E. EXCEL'S WORLD

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A Career That Opens Up a New Chapter in Life

E. Exceller Yu Ying Wei

Yu Ying Wei

From: Taiwan
Strengths and Hobbies: Positive thinking, accumulating wealth
Dream: Build a team of shared ownership, results and prosperity
Traveled with E. Excel to: Indonesia, Australia, Japan, South Korea, Canada, Malaysia, Singapore, the United Kingdom, France, the Czech Republic, Austria, Spain, Sanya, Egypt, India, Shanghai, Hong Kong, Thailand, Vietnam, Yunnan, Royal Caribbean Cruise, and more

"The E. Excel career has everything I have ever wanted. It has transformed my outlook on life and allowed me to live with joy and purpose!" shared E. Exceller Yu Ying Wei as she reflected on her journey with E. Excel.

Growing up in a challenging economic environment, Ying Wei prioritized earning money and maximizing her time above all else. Whether life was interesting or not did not matter to her; she was willing to explore any path that could lead to success. After entering the workforce, she even invested her own money to start her own business, only to be suffocated by the enormous operational costs. Everything changed when she discovered E. Excel. Its appealing low-cost, low-risk model offered her a fresh start. Not only did her health improve significantly, but her income also grew steadily. E. Excel opened a new chapter in her life—one that goes beyond financial success. It brought her a healthier lifestyle, meaningful friendships, and the balance between work and life she had always dreamed of.

Since joining E. Excel in 2003, Ying Wei has spent over two decades gaining a deeper understanding of people, refining her approach to challenges, and, most importantly, cultivating the wisdom to navigate life. "I'm very grateful for the career platform that E. Excel has provided, guided by the visionary leadership of Dr. Jau-Fei Chen, whose strong research background ensures clear direction and robust training for all of us. I'm also fortunate that over 20 years ago, I knew what I truly wanted and chose to embark on my life path with E. Excel, allowing me to achieve and grow in ways I never imagined," Ying Wei expressed with heartfelt gratitude the profound impact E. Excel has had on her life before offering her business insights.

For many E. Excellers, rejection can feel daunting and discouraging. Ying Wei encouraged them to listen carefully to the underlying message behind a rejection. She explained, "Today, if a consumer says to you, 'Health is important, and the products are great, but just consuming them is enough for me,' it doesn't necessarily mean they're not interested in the E. Excel career. They might just be hesitant to take on an unfamiliar challenge. In such cases, I continue to engage with them, invite them to participate in activities, and help them understand what the E. Excel career is really about. Rejection often stems from a lack of understanding. Our role is to guide them to become familiar with the opportunity, comfortable with the idea, and ultimately fall in love with a life that embraces E. Excel.

"If someone remains unwilling or an issue cannot be resolved immediately, it's best to take a step back. After some time, try a different approach or direction, and focus on understanding what truly matters to that person." Ying Wei added, "Persistence is key in managing our E. Excel careers, but never 'persist' in forcing communication!" She continued, "Many times, it's not that people refuse us, but rather that they need time to digest the information. I always remind myself of the principle 'retreat to advance.' If we push too hard and the other party feels pressured, it can lead to resistance and strain the relationship!

"Unproductive communication occurs when there is no mutual understanding. Effective communication is achieved through coordination—not by settling for a one-sided solution, but by working toward an outcome agreeable to both parties!" Ying Wei stated seriously. "I used to believe in the mantra 'Quick, decisive, and accurate.' But now I believe in 'Stop, look, listen.' It's such a vital shift in perspective!" Ying Wei emphasized. She continued, "First, stop trying to control the other person's actions and stop your subjective thinking. Instead, focus on understanding their thoughts and identifying any issues on your side. Then, observe what the other person is trying to express and listen carefully to their words. Avoid phrases like, 'You shouldn't do this,' and instead say, 'What can we work on together?'"

The same principles apply to building a team. Each teammate is like a unique flower, requiring different kinds of care to thrive. "One person cannot fight a million troops. There're things we cannot foresee or accomplish on our own. That's why we should seek out teammates with diverse personalities and ways of thinking. Conversations with them often lead to unexpected insights and new ideas, which accelerates mutual progress and growth," Ying Wei suggested.

Over the years, she has fully encouraged her teammates to become 'excellent life coaches' for those around them. She explained, "The word 'life' at the centre of that phrase is key because the E. Excel career is about living life to the fullest. To be a coach for others, we must continuously grow and learn, broadening our horizons and deepening our understanding. The study group activity that E. Excel has been promoting since last year is the perfect example and a great way to recharge. I'm determined to help my teammates turn their E. Excel career into an enjoyable way of life, and most importantly, to gain a great sense of accomplishment from it. The moment more people place their trust in me and I feel I've value to offer is when I feel the most successful!"

Ying Wei is passionately committed to nurturing outstanding young entrepreneurs within her team. "We value the tremendous potential in young people, leveraging their energy to make this place their own. The future belongs to the younger generation; through them, our team stays connected with the world. We learn so much from this new generation of E. Excellers! They bring fresh perspectives and innovation, and we, in turn, share our experience to work together for mutual success. By amplifying each other's strengths, we grow the E. Excel career hand in hand." In Ying Wei's eyes, a 'sustainable career' is one that the next generation can identify with, inherit, and use to inspire a new wave of entrepreneurs. "For any activity, we encourage our teammates to involve their entire families, fostering interaction across generations. Here, everyone has the opportunity to thrive. We're not divided by age; we're mentors and friends. This creates a big, dynamic family where ideas and practices know no limits.

"Life is a journey of evolving roles and responsibilities at every stage. In the past, my focus was on striving and achieving. Now, it's about nurturing more talent for E. Excel—not just the second generation, but also the third and fourth generations. One day, as they step into the spotlight and take the stage, we, the seasoned E. Excellers, will proudly sit in the audience, cheering and applauding their success!" Ying Wei described vividly.

Life Motto—"Differences in mindsets determines the differences in wealth."

The Journey of Realizing One's Self-worth

E. Excellers Lim Lay Peng, Candy and Teoh Xue Zheng

Lim Lay Peng, Candy

From: Malaysia
Strengths and Hobbies: Build a perfect image and an excellent self
Dream: Influence more people to transform their lives and realize the value of their lives
Traveled with E. Excel to: Shanghai, Tokyo, Macau, Shenzhen, Seoul, Jeju Island, United States, Osaka, Kyoto, Royal Caribbean Cruise, Sanya, Portugal, Yunnan

Teoh Xue Zheng

From: Malaysia
Strengths and Hobbies: Logical analysis and exercise
Dream: Lead teammates for luxury travel around the world
Traveled with E. Excel to: Sanya, Royal Caribbean Cruise, Yunnan

"In 2003, when I was about 4 or 5 years old, my mom was already building her E. Excel career. My brother and I would often sit in the backseat of the car, watching the passing scenery while listening to our mom on the phone passionately sharing about Nutritional Immunology. Those moments became a cherished part of my childhood," reminisced E. Exceller Teoh Xue Zheng with a warm smile.

"Watching my little boy, who used to run around with his brother, grow into a capable young man who can stand tall in his career and even protect me fills my heart with pride. It makes all the effort I put in and every hardship I faced along the way worth it!" said E. Exceller Lim Lay Peng, known as Candy, as she gazed tenderly at her son.

