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## Soy Nutrient Reverses Cancer Cell Growth

*Nitrogenated isoflavones in fermented soy deceive cancer cells*

By Donna Sage, M.S.S.A.

ED. NOTE: HEALTHY CELLS stop performing and recreating, and they mutate in ways that ultimately lead to their death, multiplying uncontrollably when cancer takes over. This can lead to tumor formation and serious disease. Cancer is a systemic disease; it involves the body as well as mental and emotional components. The whole system must be addressed for healing to occur. This article addresses a nutrient that shows promise in supporting the physical body. Cancer cells act like parasites and often develop their own blood supply, which takes protein and other nutrients from the rest of the body. When there are many cancer cells, they can circulate through the blood to other parts of the body. This is called metastasizing. When cancer cells and tumors are consuming much of the nutrients of the body, the body starves, and this is called cachexia. Causes for cancer are many, but a preponderance of research points to three main causes—and most probably a combination of them: poor

nutrition; mental and emotional stress; and toxins in foods, cosmetics, household cleaners, water, air, or literally anything that is breathed, placed on the skin, or otherwise consumed. We have a lot to correct to achieve collective health.

*Within six weeks, his doctor reported that the cancer around the bile duct had shrunk by 50%*

AT LEAST 40% OF THOSE who die with cancer do so because of protein-calorie malnutrition, not cancer, according to Patrick Quillian, Ph.D., R.D., C.N.S. and author of *Beating Cancer with Nutrition*.<sup>1</sup> Ross Pelton, Ph.D. (pharmacist, clinical nutritionist, and psychologist), was the administrator at Hospital Santa Monica for six years, and is the author of *How to Prevent Breast Cancer*.<sup>1A</sup> During his tenure at Hospital Santa Monica, a clinic that specializes in cancer treatment, he

learned of Haelan, a fermented soy beverage that had shown promise in cancer cases. He treated a group of six cachexic\* cancer patients with Haelan. Each patient had been deemed inoperable or untreatable after earlier interventions were unsuccessful. These patients were expected to live for a very limited time, in some cases only days.

Within two days of consuming an eight-ounce bottle per day, four patients were walking, and the remaining two patients were up and doing well within a week.<sup>2</sup> All of the patients experienced an increase in energy level and regained their appetites, and several experienced pain reduction. Pelton attributes the improvements to Haelan because of its "high concentration of anti-cancer agents, [and] phenomenal concentration of nutrients, phytochemicals and protein." Once the patients regained strength, they were able to continue the alternative and complementary cancer treatment protocol

at Hospital Santa Monica. Pelton's professional opinion of Haelan: "It is phenomenal." He says that success of the product was very gratifying and recommends it as a nutritional supplement.

### PERSONAL SUCCESS STORIES

In September, 1995, Sherman Sanders was hospitalized after experiencing unexplainable chest pains.<sup>3</sup> During exploratory surgery, doctors discovered stage four cholangiocarcinoma in his liver and gall bladder. The surgeon did not want to further operate, because there was too much cancer. Cancer had grown around the valve between the liver and gall bladder and pinched off the flow

of bile, and for comfort, a drain was placed. Mr. Sanders was not expected to leave the hospital, as the estimated life span after diagnosis is one to three months. His oncologist, in a last effort, decided to try chemotherapy treatments. When the cancer was nonresponsive after the second treatment, Sanders notes, "They sent me home to die."

Meanwhile, a family friend heard about Sanders' condition. She introduced Haelan to Sanders at his family home in LaVernia, Texas. He began drinking a bottle a day the first day, and noticed a great reduction in his chemotherapy-induced nausea, which had not abated since he had left the hospital. The same day, he experienced an increase in appetite and energy level. He continued to drink a bottle per day, and his blood chemistry improved to such a level that the oncologists decided to resume the chemotherapy

treatments. Sanders continued to drink a bottle a day of Haelan in conjunction with chemotherapy. He did not experience any adverse side effects of the chemotherapy. In addition to gaining weight, he found that his hair grew in darker than before. Within six weeks, his doctor reported that the cancer around the bile duct had shrunk by 50%.

With this encouragement, Sanders continued to drink Haelan and take the chemotherapy. In addition

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to Haelan, he became vegetarian and took venus fly trap, red clover, CoQ10, liquid oxygen, and pycnogenol, though Sanders attributes his recovery primarily to the Haelan. "I drank a maintenance dose of Haelan for two years. I switched doctors when we moved, and my new doctor, Clay Skinner, M.D., did not believe me when I told him that I had liver cancer, because no one is known to ever have survived cholangiocarcinoma. He took a biopsy of my liver and had it compared to the biopsy sample from my exploratory surgery, and, sure enough, the test confirmed that it really was my liver. I tried to tell him, but now he believes me!" says Sanders. "I wouldn't be here without Haelan, lots of prayers, a changed diet and a positive attitude."

