

# Winter Newsletter

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## Most Frequently Asked Soy Question

For many years, soy has received negative attention for its “possible” link to breast cancer and its properties to increase estrogen. Since you are not a test tube or a rat, the negative effects of soy do not pertain to you. Yes, phytoestrogens in soy can stimulate the growth of cancer cells in lab rats but **not** in humans. There is no scientific evidence to support that phytoestrogens increase cancer growth rate in humans, and, in fact, there are multiple studies in Asia and Shanghai that evidence a **lower** risk of breast cancer when they incorporate more soy in their diets. In fact, in Shanghai’s Breast Cancer

Survival Study, 5042 women with breast cancer who ate foods rich in soy also had a decreased risk of death and lower rate of cancer recurrence.

A recent article in The American Journal of Clinical Nutrition followed 10,000 breast cancer survivors, (many who were Americans) and found that those who ate more soy had lower rates of cancer and mortality. Even the 2012 American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Survivors, concluded that, “current research finds no harmful effects to breast cancer survivors from eating soy,”

but they still discourage taking soy supplements even though this has not been “rigorously tested” to determine an ill effect.

Over the years, we have never recommended soy for people with blood type O; however, we have suggested it for blood type A’s. With the ten’s of thousands of patients we have seen, soy has had a positive effect on their health, not in a test tube or on a caged animal, but on real people. I hope this has clarified any confusion, and, as always, if you have any questions, don’t hesitate to ask.

Dr. James L. D’Adamo, ND

Success with any lifestyle change is more than motivation and determination. While those help a great deal, variety, experimenting with new foods, creativity and not being scared to try new things is just as important.

Many patients have asked me to write a recipe book. While I have many recipes in my book, *“Just an Ounce of Prevention is Worth a Pound of Cure”* and in the introductory manual I provide patients, we are fortunate to have compiled some creative and supportive recipes patients have found helpful on their journey to wellness. We hope you enjoy these, and if you have any you would like to share, please do! We would love to hear from you.

## **Crispy Kale Chips —Courtesy Melissa d'Arabian**

### **Ingredients:**

1 bunch kale, washed and thoroughly dried

2 tbsp. grapeseed oil

Himalayan salt, for sprinkling

**Method:** Preheat the oven to 275 degrees F. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet, toss with oil and salt. Bake until crisp, about 20 minutes, turning the leaves halfway through. Serve as finger food.

## **Fish Seasoning**

### **Ingredients:**

1 tbsp. dried basil

1 tbsp. dried crushed rosemary

1 tbsp. dried parsley

2 tsp. Himalayan salt

2 tsp. ground black pepper

2 tsp. ground dried sage

2 tsp. dried thyme leaves

2 tsp. dried marjoram leaves

1 tsp. dried oregano leaves

1 tsp. celery salt

1 tsp. garlic powder

**Method:** Combine all seasonings. Store in an airtight container. Use seasoning on your favorite fish.

## **Herb Infused Oil**

### **Ingredients:**

6 leaves fresh basil

2 sprigs fresh thyme

2 sprigs fresh rosemary

2 sprigs fresh oregano

1 1/2 cups grapeseed oil or extra virgin olive oil

**Method:** Place basil, thyme, rosemary and oregano in a 12 ounce bottle. Using a funnel, pour oil into bottle. Cover tightly and refrigerate unused portions. Use within 2 to 3 days.

## **Broccoli spread**

From [www.randomgirl.com/recipes.html#broccolispread](http://www.randomgirl.com/recipes.html#broccolispread)

### **Ingredients:**

6 garlic cloves, peeled

2 tbsp. olive oil

1/2 tsp. crushed red pepper

2 1/2 cups broccoli

1 cup canned cannellini (white kidney beans), rinsed

2 tbsp. lemon juice

**Method:** Preheat oven to 350. Combine garlic, oil and red pepper in a small custard cup. Cover tightly with foil. Bake until garlic is tender, about 35 minutes. Steam broccoli until tender, about 8 minutes. Process with beans, lemon juice and oil/garlic mixture. Spread on rice cracker, toasted spelt bread etc. and enjoy.

## **Miso Soup**

### **Ingredients:**

2 tsp. dashi granules (usually purchased from an Asian grocery store)

4 cups water

3 tbsp. miso paste

1 (8 oz.) package silken tofu, diced

2 green onions, sliced diagonally into 1/2 inch pieces

**Method:** In a medium saucepan over medium-high heat, combine dashi granules and water; bring to a boil. Reduce heat to medium and whisk in the miso paste. Stir in tofu. Separate the layers of the green onions and add them to the soup. Simmer gently for 2 to 3 minutes before serving. Note: You can use yellow, white or red miso paste for this soup. Yellow miso is sweet and creamy, red miso is stronger and saltier.

**Gomashio** —Adapted from: *Vegan a Go-Go!* By Sarah Kramer

### **Ingredients:**

1 cup raw sesame seeds

1 tsp. Himalayan salt

1 tsp. kelp powder

1/2 sheet nori (dried seaweed), cut or torn into small pieces

**Method:** In a frying pan over medium -

high heat, stir or shake the sesame seeds continually for 3 to 5 minutes, until seeds start to pop and brown. Remove from heat and let cool completely. In a food processor, combine cooled seeds with remaining ingredients and grind lightly for 5 – 10 seconds. Store in an airtight container and use on salads to season soups or rice.

**Garlic Swiss Chard**— from *Family Circle* 11/2012

### **Ingredients:**

2 lbs. Swiss chard (red or rainbow)

2 tbsp. grapeseed oil

6 cloves of garlic, sliced

1/4 tsp. red pepper flakes (optional)

1 tsp. Himalayan sea salt

**Method:** Remove stems from chard and slice into 1 inches pieces. Put aside. Roughly chop leaves and put aside. Heat oil in large pot over medium heat. Add garlic and pepper, cook 1 -2 minutes. Be careful not to burn the garlic. Stir in chard stems and decrease to medium-high heat for 4 minutes. Add chard leaves and place lid on pot for 2 minutes. Remove lid, stir and heat for another 2 minutes, uncovered. Stir in salt. Using tongs, lift out chard to a serving plate and allow excess liquid to drip back into pot.

**Butternut Squash Fries:** Adapted from: *Living Without* magazine- August/September 2012

### **Ingredients:**

1 medium butternut squash

Grapeseed oil

Coarse Himalayan salt

**Method:** Preheat oven to 425 degrees F. Very lightly coat a baking sheet with grapeseed oil. Peel squash with a good vegetable peeler or a very sharp knife. Cut it in half. Scoop out and discard the seeds and stringy bits. Cut squash into fry shapes, either in strips or chips. Place pieces on prepared baking sheet. Lightly brush with oil and sprinkle with salt. Place in preheated oven and bake about 40 minutes, depending on size of pieces. Watch closely and turn fries over after 20 minutes.