Candy and her son, Xue Zheng, are a close-knit mother-son duo in E. Excel. For Candy, the E. Excel career and Nutritional Immunology were the most meaningful gifts she could pass on to her son. After years of self-discovery and personal growth, Xue Zheng embraced his mother's vision and transformed it into a foundation for limitless possibilities in his own life.

In October 2023, fate presented Candy and her family with an extraordinary challenge: her husband, the pillar of the household, suffered a severe fall and was left in critical condition. Despite the grim prognosis from the doctors, Candy remained confident in his recovery. "Even today, people often ask me, 'How did you manage to stay so calm after what happened to your husband?' After so many years of studying Nutritional Immunology and acquiring professional knowledge in health, I've learned how to provide my husband with the most appropriate nutrition and care at each stage of his recovery, alongside medical treatment. I'm truly grateful for my journey with E. Excel, which has not only equipped me with the resources and knowledge to support my husband but also the flexibility and time to be fully present with him. I'm also thankful to have my two sons by my side during that time," Candy said with gratitude.

With the entire family adopting a positive, proactive, and optimistic attitude, Candy's husband made a remarkable recovery, surpassing all expectations! For Xue Zheng, this experience was eye-opening. He realized how crucial Nutritional Immunology and the E. Excel career had been in helping his family during such a critical time. This made him start to seriously consider dedicating himself to managing his E. Excel career full-time.

"I was a bit hesitant at first about taking up the E. Excel career! Usually, my mom and I couldn't even talk for a few minutes without arguing, so how could we possibly build a career together?" Xue Zheng joked. But his tone turned serious as he reflected, "Actually, I had already been thinking about a career change. I had a professional background in construction safety and two years of experience as an engineer, but I knew deep down that no matter how hard I tried, I was just helping my company meet its goals and helping my boss fulfil his dreams.

My income had a ceiling, my days were repetitive, and even my favorite hobbies faded into the background. In contrast, I saw how much the E. Excel career had transformed my mom's life. It wasn't just the rewards; it was the growth, fulfilment, and freedom she gained. I started to wonder: If I committed myself fully to this, where could it lead me?" For Xue Zheng, the E. Excel career became a pivotal turning point, giving him the opportunity to redesign his future. It allowed him to pursue bigger achievements while gaining the freedom to manage his time and gradually realize his self-worth!

"Earning an income while traveling, without worrying about taking time off, is the ideal work model for me. Thanks to this career, I'm now living my dream life. I used to watch my parents embark on amazing trips with E. Excel, and now I can join my mom and be a part of it. But it's more than traveling—it's extraordinary, luxurious, and completely different from the conventional. The E. Excel career doesn't just redefine people's understanding of careers; it also transforms how we think about travel! These are experiences that you could never have in a lifetime working a traditional job," Xue Zheng shared.

In Xue Zheng's blueprint for his future, there is a place for his mother and the rest of his family. "Every day, I think about how to advance my E. Excel career! After what happened to my dad, I realized how unpredictable life could be. I became even more concerned about my mom's health and safety as she's always on the move. I need to speed up my progress, become more capable, and give back to my family. One of my biggest motivations for taking up this career was to ease my mom's burden, make her work easier, and together, take this career to even greater heights." These heartwarming and sincere words are ones Xue Zheng finds difficult to express directly to his mom but resonate deeply with his actions.

"I used to think that only a husband could protect his wife, but through the E. Excel career, I've seen many aspects of my child that I hadn't noticed before in my daily life. It made me realize how much my child has grown—into a capable and outstanding E. Exceller. He's taking on more responsibilities and becoming someone I can rely on. Watching him constantly grow and thrive here while working together toward the same goals is an indescribable joy!" Candy said contentedly.

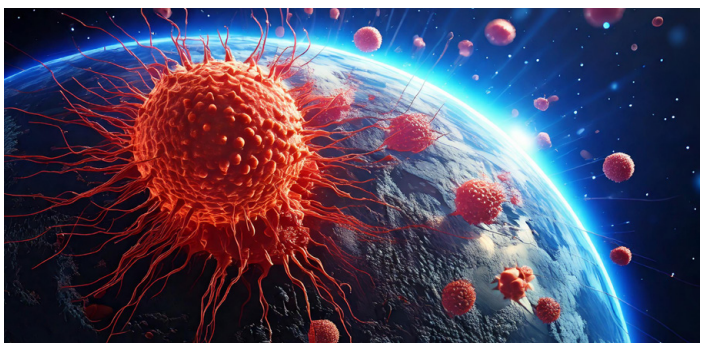
"Finding a suitable and trustworthy partner in one's entrepreneurship journey is not easy. However, in this career, my partner is my mom, and we have a bond built on unconditional trust. That is our greatest strength. There are no reservations between us, and we communicate with 100% honesty. My mom's wealth of experience provides a solid foundation for our career, while I bring new perspectives and ideas, injecting more energy and innovation into the team. This career has taught me that using the right methods matters more than just hard work! My mom once encouraged me, 'We don't become excellent first and then begin. We begin first, and that's what makes us excellent.' Here, my dreams are no longer sidelined. I'm breaking free from traditional frameworks, embracing new opportunities, and taking back control of my life," Xue Zheng shared, his voice filled with emotion.

Life Motto—"Life doesn't have excitement that comes from waiting; it only has beauty that comes from striving."

Why Some People Get Cancer and Others Don't

Cancer remains one of the most significant health challenges globally, claiming nearly 10 million lives in 2022, according to the International Agency for Research on Cancer. However, what is particularly concerning is the increasing incidence of cancer among younger populations. Globally, cancer deaths of individuals in their 40s, 30s, or younger increased by 27%.

Recent data from Singapore's Ministry of Health revealed that the incidence rate of cancer rose faster in individuals under 40 compared to the older age groups. This trend is mirrored worldwide, with the number of individuals under 50 diagnosed with cancer rising by approximately 80% over the past three decades.



Understanding the Trends

The American Cancer Society's 2024 report underscores the severity of the issue, highlighting colorectal cancer and breast cancer as leading causes of death among men and women under 50 years of age, respectively. These statistics underscore the urgency of exploring why more young people are being diagnosed with cancer and how lifestyle changes can mitigate this risk.

Cancer Survival in England (2016 – 2020)

Cancer	5-Year Survival	Cancer	5-Year Survival
Testis	93.5%	Colon	57.6%
Melanoma	92.6%	Leukemia	55.9%
Prostate	88.5%	Myeloma	55.5%
Thyroid	87.8%	Bladder	52.2%
Breast	85.9%	Ovary	45%
Hodgkin Lymphoma	84.5%	Stomach	23.9%
Uterus	75.4%	Lung	21%
Kidney	66.6%	Esophagus	18%
Non-Hodgkin Lymphoma	65.6%	Liver	13.5%
Larynx	63.7%	Brain	12.9%
Cervix	61.4%	Pancreas	8.3%
Rectal	59.6%		

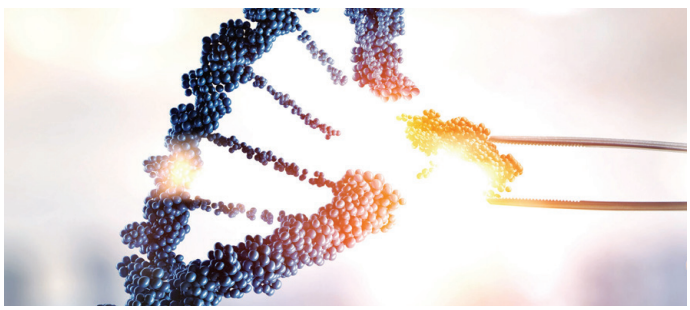
Source:https://digital.nhs.uk/data-and-information/publications/statistical/cancer-survival-in-england/cancers-diagnosed-2016-to-2020-followed-up-to-2021

The Complexity of Cancer Development

Contrary to popular belief, there is no single cause of cancer. Instead, it is the cumulation of various factors, including lifestyle choices, genetic predispositions, environmental exposures, and medical treatments like chemotherapy and radiation. Understanding the interplay of these factors is crucial in devising effective prevention and treatment strategies.