In a phone interview, Dr. Skinner stated he had confirmed the original diagnosis from tissue sample

analysis and that Sanders was cancer free on a gross and microscopic level in March, 1998. Skinner said, "It is striking that someone with cholangiocarcinoma is alive. Chemotherapy typically has no effect on this type of cancer. There are absolutely no survivors of this type of cancer that I am aware of, and the only significant thing he did differently is take Haelan."<sup>19</sup>

Nina Presniakov, an 80-year old Russian woman, was diagnosed in the late summer of 1996 with advanced breast cancer that had metastasized to her left arm, clavicle, hips, and spine.<sup>4</sup> According to her son, Alexander (who spoke for his mother, as he was very fluent in English), her doctors offered surgery, more as a symbolic

effort, to curb the cancer, but she declined. She was sent home, and the doctors told her that she had no more than six months to live. Upon her return home, Alexander began to look for alternative treatments. Nina continued to stay active in her community, and made significant nutritional improvements including eliminating refined sugars and eating lots of fresh vegetables, fish, and fruit. She also took vitamin supplements. She had not been exercising prior to her diagnosis, but began walking on a regular basis.

After much further research, Alexander discovered Haelan. Nina began to drink a bottle of Haelan per day in January, 1997, in conjunction with her nutritional changes. With these nutritional and lifestyle improvements alone, she had already survived five months. She returned to the doctor's office a second time in March, 1997, six

months after her diagnosis. They were very surprised to see her, as she had outlived their prediction. Further, her oncologist could not detect any cancer in her bones or breasts. Mammograms performed in April and November, 1997, showed she was cancer free.

Nina Presniakov now takes four tablespoons of Haelan per day as a wellness dose to maintain optimum health. "My mother is still alive and in the best health of her life.... We were stunned at first with the results of Haelan. It truly is a miracle," says Alexander. He recommends taking a simple approach to health: eating good healthful food and nurturing a strong faith in God. Nina lives cancer free as of this writing.

There is a well-documented research case involving prostate cancer. Preliminary results are impressive. A 57-year-old man was turned away from medical doctors as his condition had deteriorated so substantially. The patient's PSA was 36.7 and he had a Gleason

score of 8.0. His surgeon, at a premier cancer facility, does not operate on people with Gleason scores above a 6.0. After this "rejection" by doctors, the patient chose a holistic oriented treatment plan. Haelan is a primary component of the plan, in conjunction with nutritional changes and specialized herbal and blood treatments, including UV blood irradiation. After he followed the treatment plan for one week, his PSA dropped to 29; after three weeks it was 11.6 and after five weeks it was down to 4.5. His condition and treatment are being closely monitored, as such results have not been achieved with conventional protocols.

## WHAT IS HAELAN?

As most readers are aware, there has been a vast amount of research that focuses on the soybean and its ability to reduce or eliminate cancerous cells. Isoflavones found in soy have been shown to inhibit angiogenesis, the growth of blood vessels used to supply a tumor with nourishment for growth. Protease inhibitors found in soybeans have been proven to prevent the activation of genes that can cause cancer. Soy isoflavones are also known for their ability to stimulate differentiation, causing cancerous cells to change back into healthy, noncancerous cells, and they inhibit cancer cell growth.<sup>20</sup> Isoflavones mimic estrogen in the

*Haelan is a concentrated, specially fermented soy beverage developed in China during the early 1980s as a hospital nutrition supplement. It is rich in anti-cancer nutrients, including the two main isoflavones (genistein and daidzein), and protease inhibitors*

body; however, they are significantly less potent in comparison to natural estrogens.<sup>21</sup> These isoflavones, or phytoestrogens, successfully compete with estrogen for the limited number of hormone receptor sites and as a result, cellular estrogen levels decrease. As many cancers are related to excess estrogen concentrations, this is a positive step in preventing those cancerous conditions. In addition, isoflavones are superior anti-oxidants, which reduce cell damage that may lead to cancer and other diseases.<sup>20</sup>

Tofu and soy products contain a high concentration of isoflavones. However, to reach therapeutic levels

of these isoflavones, supplementation is recommended. Steven Holt, M.D., a respected researcher in soy nutrients, recommends soy supplementation, as otherwise a person would have to eat more than half a pound of tofu to reach the recommended health maintenance levels of 50 to 80 mg of genistin daily.<sup>5</sup> However, some researchers have been cautioning that unfermented soy products are actually thyroid inhibiting.<sup>20</sup>

Fermented soy supplementation is a superior method of providing the body with the useful characteristics of soy. Haelan is a concentrated, specially fermented soy beverage developed in China during the early 1980s as a hospital nutrition supplement. It is rich in anti-cancer nutrients, including the two main isoflavones genistein and daidzein (there are seven other known isoflavones differing slightly in molecular structure), and protease inhibitors (these prevent the mutation of healthy cells into cancerous cells).

