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This Humble Food Extract Puts Bone Drugs To Shame

Post date: Monday, January 23rd 2012 at 11:00 am by [Sayer Ji](#)



According to research published in the [British Journal of Pharmacology in 2008](#) alendronate (Fosamax), raloxifene (Evista) and estradiol (estrogen, E2) **are inferior** to the phytoestrogen genistein commonly found in fermented soy*, red clover, kudzu, fava beans and coffee, in preserving bone mineral density (quantity) and strength (quality), in an animal model of menopausal osteoporosis.

Genistein has been [extensively researched](#) for its potential therapeutic role in osteoporosis prevention and treatment, as well as a mind-boggling [140 additional health conditions](#). It is likely the main reason why [soy](#), and particularly [fermented soy](#), has been regarded as both a food **and a medicine** in Asian culture.



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What makes this finding so groundbreaking is that genistein *comes from food*, whereas the three categories of drugs compared to it in the study *are evolutionarily and biologically alien chemicals (xenobiotics)* with profound, unintended adverse health effects.

In essence, this study calls into question the multi-billion dollar "osteoporosis" and "osteopenia" industry's most lucrative commodities. Foods and food extracts, of course, do not lend themselves to being patented, which is why this study will likely never receive the multi-million dollar funding required to bring it to the level of a human clinical trial.

*non-fermented soy contains genistin, whereas friendly bacteria in our gut or in cultured foods such as [miso](#) biotransform it into genistein.

The true value of this study becomes apparent when we look at the drugs in greater detail. Alendronate (Fosamax), for instance, was originally used to soften water in irrigation systems used in orange groves. It has the ability to ulcerate and puncture the stomach, which is why it is suggested it be taken with water and the person stands or sits up for half an hour. It has been linked to at least 18 serious adverse health effects, **including bone fracture!**



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Raloxifene (Evista), on the other hand, has been proven to increase the risk of pulmonary embolism, venous thrombosis, stroke and coronary artery disease to name but only a few areas of grave concern.

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Hypothyroidism	10	1	select
Mortality: All-Cause	10	1	select
Pulmonary Embolism	10	1	select

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Estradiol, though produced naturally in our body, may have cardiotoxic and carcinogenic properties when levels are too high, as may occur during pharmaceutically-based hormone replacement therapy, or when detoxification/transformation pathways are working sub-optimally.

[Genistein](#) has much weaker estrogenic activity in comparison to estradiol, and yet it is capable of binding to the same estrogen receptors for a much longer duration. It is also highly selective, capable of binding and stimulating bone estrogen receptor sites (resulting in increased strength/density), whereas down-regulating breast density by taking up, and weakly stimulating estrogen receptor sites within breast tissue. This enables the plant estrogen - paradoxically - to block out and/or reduce the proliferative activity of excess estradiol and related xenobiotic estrogen exposures. The same principle has also been [observed operative within the phytoestrogens found in flaxseed](#).

For Additional Reading: [How Too Much Calcium & Over-Medication Can Break Your Bones](#)

[The Medical Marvel That Is Flaxseed](#)

Relevant Video: [The Shocking Truth About Bone Scans & Breast Cancer](#)

Relevant Research Sections on GMI: [Genistein](#) , [Osteoporosis](#) , [Bone Fractures](#)

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Liza Sauls · Owner at Liza Sauls Petsitters

Do not confuse fermented soy with real enzymes with the commercial, Monsanto-made soy milks and other products. Soy milk, etc is harmful to the thyroid and hormones....especially in children!

[Reply](#) · [1 Like](#) · Monday at 1:59pm



Sam Lock · Top Commenter · Many

I understand 'fermented soy' to be soy sauce that goes great on rice.

[Reply](#) · [Like](#) · 14 hours ago



Cat Johnson

Sam Lock Tofu is ok to eat. NEVER buy soy milk and use as little soy sauce as possible as it's got a very high salt content as well. I can post specific details as to how much soy you should consume but keep it well away from children as Liza says.

[Reply](#) · [Like](#) · 11 hours ago



Delonee Anthony Clarke · Home alone and frenz around

straight soy milk , mi seh jus gimmi sum ttttime...

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