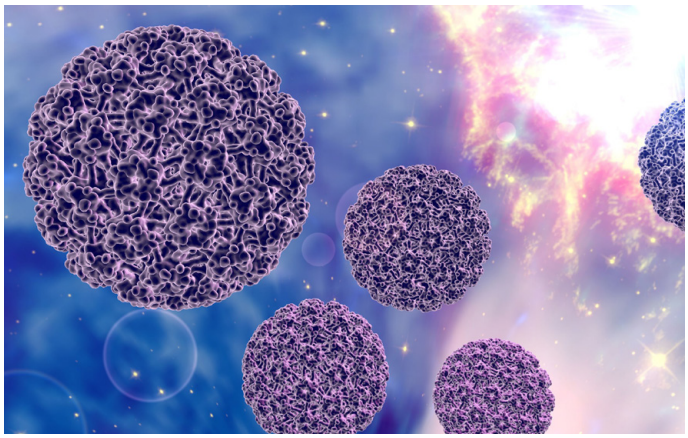
Role of Genetics

While genetic mutations contribute to some cancers, most cancers are non-inherited. Only 5% – 10% of all cancer cases are hereditary, and having a genetic mutation does not mean that one will definitely develop cancer. Conversely, not having a known genetic mutation does not ensure immunity from cancer.



Environmental Factors

Environmental exposures play a significant role in cancer development. Radon accounts for a notable percentage of non-smoking lung cancer cases. Radon is a radioactive gas that comes from the decay of uranium, which is found naturally in nearly all soils. It will move through the ground to the air above the ground. It can work its way into buildings through cracks and other holes in the foundation. Outdoors, radon will quickly dilute to very low concentrations. However, it can build up indoors, especially with poor ventilation. Radon can be found in high concentrations in mines, caves, or in buildings, especially the basement. Other factors such as air pollution, toxins, and UV radiation also contribute to cancer risk.



Viral Infections and Autoimmune Disorders

Certain infections caused by viruses such as the Epstein-Barr virus and human papillomaviruses (HPVs) are linked to specific cancers. Additionally, chronic inflammation associated with autoimmune disorders can promote cancer growth, emphasizing the intricate relationship between immune function and cancer.

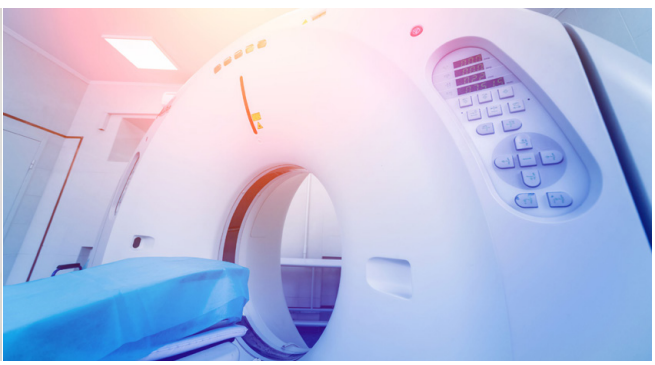
Impact of Chemotherapy and Radiation

While essential for treating cancer, chemotherapy and radiation can inadvertently increase the risk of developing a second primary cancer, particularly in survivors treated during childhood. This is because children have many more years left to live, which means more years to develop cancer. Children are also still growing, and their still developing tissues and organs are more sensitive to radiation than adults. Understanding these long-term effects is crucial for optimizing treatment strategies.

The Limits to Modern Medical Imaging

Even if medical imaging tests like X-rays, computerized tomography (CT) scans, magnetic resonance imaging (MRI) scans, or positron emission tomography (PET) scans come back clean, it does not necessarily mean there is no tumor lurking.

Modern medical imaging techniques can only find tumors above a certain size. The smallest lesions (areas of abnormal tissue that may or may not be cancerous) that high-quality digital X-rays can pick up are about 1 to 2 cm in diameter. PET scans can catch even smaller ones, down to about 7 mm. Meanwhile, the tiniest lesion a CT scan can detect is around 3 mm, and MRI scans are not much different. To put things in perspective, a 1-cm tumor packs in around 100 million cells or more.



Challenges in Early Detection

One of the most significant challenges in cancer management is detecting tumors in their early stages when treatment is most effective. Many cancers remain asymptomatic until advanced stages, making timely diagnosis elusive. Improved diagnostic tools and strategies are essential in addressing this issue.

The exact time it takes for cancer to grow from a single cell to a tumor is unknown, but researchers can estimate based on doubling time (the time it takes for a tumor to double in size). If the doubling time remains constant, a tumor with a 20-day doubling time would take two years to become detectable, while one with a 200-day doubling time would take 20 years.

Breast cancer has an estimated doubling time of 50 to 200 days, meaning it could have been growing for five to 20 years before it was diagnosed. Lung cancer has a doubling time of about 70 to over 200 days, and the doubling time of colon cancer ranges from about 92 to 1,032 days. This means cancer diagnosed in someone's 40s could have started growing in their body since their 20s. For about two-thirds of a cancer's history, neither the patient nor the doctor knows the cancer exists.

Prevention Strategies

While cancer prevention may seem daunting, adopting a healthy lifestyle can significantly reduce overall risk. Limiting alcohol consumption, avoiding tobacco products, maintaining a healthy weight, and engaging in regular physical activity are all integral components of cancer prevention. Here are some strategies you can use to help prevent cancer.

Avoid moldy food.

Certain types of molds that occur naturally worldwide can produce substances known as aflatoxins. Humans can be exposed to aflatoxins by consuming contaminated food or by consuming meat or dairy products from animals fed contaminated feed. Aflatoxins are genotoxic and carcinogenic, particularly affecting organs like the liver and kidneys. Exposure to aflatoxins increases the risk of liver cancer and has been associated with other cancer types. Additionally, aflatoxins may cause mutations and birth defects.

Aflatoxins are often deeply embedded in food, making washing ineffective for removal. Even high temperatures used in cooking or roasting may not completely destroy them. Therefore, avoidance is crucial. If a food is moldy, it should not be consumed.

Avoid alcohol.

Alcohol is carcinogenic and linked to higher risks of at least seven types of cancer, including breast, liver, colorectal, oral cavity, pharynx, larynx, and esophageal cancers. Any amount of alcohol, even one glass of wine a day, increases cancer risk. One or two drinks daily can raise prostate cancer risk by 8%, and postmenopausal breast cancer risk by 11% per drink. Foods cooked with alcohol also retain some alcohol, posing a risk.

