Introduction and Dr. Stone's Background

Well, Dr. Stone, I am so excited to be chatting about this subject. This is one of the superfoods that we really wanted to highlight and in regards to cancer.

So thank you so much for joining me. of course, thank you for having me today. So for everyone out there, Dr. Devin Stone, he graduated from UC Riverside with a degree in medical biology, a master's level education and regenerative medicine from the University Utrecht in the Netherlands, as well as other certificate certificates in fields such as nutrition, cancer biology, alternative medicine, drug less medicine and more.

Dr. Stone graduated from his medical degree, focusing on naturopathic medicine from Best Dear University and now focuses on oncology and regenerative medicine.

Dr. Stone serves as a medical advisor to Haelan products and helping to educate others on their flagship product, Haelan951 that this going to be really cool because Haelan951 as a product, I know a lot of my and a lot of my friends use in their clinics with excellent results.

So I'm excited to kind of go through the journey towards that product, to really understand it and the benefits of it. Perfect. Yeah, definitely excited to help answer any questions.

People might have out there. So I'm curious what what drove you I mean, what drove you to watch oncology? It seems like almost and in your studies you were moving towards that it was not that you ended up becoming just a doc, but you actually started with learning about it even prior to that.

What was your drive? Definitely so, yeah. I mean, before school or before naturopathic medical school anyways got deep into the regenerative medicine field, which is just fascinating.

Understand cellular biology on a whole new level, understanding just how you can manipulate the environment and change cells in order to function better for people.

And I think just having that basis behind it and also doing a certificate in oncology just made me kind of understand that field pretty well. I would have to say going into naturopathic medical school, it was not an area I thought I was going to practice.

And to be honest, I always thought it was more of one of these gray and dim areas of medicine that I was like, I don't know if I could do that for my career.

I know it's a beautiful field and something that people need to have, and I just wasn't sure if that was something I could do. So I kind of had a different focus going into school.

But as I was going through my clinical rotations, I worked with a couple of our docs at our school that did integrative oncology, and it was an area that I actually just found to be completely different than I expected or as patients that I really was able to draw huge connections with that really seemed focused in their treatment plans that we were given and just kind of the patient doctor relationship that was built was something that I just found to be so much stronger than some of my other patients and something that ended up just being really rewarding and I think that's why I became a doctor was because I do love helping people and it's just an area that I just felt like had such a connection with my patients.

There. Yeah, it is a and I see that with a number of, you know, staff members that I bring in sometimes is that oncology is a is a different beast in itself.

You know, you need to be able to really be engaged and be present and and really being able to connect with individuals. So it does take a special individual to to take that step.

Why Dr. Stone Chose Oncology

And like you mentioned, I mean, the reward is tremendous. I mean, the the amazing connections that you make is wonderful. And when you see changes and people, you know, while they're battling with, you know, something as severe as cancers is just it's it's such a blessing.

Completely agree with that. So yeah. Talking about soy, which which is going to be kind of our our the topic of our discussion, you know, soy is one of the I mean, it's been back and forth so much.

I mean, we we see people in Japan, you know, they the soy products and they live long and they they don't deal with as much breast cancer. And so forth.

And then, you know, we come with soy over here and then all of a sudden soy is horrible that it shuts down your thyroid and destroys your gut. I mean, all these different things.

So talk to me a little about soy and why can it be so good and bad at the same time? Definitely. I think this is one of the amazing conversations as I became part of this group as an advisor to even myself understanding soy in more detail.

I was at this plant, been working at them a little over a year, and I've done tons and tons of research and just different products, how they're made, soy and just general and just even going through school.

I mean, some professors and doctors would say soy is just amazing. Some are completely against it. And there's just never a true consensus out there. And I definitely understand why there's a lot of just nuances within soy itself.

So when we kind of look at soy just talking about soy in general, when we look at it, it has what we call a phyto estrogens in it, different constituents that are called isoflavones, one very famous, one agonist, and that's out there.

And when we traditionally kind of thought about it back in the day when we didn't have better molecular biology studies and whatnot, we just thought, why would we give people extra estrogens if they have maybe these estrogen positive cancers or have cancers or a different disease that might be exacerbated by having more phyto estrogens or estrogen in the body.

So it sounded like a great concept at the time. I mean, I if I was under that same knowledge at that point, I would not want to give someone more estrogen if that potentially could actually make a disease even worse at that time.

So however, fast forward to more modern research today, we know that soy or these isoflavones or the phytoestrogens within soy actually work very differently than just stimulating these estrogen receptor.

So when we look at now knowing the estrogen receptors, there's different subunits to it. So there's a alpha receptor or alpha subunit on the receptor and a beta, if a estrogen attaches to that alpha subunit and it actually stimulates the cascade for the hormone to then go down its whole process afterwards, which could actually stimulate cancer.