It also is rich in proteins, selenium, zinc, and vitamins A, B1, B2, B12, C, D, E, and K. Haelan is an FDA-approved food category product.

Haelan is made from organically grown soybeans grown in Mongolia, China. These beans are hand picked at the peak of ripeness. The Haelan Company reports that the content of phytochemicals in these soybeans is four times more potent than in soybeans grown in the U.S., due to the superior mineral content of the soil and harvesting and sorting techniques. A multidisciplinary team of hospital staff, physicians, medical school personnel, nutritionists, and

medical researchers from the East and West contribute to its ongoing improvement.

Manufacturing occurs in China, where two modern manufacturing facilities incorporate high-tech processes and employ approximately 80 workers. A patented low temperature fermentation process and other "trade secrets" pre-digest the soybean and make it more absorbable. Remarkably, starches and sugars from the soybean are eliminated in this painstaking fermentation process—this is a crucially significant

point, as cancer loves sugars and starches. There is no candida-producing yeast present in the final product. The soybean is then hydrolyzed, or broken into smaller molecules that become bioactive, free-form amino acids and isoflavones. Finally the substance is nitrogenated.

These last two steps are vital to the effectiveness. When in the free form, the isoflavones are more readily used by the cells, since they are no longer attached to other compounds such as proteins. Cancer cells require high levels of nitrogen.

The nitrogenation process of Haelan is a pivotal step, because the nitrogen molecule attached to the isoflavones during nitrogenation acts as "bait" to delude cancer cells into ingesting not only the nitrogen but also the anti-cancer agents, or isoflavones. Soy powders, drinks, and tofu do not provide these benefits as Haelan does. Not only do they lack the concentration of isoflavones, pro-

tein, vitamins, selenium, antioxidants, and protease inhibitors found in Haelan, they also do not have the bound nitrogen molecule that baits the cancer cells to ingest nutrients that can ultimately diminish their ability to survive.

Haelan has been the focus of sev-

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eral clinical research projects performed in China and the United States. It has been shown to support the body at a cellular level,<sup>13,14</sup> and to have a synergistic effect in the body that stimulates and supports the immune system and internal organs, making the body a hostile place for cancer or any other chronic disease, such as HIV-AIDS. One who has a healthy and strong body

*The mice treated with Haelan alone experienced immune system stimulation occurring at a rate of approximately 700%*

is not able to have cancer or any chronic debilitating condition.

#### ADDITIONAL RESEARCH

Researchers wanted to discover if Haelan could kill gastric cancer cells in a culture dish. Three separate tests were conducted. Results

showed that Haelan killed 95%, 99%, and 99% of the gastric cancer cells.<sup>9</sup> Haelan is also able to eliminate parasites.<sup>10</sup> In this controlled animal study, immune system functioning was monitored in 130 mice that were infected with the malaria parasite. Immune system function-

ing dropped by one-third in the malaria infected group, which was receiving no treatment. Haelan used as the sole treatment was 61% effective in eliminating the parasite in these mice, and used in conjunction with Chinese malaria medication was 100% effective in

prohibiting malaria parasitic infection. The mice treated with Haelan alone experienced immune system stimulation occurring at a rate of approximately 700%.

A hospital study in 1992 was designed to determine if supplementing with Haelan would improve the cancer patient's healthy energy and reduce toxic side effects of radiation and chemotherapy.<sup>11</sup> Of the patients given Haelan, all 117 successfully completed the scheduled course of radiation and chemotherapy. No supplemented patients required blood transfusions, and many symptoms of chemotherapy and radiation were eased in comparison to control groups receiving no

Haelan nutritional supplementation. The following side effects of chemotherapy were significantly reduced with the use of Haelan nutritional supplementation during chemotherapy and radiation treatments: decrease in appetite, nausea and vomiting, diarrhea, constipation, hair loss, stomatitis, and hem-

orrhage. Those who received Haelan also had the least decrease in white blood cell counts and hemoglobin in comparison to non-supplemented groups. "We have often thought that if all people who were using [allopathic] medical techniques to treat cancer would combine their technique with Haelan as a nutritional supplement, the overall result would be beneficial to the patient," says Walter Wainright, a research consultant for Haelan.<sup>7</sup>