People with alcohol flush syndrome are at even higher risk. The alcohol flush syndrome refers to the condition when someone flushes red or gets red blotches on their face or body after drinking alcohol. This condition, common among East Asians, is due to a lack of an enzyme that breaks down alcohol, leading to higher levels of toxic byproducts remaining in the body, causing the flush. Those with alcohol flush syndrome are about six to ten times more likely to develop esophageal cancer, with heavy drinkers facing an 89-fold increased risk. Therefore, it is best to avoid alcohol in any form, especially for those with alcohol flush syndrome.

Eat less red meat.

Red meat is linked to higher risks of colon, rectum, prostate, and pancreatic cancers. Processed meats, including preserved chicken and fish, are associated with colorectal and stomach cancers. The Third Expert Report from World Cancer Research Fund and the American Institute for Cancer Research states "There is strong evidence that consumption of red meat and consumption of processed meat are both causes of colorectal cancer."

Red meat contains Neu5Gc, a molecule not produced by humans, yet found in high amounts in malignant tissues. Neu5Gc induces inflammation, which, over time, may promote cancer development where Neu5Gc accumulates in the body.

Include more fiber in your diet.

The American Institute for Cancer Research recommends eating at least 30 grams of dietary fiber daily to lower cancer risk. One medium apple with skin contains about 3.7 grams of fiber. That means to get all 30 grams of fiber, you would need to eat about eight apples with skin a day. A high-fiber diet may protect against breast, ovarian, endometrial, and gastrointestinal cancers. Increasing fiber intake, even by 10 grams, can reduce colorectal cancer risk by 7%.

Food (100 grams)	Fiber (grams)
Psyllium husk	77.8
Whole wheat bread	6
Banana	2.6
Apple with skin	2
Apricot	2
Orange	2
Asparagus (cooked)	2
Pumpkin (cooked)	1.1
Cantaloupe	0.9

Fiber reduces colorectal cancer risk by promoting regular bowel movements, which means harmful substances in the stool spend less time in contact with the intestinal walls. It also feeds helpful gut bacteria and promotes the production of compounds like butyrate, which helps keep colon cells healthy. Additionally, a high-fiber diet can help maintain a healthy weight, reducing the risk of obesity-related cancers.

Consider the smoke point of cooking oils.

Many people overlook the smoke point of their cooking oil. Every oil has a smoke point—the temperature at which it starts to smoke and break down, producing harmful oxidized components like malondialdehyde, which can increase cancer risk. High levels of malondialdehyde have been found in breast and lung cancer patients.

To reduce cancer risk, use oils with a high smoke point for cooking and avoid reusing oils, as their smoke points drop each time they are heated. This is especially important for certain types of cooking methods, such as wok frying, which uses much higher temperatures than pan frying, and thus requires oils that have a much higher smoke point, ideally over 200°C. Oils, such as olive oil, will not cut it. Macadamia nut oil and perilla seed oil are examples of oils that have higher smoke points and are more ideal to use when using high-heat cooking methods.

Do not smoke or vape.

Smoking cigarettes or cigars will increase the risk of 15 different types of cancer, including lung cancer. A newcomer on the scene is e-cigarettes (also known as vapes). Many people have the misconception that e-cigarettes are not addictive. In reality, most e-cigarettes contain nicotine, which is highly addictive and toxic to developing fetuses. E-cigarette aerosol contains cancer-causing chemicals and heavy metals such as lead. Nicotine is a health danger for youths because it can harm their brain development. Children and adults have been poisoned by swallowing, breathing, or absorbing vaping liquid through their skin or eyes. As of 18 February 2020, vaping has been linked to 68 deaths and over 2,000 cases of lung injury related to vaping in the United States. The U.S. Centers for Disease Control and Prevention (CDC) states that "No tobacco products, including e-cigarettes, are safe."

It is always worth it to quit smoking. Quitting smoking at any age significantly reduces the risk of lung cancer and other cancers. It also protects other people. Just living with a smoker increases the chance of developing lung cancer or heart disease from secondhand smoke by as much as 30%. Smokers who quit smoking after a cancer diagnosis improve their healing and treatment response, cutting their risk of dying from some cancers by up to 40%.

Maintain a healthy weight.

Obesity is a well-documented risk factor for several cancers, including colorectal, post-menopausal breast, uterine, esophageal, kidney, and pancreatic cancers. Excess body fat can create a low-oxygen environment, which triggers inflammation. Chronic inflammation damages cells, making them more likely to become cancerous.

Visceral fat is fat that wraps around organs in the belly that are deep inside you. It affects the balance of inflammatory cytokines and hormones like estrogen and insulin, which promotes tumor growth. Obesity leads to insulin resistance, higher levels of insulin and insulin-like growth factors, and increased oxidative stress, all of which contribute to cancer. Poor diet and lack of physical activity, common in obesity, further elevate cancer risk.

Maintaining a healthy weight through proper nutrition and exercise is crucial for cancer prevention. Even modest weight loss can reduce cancer-related biomarkers, highlighting the importance of weight management.

Exercise regularly.

Regular exercise reduces cancer risk by regulating hormones, boosting immune function, and reducing inflammation, according to the U.S. National Cancer Institute. Increasing physical activity is linked to lower risks of breast, prostate, colon, endometrial, and pancreatic cancers. Exercise also has anti-aging effects at the cellular level, promoting overall health and longevity.

A recent study estimates that over 46,000 cancer cases in the United States could be prevented annually through increased exercise. Exercise stands out among cancer prevention factors as something accessible to everyone. Just 45 minutes of moderate exercise daily, like walking, can significantly lower the chances of developing various types of cancer.

In summary, the cancer prevention recommendations are:

- ✓ Be a healthy weight.
- ✓ Be physically active.
- ✓ Eat a healthy diet.
- ✓ Limit "fast food" intake.
- ✓ Limit red and processed meat intake.
- ✓ Limit alcohol consumption.
- ✓ Breastfeed your baby, if you can.
- ✓ Do not smoke and avoid excessive sun exposure.

Nutritional Immunology

While the prevalence of cancer continues to rise, particularly among younger populations, understanding the multifactorial nature of cancer development is key to developing effective prevention and treatment strategies. By addressing modifiable risk factors, promoting early detection, and prioritizing research into novel therapies, we can strive towards a future where cancer is no longer a leading cause of mortality.

After reading all this, you might think that getting cancer is inevitable. We are exposed to secondhand smoke, sunlight, radon, air pollution, and more on a daily basis. It may seem that inherited genes or other unavoidable factors make it impossible to avoid cancer. However, do not be discouraged. The immune system will take care of us as long as we take care of it. Even if we encounter pollution, UV rays, or secondhand smoke, a strong immune system can help protect us. The immune system can defend us against various threats that can cause cancer. For example, viruses can also cause cancer, but the immune system can deal with that threat. Maintaining a well-functioning immune system at all times—not just when we are sick—is crucial.

To support the immune system, we need to make the right lifestyle choices. There are many things within our control that we can do.

While it is okay to eat meat occasionally, plant-based foods should make up the majority of our diet. Plant-based foods are rich in phytochemicals, antioxidants, and polysaccharides that help strengthen the body's defenses. Regular physical activity (even just walking) not only helps maintain a healthy weight but also boosts the immune system's efficiency. Getting adequate sleep each night allows the body to repair and regenerate, which is crucial for immune function.

