorrectly link soy to adverse effects. So now it's time to learn the truth about the so called "anti-nutrients" in soy, how soy really affects the thyroid, breast health, and brain function and the real differences between unfermented and fermented soy. Dr. Messina's detailed investigation also includes reference citations of published scientific research studies he analyzed to reach his conclusions.

I know you will find this information interesting and useful. Please share this information about soy with others who are interested in learning the most up-to-date and scientifically accurate facts about soy.

Be well,

A handwritten signature in black ink that reads "Jamie McManus M.D." with a stylized flourish at the end.

Dr. Jamie McManus, M.D.
Chair, Medical Affairs, Health Sciences & Education
Shaklee Corporation