Another study with mice was designed to see if nutrition with Haelan would improve the results of the chemotherapeutic drug cyclophosphamide.<sup>12</sup> Experimental groups were given Haelan one week prior to and eight days after being infected with liver cancer, and then treated with cyclophosphamide. The life span of mice treated with only the cyclophosphamide was 2.44 days, while the mice treated with Haelan and cyclophosphamide lived 94 days. One would like to see a study with a control group where only Haelan is used with no chemotherapeutic agent. It was also learned in this study that Haelan is able to protect the liver from thioacetamide, a toxic substance to the liver as well as a carcinogenic factor. Haelan also displayed an ability to support the liver in resisting oxidizing damage. The researchers concluded that Haelan is appropriate as an adjuvant nutritional supplement for cancer patients with certain tumors, and especially liver cancer.

Yet another study assessed the role of Haelan used in conjunction with chemotherapy.<sup>13</sup> Leukopenia is the abnormal decrease of white blood

cells to fewer than 5,000 cells per cubic millimeter, a condition that can be caused by chemotherapy. The white cell count in mice that were given cyclophosphamide after being infected with H22 liver cancer dropped from the control of 10,495 to 2,580. The mice supplemented with 100% Haelan, under the same conditions, maintained white blood cells to a count of 4,820. This is an 86.8% increase of white blood cells in mice treated with Haelan in comparison to the group who received no supplementation.

*In a large inpatient anti-aging study ... those supplemented with Haelan at one ounce per day showed significant improvements in several areas of measure, including heart functioning, brain functioning, immune system function, and sex hormone balancing*

A large inpatient anti-aging study conducted in a Chinese hospital involved 303 healthy volunteers who wanted to see if their health could be improved with Haelan supplementation.<sup>14</sup> Over the course of three months, subjects were given the same exact hospital food and living environment. Those supplemented with Haelan at one ounce per day showed significant improvements in several areas of measure, including heart functioning, brain functioning, immune system function, and sex hormone balancing. Some subjects who had gray hair experienced growth of dark hair during supplementation.

Improvements in lung functioning were demonstrated in a group of volunteer males using Haelan who had category one and category two pneumoconiosis and emphysema.<sup>15</sup>

Oxidation was shown to decrease, and ventilation function improved. Haelan was proven effective in protecting the liver from toxic effects of poisoning.<sup>16</sup> Seventy-five percent diluted Haelan showed a marked decrease in serum glutamic pyruvic transaminase. This enzyme is known to increase when the liver is poisoned. The mice treated with Haelan did as well or better than mice treated with the drug diisophylamine without side effects.

Haelan was shown to improve health in malnourished youth 6 months to 11 years of age.<sup>17</sup> Youth supplemented with Haelan exhibited a 9.5% increase in body weight, and subcutaneous fat increased by 6%. The trace elements iron and zinc increased by 34% and 15% respectively, and hemoglobin rose 6%.

Dystrophy is any abnormal condition caused by defective nutrition or metabolism. Researchers wanted to see if Haelan had any effect on mice induced with dystrophy.<sup>18</sup> Studying the somatotropic effect of Haelan on dystrophic mice showed a significant improvement in their nutritional status and growth, and the mice were able to reach normal weight levels with Haelan supplementation.

Thousands of people have had positive results with Haelan, whether in life extension or quality of life. It is important to note that those who are successful in managing their health typically have made significant lifestyle changes as well. A woman who has survived breast cancer since 1981 using allopathic and nutritional approaches including Haelan states: "It tasted so horrible I thought I would never get down

those 20 bottles, but I have gotten down 385 bottles.... It tastes horrible—and anybody who wants to live will drink it.”

### CONCLUDING REMARKS

Though soy has received much praise recently as researchers find more of its health benefits, not all soybean products are equally potent. The crucial distinction between Haelan and most other soy foods is in the processing. The specialized fermentation process Haelan uses makes anti-cancer agents in soy, such as isoflavones and genistein, bioavailable and easily usable by the cells of the body. Most importantly, Haelan's soy isoflavones get directly into cancer cells, where they can do their healing work using attached nitrogen molecules as their passkey to entry. Δ

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### NOTES

\* Cachexia is a condition generally associated with cancer, especially metastases, where there is a deleterious effect on the body's metabolism; it is characterized by weight loss, wasting of muscle, loss of appetite, and general debility that can occur during a chronic disease.

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