Furthermore, cultivating a positive mental attitude can have profound effects on our overall health. Studies have shown that individuals who manage stress well and maintain a hopeful outlook tend to have stronger immune responses.

By making these changes, we can improve our chances of repairing damage or catching cancer early. The immune system is the best healer. In addition to defending us against foreign invaders, it also continuously surveys and looks for cancer cells, so we are not as helpless as it might seem. Even though many factors seem out of our control, a strong immune system can help us stay healthy.

In conclusion, while it may seem that cancer is an unavoidable part of life due to numerous external factors, we have more control than we realize. By making conscious lifestyle choices—focusing on a plant-based diet, staying active, managing stress, and ensuring adequate rest—we can significantly support the immune system. Nutritional Immunology emphasizes that the immune system is our best defense against diseases, including cancer. By taking care of the immune system, we enhance our ability to stay healthy and resilient in the face of threats.

The Lifelong Learning article is contributed by Dr. EE Zhang, MBChB.

Our Beginnings

In the sterile, echoing corridors of the hospital, where the air was thick with the scent of antiseptic and the weight of countless battles against illness, a young, dedicated cancer researcher moved with purpose. Her days were a blur of data, trials, and the relentless pursuit of a cure that always seemed just beyond reach. It was during one of her routine rounds, a clipboard in hand and mind racing with hypotheses, that she stumbled upon a scene that would alter the course of her life's work.

In the modest confines of a hospital room, amidst the beep of monitors and the hushed shuffle of nurses' feet, she found a mother surrounded by her children, playing among themselves. The mother, pale yet radiant with inner strength, was not playing or reading stories to her eager audience. Instead, she spoke softly into a recorder, her words delicately laced with love and hope of dreams she knew she would not live to see. Cassette tapes lay scattered by her bedside, each a vessel for her voice to live on after her silence.

The researcher's curiosity was piqued. Puzzled, she watched as the mother paused to explain her actions. "These are for my daughter's wedding day, and this," she gestured to another tape, "for my son's graduation." Her words, simple and poignant, cut through the clinical detachment that had shielded the researcher's heart. They lingered, a haunting melody of love, loss, and the stark reality of their shared enemy: cancer.

Plagued by a guilt that clawed at her soul, the researcher faced a truth that her science had yet to conquer. Her research, groundbreaking as it might be, offered little solace to this mother or countless others like her. A cure for cancer, the holy grail of her field, seemed an eternity away. The realization was sharp, a clarion call to action that resonated deep within her. Prevention, she understood, held a power far greater than that of the elusive cure. Many illnesses, cancer among them, were not inevitable fates but could be avoided through knowledge, lifestyle changes, and early intervention.

With a renewed sense of purpose, she envisioned a world transformed, where her research could forge a shield to guard against illness rather than merely seeking to mend the breaches it wrought. "As an immunologist, I dream of a world without disease. People may see it as an impossible dream, but if my dream can touch just one life, it's worth it," said Dr. Jau-Fei Chen. This conviction, born from the poignant encounter with the mother, laid the foundation for her life's mission: to share the gifts of health and knowledge with mankind.

Dr. Jau-Fei Chen embarked on a journey that transcended the confines of the laboratory and founded E. Excel International in 1987. It was more than a company; it was the embodiment of Nutritional Immunology—a science that explores the relationship between plant foods and the immune system. Through seminars, and a community united by the desire for wellness, she sought to empower individuals with the tools to protect their health and the health of their loved ones.

Now, 38 years later, the mission thrives, a living testament to the belief that prevention is the most profound medicine. As the years have woven their stories into the fabric of E. Excel International, each thread represents a silent oath that unites its members—a pledge more potent than any spoken word. It is an oath to support, uplift, and illuminate the path for each other and for the entire world. This collective promise, born from the profound realization that prevention and knowledge hold the key to transcending the boundaries of illness, has transformed them into a beacon of hope.

E. Excel International continues to grow, its roots entwined with the stories of those it seeks to serve. In this endeavor, the researcher and the E. Excellers are more than scientists and educators; they are guardians of a dream, stewards of a future where health is the inheritance of all, not the privilege of a few. Their story is not just one of scientific discovery and entrepreneurial success; it is a narrative of the human spirit, resilience, and the transformative power of a common purpose, where every person has the strength to rise and the wisdom to flourish.

Together, E. Excellers unite in their differences; they are a vivid testament to the idea that there is no mountain too steep to climb and no adversity too formidable to conquer. Their journey and achievements underscore a universal truth: that our collective will, fueled by a shared vision of health and prevention, can reshape the world.

The Professional Development article is contributed by Elei Zhang, JD.

Knowledge is power. Knowledge is instrumental to value-creation and is a critical asset in life. It is in many ways the primary instrument of progress and innovation. However, knowledge can be messy, particularly when false. Today, information spreads rapidly and comprehensively, and websites and social media outlets are easy access points for false information.

We're here to help discern fact from fiction. Knowledge becomes powerful in the right culture—collectively sharing in the truth and continually seeking progress and ideas. Building the right knowledge base is neither a short-term effort nor a one-off project. It is a lifelong process of discovery.

Make No Bones About It—Busting Myths for Stronger Bones

When it comes to bone health, there is a lot of misinformation out there. Many of us think that just drinking milk or taking a calcium supplement is enough to keep our bones strong. But bone health is more than just about calcium, and believing in these simple "fixes" can lead us to miss other essential factors. Let us dig up some common myths about bone health and discover what truly keeps our bones strong over time. Ready to get down to the bare bones? Let us jump in!

Myth

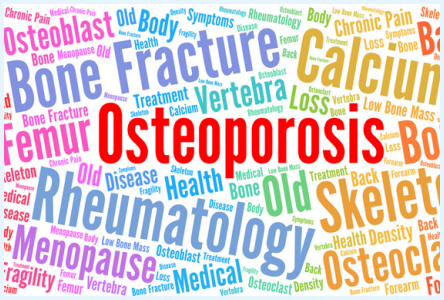
Osteoporosis only affects women.

Truth:

While women are indeed at higher risk of osteoporosis due to factors like menopause and generally smaller bone structure, men can also develop osteoporosis. In fact, men make up about 20% of an estimated 10 million people age 50 years and older with osteoporosis in the United States.

Myth

Only elderly people need to worry about osteoporosis.



Truth:

While osteoporosis is most common in older adults, younger people can also be affected, often due to a medication or an underlying medical condition that causes bone loss. Conditions like juvenile arthritis, diabetes, cystic fibrosis, leukemia, hyperthyroidism, eating disorders, kidney disease, and certain genetic disorders can lead to juvenile osteoporosis. Medications such as chemotherapy, anticonvulsants, and steroids can also contribute to juvenile osteoporosis. In some cases, the cause is unknown, a condition known as idiopathic osteoporosis.

Myth

The more milk children drink, the better it is for their growth.

Truth:

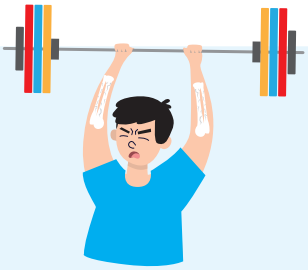
Drinking too much cow's milk can actually disrupt nutrient absorption and digestive health. When toddlers consume more than 500 ml (two cups) per day, they may develop iron deficiency anemia or "milk anemia." This is because the calcium and casein in milk can inhibit iron absorption. Milk can also irritate young children's intestines, sometimes causing minor bleeding that leads to further iron loss.

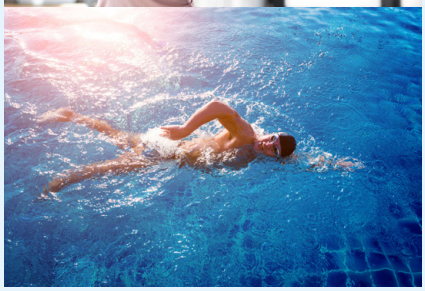
Excessive milk intake can lead to constipation as high calcium levels slow down gut motility, making stools harder to pass. Additionally, when children fill up on milk, they often drink less water, which can result in dehydration.

In some cases, too much milk can even cause protein loss through a condition called cow's milk protein-induced enteropathy. This condition leads to inflammation and damage in the small intestine, causing symptoms like diarrhea and poor nutrient absorption.

Myth

If you have osteoporosis, you should avoid exercising at all to prevent fractures.





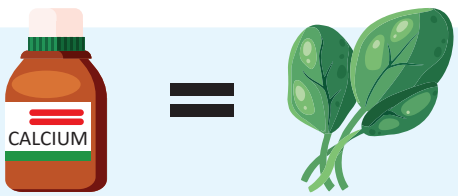
Truth:

Exercise can be beneficial for managing osteoporosis, though some activities should still be avoided. High-impact sports (like football or hockey), certain yoga poses that twist the spine, and some weightlifting exercises can increase fracture risk. However, many exercises are safe and help strengthen bones, improve muscle mass, and enhance coordination, which can reduce the risk of falls.

Safe exercises for osteoporosis include weight-bearing aerobic activities like dancing, walking, and climbing stairs. Low-impact activities, like swimming, tai chi, cycling, and gentle stretching also help improve strength and cardiovascular health. Consulting their health care providers before starting any exercise routine is recommended for those with osteoporosis.

Myth

Calcium supplements are as safe as getting calcium from food.

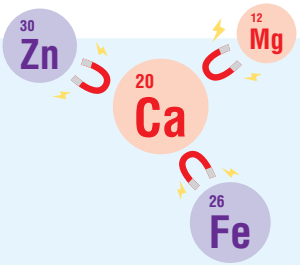


Truth:

Research suggests calcium supplements may increase the risk of colon polyps (small growths in the large intestine that can become cancerous) and kidney stones. Elevated calcium levels from supplements may also encourage blood clots or calcium buildup along artery walls, potentially narrowing blood vessels. Studies even suggest using supplements may be linked to about a 30% higher risk of heart attacks. In contrast, calcium from food sources do not carry these risks. Excellent dietary sources include almonds, soy, cashews, and leafy greens like spinach, kale, collards, and bok choy.

Myth

Calcium has no effect on the absorption of other minerals.



Truth:

Calcium can inhibit the absorption of iron, zinc, and magnesium. This effect occurs regardless of whether the calcium is consumed as a supplement or from dairy sources. To avoid interference, it is best not to take calcium supplements together with meals that contain these essential minerals. This ensures that your body can absorb iron, zinc, and magnesium effectively, which are important for various bodily functions, including immune support and energy production.

Myth

Taking calcium supplements can prevent osteoporosis.

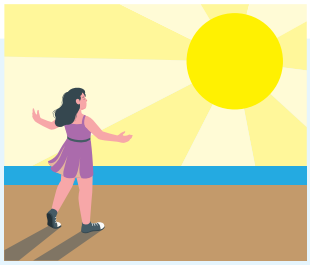
Truth:

Current research shows that calcium supplements offer little benefit in reducing fracture risk or promoting overall bone health. Meta-analyses indicate no significant impact on fracture prevention, and studies suggest minimal effects on hip fracture reduction. Instead, prioritize calcium-rich foods and weight-bearing exercises for stronger bones and better fracture prevention.

Recent studies highlight another natural boost for bone health: anthocyanins. These compounds, found in colorful fruits like berries, black goji berries, and cherries, support bone health by promoting osteoblasts (cells that build bone) and inhibiting osteoclasts (cells that break down bone). This dual action can enhance bone density and help prevent conditions like osteoporosis.

Myth

The only source of vitamin D is sun exposure.



Truth:

Vitamin D is essential for helping the human body absorb calcium, and it is found in many foods. Oily fish like salmon, mackerel, and tuna are rich sources, as are meat, liver, egg yolks, and cheese. However, animal products will contain other unwanted compounds, such as too much cholesterol. Mushrooms can contain vitamin D. Interesting, they can produce vitamin D when exposed to sunlight or ultraviolet (UV) light, making them a unique non-animal-based source.

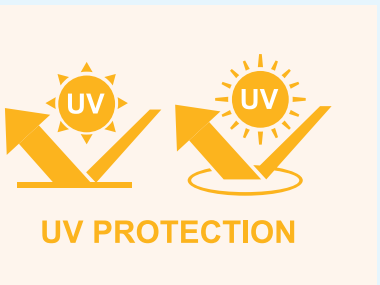
Myth

Sunscreen prevents vitamin D production in the human body.

Truth:

Vitamin D, often called the sunshine vitamin, is produced when skin is exposed to the sun's UVB rays. While some experiments have suggested that sunscreen blocks vitamin D production, these studies used artificial UV radiation rather than natural sunlight, and their results have not been replicated under real-world conditions. In fact, prevailing studies show that people who use sunscreen daily can still maintain adequate vitamin D levels.

In theory, sunscreen could lower vitamin D levels, but in practice, few people apply enough sunscreen to block all UVB rays, and most use it inconsistently. Getting enough vitamin D from sunlight is also a fast process—it will happen before a tan will! Ultimately, it is still crucial to use sunscreen to protect against skin cancer.



Myth

The more vitamin D supplements you take, the better.

Truth:

Not at all. Excessive amounts of vitamin D in the body can lead to a dangerous high buildup of calcium in the blood (hypercalcemia). This can cause stomach upset, constipation, and may progress to bone pain and kidney stones. Often, the extra calcium in the blood is leached from the bones, weakening them. Hypercalcemia can also affect brain function, leading to difficulty focusing, drowsiness, and fatigue.

Myth

Vitamin D deficiency is due solely to lack of sun exposure.

Truth:

While low sun exposure can lead to vitamin D deficiency, there are other causes as well. Certain medical conditions, like cystic fibrosis, Crohn's disease, and celiac disease, can prevent the intestines from absorbing enough vitamin D. Kidney and liver diseases also play a role by reducing the enzymes needed to convert vitamin D into its usable form. Additionally, some medications, such as laxatives, steroids, and anti-seizure drugs, can contribute to vitamin D deficiency.

There are treasure troves of mysteries in nature waiting to be discovered and explored. Countless scientists have devoted themselves to unraveling them in the hopes of improving human health and wellbeing. Their work is vital to understanding and treating disease.

We bring you their research findings in our goal to enrich and expand public knowledge.

Anthocyanins

Anthocyanins Promote Bone Health

Anthocyanins, found in colorful fruits like berries, black goji berries, and cherries, can support bone health in two main ways: promoting bone formation and preventing bone loss. Anthocyanins like delphinidin, petunidin, cyanidin-3-glucoside, and cyanidin chloride, can activate certain pathways and help mesenchymal stem cells develop into osteoblasts—cells that build new bone. This helps make bones stronger and more resistant to fractures. Anthocyanins also inhibit osteoclasts—cells that break down bone. This further supports bone density.

Mao W, Huang G, Chen H, Xu L, Qin S, Li A. Research progress of the role of anthocyanins on bone regeneration. *Front Pharmacol*. 2021;12:773660. doi.org/10.3389/fphar.2021.773660

Petunidin Can Stop Bone Breakdown and Stimulate Bone Formation

The study investigated the effects of petunidin, a type of anthocyanin derivative that can be found in black goji, on bone health. Petunidin was shown to inhibit osteoclastogenesis (bone breakdown) and stimulate osteoblastogenesis (bone formation) in cell models. In mice with induced osteopenia (loss of bone density), petunidin improved bone density and structure. The results suggest that daily intake of petunidin could offer benefits for human bone health.

Nagaoka M, Maeda T, Moriwaki S, et al. Petunidin, a B-ring 5′-*O*-methylated derivative of delphinidin, stimulates osteoblastogenesis and reduces sRANKL-induced bone loss. *Int J Mol Sci*. 2019;20(11):2795. doi.org/10.3390/ijms20112795

Anthocyanins Can Counter Bone Aging

Oxidative stress significantly contributes to bone aging and is a key factor in aging-associated osteoporosis. Advanced oxidation protein products (AOPP) are biomarkers of oxidant-mediated protein damage and have been linked to lower bone mineral density. Various studies suggest that they may contribute to bone loss by decreasing bone formation and increasing bone resorption. Research shows that antioxidants could help counter bone aging by reducing AOPP and reactive oxygen species in bone, with in vitro studies indicating berry anthocyanins as promising agents for mitigating age-related bone deterioration.

Melough MM, Sun X, Chun OK. The role of AOPP in age-related bone loss and the potential benefits of berry anthocyanins. *Nutrients*. 2017;9(7):789. doi.org/10.3390/nu9070789

Anthocyanins Support Bone Health in Women

An epidemiological study has suggested that habitual flavonoid intake, particularly anthocyanins, supports bone health in women. Another study identifies delphinidin, a key anthocyanidin found in dark berries such as blueberries and black goji berries, as a potent natural agent for osteoporosis prevention. Delphinidin significantly inhibited osteoclast formation, a process associated with bone resorption, likely by suppressing *NF-κB, c-fos, and Nfatc1*—key genes in osteoclastogenesis. Delphinidin also mildly increased osteoblast numbers and osteoid volume in mice, indicating a possible simultaneous promotion of bone formation.

Moriwaki S, Suzuki K, Muramatsu M, et al. Delphinidin, one of the major anthocyanidins, prevents bone loss through the inhibition of excessive osteoclastogenesis in osteoporosis model mice. *PLoS One*. 2014;9(5):e97177. doi.org/10.1371/journal.pone.0097177

Delphinidin-3-rutinoside Helps Protect Cells Responsible for Bone Formation

Delphinidin-3-rutinoside (D3R), an anthocyanin found in deep purple-black berries and eggplants, has been shown to support bone health by protecting osteoblasts—cells responsible for bone formation—from oxidative stress. D3R can reduce reactive oxygen species in osteoblasts via multiple pathways, which helps enhance their viability and differentiation.

Casati L, Pagani F, Fibiani M, Lo Scalzo R, Sibilia V. Potential of delphinidin-3-rutinoside extracted from *Solanum melongena* L. as promoter of osteoblastic MC3T3-E1 function and antagonist of oxidative damage. *Eur J Nutr*. 2019;58(3):1019–1032. doi.org/10.1007/s00394-018-1618-0

Anthocyanin Responsible for Red, Purple, and Blue Hues in Plant Foods Can Inhibit Osteoporosis

Overproduction and activation of osteoclasts are key features of osteoporosis, tumor-associated osteolysis, and inflammatory bone erosion. Cyanidin chloride, an anthocyanin responsible for the red, purple, and blue hues in plant foods, has been shown to inhibit osteoporosis by suppressing osteoclast formation.

Cheng J, Zhou L, Liu Q, et al. Cyanidin chloride inhibits ovariectomy-induced osteoporosis by suppressing RANKL-mediated osteoclastogenesis and associated signaling pathways [published correction appears in *J Cell Physiol*. 2024 Feb;239(2):e31205. doi.org/10.1002/jcp.31205]. *J Cell Physiol*. 2018;233(3):2502–2512. doi.org/10.1002/jcp.26126

Blueberry Juice Helps Support Bone Remodeling and Formation

Blueberry juice, rich in polyphenols, helps prevent the inhibition of osteogenic differentiation and mineralization due to oxidative stress. The research shows that blueberry juice acts as a strong antioxidant, upregulating alkaline phosphatase (ALP) and RUNX-2, which are vital for osteoblast differentiation and bone mineralization. Blueberry juice not only protects against oxidative damage but also modulates signaling pathways that enhance the expression of osteogenic factors, supporting bone remodeling and formation.

Domazetovic V, Marcucci G, Falsetti I, et al. Blueberry juice antioxidants protect osteogenic activity against oxidative stress and improve long-term activation of the mineralization process in human osteoblast-like SaOS-2 cells: involvement of SIRT1. *Antioxidants (Basel)*. 2020;9(2):125. doi.org/10.3390/antiox9020125

Petunidin Can Protect Against Bone Loss

Petunidin, an anthocyanin present in black goji, has demonstrated protective effects against bone loss and multifaceted functions on bone cells. Researchers found that daily oral administration of petunidin effectively prevented bone mass loss in osteopenic mice. In vitro studies revealed that petunidin significantly inhibited osteoclastic differentiation by downregulating key mRNAs in pre-osteoclasts. Conversely, at higher concentrations, petunidin promoted mineralized matrix formation and increased expression of osteoblastic markers BMP2 and OCN in pre-osteoblasts.

Mao W, Huang G, Chen H, Xu L, Qin S, Li A. Research progress of the role of anthocyanins on bone regeneration. *Front Pharmacol*. 2021;12:773660. doi.org/10.3389/fphar.2021.773660

Here's another Research Findings article. Enjoy!

Soy

Genistein, a Soy Isoflavone, Can Increase Bone Mineral Density

Researchers looked at the effectiveness of genistein, a type of isoflavone in soy, in increasing bone mineral density and bone turnover in postmenopausal women. Owing to its estrogen-like structure, genistein can bind to estrogen receptors with a lower affinity compared to estradiol (medication used to treat menopausal symptoms). The exact mechanism through which genistein affects bone mineral density has not been clarified. However, some argue that its stronger binding to estrogen receptor-α, which leads to the mineralization phase of bone formation, is responsible for the positive effects of genistein on bone mineral density and turnover. Genistein also exerts an anabolic effect on bones by acting directly on osteoblasts, which means new bone formation is stimulated.

Abdi F, Alimoradi Z, Haqi P, Mahdizad F. Effects of phytoestrogens on bone mineral density during the menopause transition: a systematic review of randomized, controlled trials. *Climacteric*. 2016;19(6):535–545. doi.org/10.1080/13697137.2016.1238451

Soy Can Make the Spine Stronger

A meta-analysis found that soy isoflavones significantly increased lumbar spine bone mineral density in menopausal women by 2.38%. The effects of soy isoflavones are believed to be due to their similarity to estrogen, which supports bone health.

Taku K, Melby MK, Takebayashi J, et al. Effect of soy isoflavone extract supplements on bone mineral density in menopausal women: meta-analysis of randomized controlled trials. *Asia Pac J Clin Nutr*. 2010;19(1):33–42.

Genistein Supports Bone Remodeling

Researchers explored how genistein, a soy isoflavone, affects bone health by promoting osteoblast function. In human osteoblasts, genistein treatment increased DNA synthesis, collagen content, and alkaline phosphatase activity, indicating enhanced bone-forming potential. The findings suggest that genistein, through estrogen receptor involvement, supports bone remodeling and may help in preventing osteoporosis, implying dietary soy products could benefit bone health.

Yu Z, Li W, Zhang L. *Wei Sheng Yan Jiu*. 2004;33(5):569–571.

Dietary Soy Promotes Bone Formation

Dietary soy may support bone health by promoting bone formation, rather than solely preventing bone loss related to estrogen deficiency. Studies have shown that soy isoflavones enhance markers of bone formation, such as osteocalcin, IGF-1, and alkaline phosphatase. This effect helps to both stimulate bone formation and lower bone turnover rates. The protective bone effects of soy isoflavones generally work by increasing bone formation and reducing bone resorption.

Zheng X, Lee SK, Chun OK. Soy isoflavones and osteoporotic bone loss: a review with an emphasis on modulation of bone remodeling. *J Med Food*. 2016;19(1):1–14. doi.org/10.1089/jmf.2015.0045

Soy Isoflavones Regulate Bone Turnover

Soy isoflavones genistein and daidzein influence gene transcription in osteoblast cells, which are involved in bone formation. These isoflavones are known to interact with estrogen receptors (ERs), particularly ERα and ERβ, to regulate gene expression. The study found that both genistein and daidzein suppressed the activity of a particular transcription pathway (CRE-mediated transcription), which is important in bone turnover and bone remodeling. The isoflavones were shown to repress this transcription through ERα and ERβ in a way similar to estrogen. The results suggest that genistein and daidzein may help regulate bone turnover by modulating the expression of genes related to bone remodeling through these estrogen receptors.

Tang X, Zhu X, Liu S, Wang S, Ni X. Isoflavones suppress cyclic adenosine 3′,5′-monophosphate regulatory element-mediated transcription in osteoblastic cell line. *J Nutr Biochem*. 2011;22(9):865–873. doi.org/10.1016/j.jnutbio.2010.07.011

Genistein Reduces Bone Breakdown

Genistein was found to reduce osteoclast numbers, but its mechanisms vary by concentration. Osteoclasts are specialized cells that break down bone. At lower doses, genistein decreases osteoclast viability, while at higher doses it reduces osteoclast formation. This suggests genistein may have potential in osteoporosis treatment.

Sliwiński L, Folwarczna J, Janiec W, Grynkiewicz G, Kuzyk K. Differential effects of genistein, estradiol and raloxifene on rat osteoclasts in vitro. *Pharmacol Rep*. 2005;57(3):352–359.

Soy Protein Helps Maintain Bone Mineral Density

Researchers examined the effects of dietary soy protein on bone health in ovariectomized (estrogen-deficient) aged rats, a model for postmenopausal osteoporosis. Soy protein improved bone mineral density and increased bone formation in both cortical and cancellous bone compared to casein protein. Unlike estrogen, soy promoted bone formation without affecting bone resorption or elongation. These results suggest that soy protein could help maintain bone mineral density in estrogen-deficient conditions, acting differently from hormone replacement therapy by enhancing bone formation rather than merely preventing bone loss.

Blum SC, Heaton SN, Bowman BM, Hegsted M, Miller SC. Dietary soy protein maintains some indices of bone mineral density and bone formation in aged ovariectomized rats. *J Nutr*. 2003;133(5):1244–1249. doi.org/10.1093/jn/133.5.1244

High Soy Intake is Linked to Increased Bone Mineral Density in Postmenopausal Women

In this study of 650 Chinese women, higher dietary intake of isoflavones was linked to increased bone mineral density in postmenopausal women, particularly in the spine and hip regions. Those with higher isoflavone intake also showed reduced levels of bone turnover markers, such as serum PTH and osteocalcin, compared to those with lower intake. These findings suggest that high isoflavone consumption may help mitigate bone loss associated with menopause.

Mei J, Yeung SS, Kung AW. High dietary phytoestrogen intake is associated with higher bone mineral density in postmenopausal but not premenopausal women. *J Clin Endocrinol Metab*. 2001;86(11):5217–5221. doi.org/10.1210/jcem.86.11.8040

Eating More Soy Helps Prevent Fractures

This study, examining postmenopausal women in Shanghai, found a significant inverse relationship between soy consumption and fracture risk, especially among women in the first decade post-menopause. Higher soy protein intake was linked to a lower fracture incidence, even after adjusting for factors like age, socioeconomic status, and diet. Soy's protective effect may come from its ability to reduce bone resorption and enhance bone formation, possibly benefiting women most during early post-menopause.

Zhang X, Shu XO, Li H, et al. Prospective cohort study of soy food consumption and risk of bone fracture among postmenopausal women. *Arch Intern Med*. 2005;165(16):1890–1895. doi.org/10.1001/archinte.165.16.1890

Soy Milk Is an Excellent Protein Option for Bone Health

The European Society for Clinical and Economic Aspects of Osteoporosis and Osteoarthritis recommends that postmenopausal women consume a balanced diet that includes 1 to 1.2 grams of protein per kilogram of body weight per day, with at least 20 to 25 grams of high-quality protein at each main meal. Regular physical activity three to five times per week is crucial for maintaining musculoskeletal health and preventing age-related deterioration.

When it comes to protein sources, soy milk is an excellent option for postmenopausal women. Soy milk is lower in calories, has richer protein, contains healthy unsaturated fatty acids (instead of unhealthy saturated fatty acids) and has no cholesterol. It is an excellent choice for women who are at risk of obesity, muscle loss, and bone deterioration.

Tang S, Du Y, Oh C, No J. Effects of soy foods in postmenopausal women: a focus on osteosarcopenia and obesity. *J Obes Metab Syndr*. 2020;29(3):180–187. doi.org/10.7570/jomes20006

Soy Food Intake is Associated with Lower Fracture Risk

Researchers looked at the link between soy intake and hip fracture risk in the Singapore Chinese Health Study, which involved 63,257 men and women. 276 incident cases of hip fracture were observed in men and 692 in women. Soy food intake was measured at baseline using a food frequency questionnaire. Women in the lowest quartile of soy food intake consumed <49.4 g/day of tofu equivalents, <2.7 g/day of soy protein, and <5.8 mg/1,000 kcal/day of isoflavones. Compared with these women, those in the second through fourth quartiles of intake exhibited 21% to 36% reductions in hip fracture risk.

Koh WP, Wu AH, Wang R, et al. Gender-specific associations between soy and risk of hip fracture in the Singapore Chinese Health Study. *Am J Epidemiol*. 2009;170(7):901–909. doi.org/10.1093/aje/kwp220

Scientific research requires judgments based on professional knowledge and rigorous implementation processes. These processes consist of complex methods, any small change in which can affect the results drastically. We have provided you short summations of the research for ease of understanding. Do not use this as a basis for self-diagnosis or self-treatment.

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