However, we know these phyto estrogens actually lock onto the other subunit, the beta receptor, and with that it actually blocks this from happening. So the xeno estrogens, the extra estrogen that's in the body that would be normally stimulating these pathways and actually helps block that.

So knowing this now with just more recent recent research, we know it's actually more of a protective type of agent in the body. Then we could just dove even deeper into that, just having good quality soy.

Now we're kind of talking about in the in everything that's coming out there with modern day soy, GMO soy is a whole nother conversation. And so yeah, and I think what you just mentioned is such a powerful piece of

knowledge as understanding that all estrogenic substances are not alike.

You know, they they do function differently. So fighter estrogen like soy, you know, actually blocks them. The stronger estrogenic effect of a lot of the chemicals that we're exposed to that thus protecting us from, you know, promotion of cancer and those kind of things.

So it's almost like it's as a bouncer. Yeah, at a bar, know, just kind of make sure whoever's bad doesn't get in. And so we want to keep the peace inside the cell.

And so we get got the fighter estrogen that that is the bouncer protecting the cell. Exactly. That's a great analogy. I mean, it is that one in the future here.

So, yes, you go down the rabbit hole a little bit about, you know, because of course, we know we talk about GMO. And I mean, when we talk about the different things that are modified, genetically modified the most, I mean, soy is just right up there because it is such a huge moneymaking crop.

So know talk a little bit about that and what people should be concerned about. What is good soy? What is bad soy? Definitely so. So yeah, that initial conversations just soy in general now we definitely need their distinctive why GMO soy versus true old organic grown soy.

And when we look at that and in 94% of at least us soy is genetically modified as of today.

Soy, Phytoestrogens, and Cancer Protection

So I mean, almost every product out there is utilizing some type of genetically modified organism version of soy. And what that means is it doesn't hold the same standards.

It has pesticides that are sprayed on it. The soils that we know that it's grown in aren't rich in nutrients like they used to be. So it composes a whole different type of product.

And yet and so we have I mean, it's going to be laden with the pesticides on there and not have the nutrient profile that we want. And like I said, so you're not really getting a good product end of the day.

So that's another just huge reason why I mean, soy could still be bad even if we know the good ones have better benefits. But we have to find that the right products out there, ones that are truly organic.

Also, not having cross-pollination is a big aspect because a lot of soy is grown very differently where different soy strains can cross-pollinate with one another and also not be as efficacious.

And the day the nutrients from the soil that it's actually being grown in, making sure they're getting into the plant and then also potentially looking into how the product is actually processed after it's taken off the plant, which is something healing does by taking it through what's called a nitrogen fermentation process, which adds a whole nother host of benefits to it as well.

And you have so so when a person then goes to the store and obviously, you know, we're going to end up with Haelan 951, you know, which is a superfood.

But then when a person just soy in itself, if they go to, let's say, a store, I mean, what should they look for? What are some of the buzzwords that they should kind of look for in order to be able to feel that this is something that can be beneficial for me?

Definitely. So one thing I would always want to look into is definitely organic. Organic. You're going to know part of that certification. Yes. It's not the end all, be all, but at least it gives you some metrics to stand by that you'll know it's definitely knowledge genetically modified organism, which that helps remove the pesticides from.

It helps just give a better product. That's an easy way. Just to kind of start with that, some other things that I would look for if you can find information about the product itself is elevation that it's grown at, like Phailin, for instance.

It's grown at a very high elevation in Tibet. So that stops this whole cross-pollination with other plants in the area. So we know it's the same strain year after year after year and it's not changing its genetic makeup.

Those are some of the big factors. I would say definitely looking into that will just help. Just knowing you have a better soy product. Then the next step would be if you can find a fermented soy product that's going to help even more so.

So that could be some of like your tempeh versus just regular soy based products or like Haelan, for instance. It's also fermented. And what's that's going to do is, one, add rich probiotics to it, but also helps break down, fight against it, which we know could do some harm to the gut.

Also, how it can take out some of the minerals that we're wanting to actually absorb afterwards. So that's another just good process that helps make the chemical makeup and constituent makeup even better in the product.

It yet expand a little bit on the side of acid because I think that's really important for people to understand because that I mean, it doesn't relate just to soybean or relates to all beans.

And you mentioned that, you know, by not preparing the bean in a way, you know, the fermentation, then it can then essentially destroy the gut, you know, so so what let's talk a little bit more about that.

Definitely. So with all bean products, we have a constituent called Freitag Acid and two of the issues that definitely come up with Freitag Acid is one, it could destroy the gut barrier itself.

So that causes harm over time, inflammation, which then could lead to like leaky gut and some of these other syndromes that are out there. And the other aspect of it, it also binds to some of the minerals.

So some of the good minerals that we're wanting to intake into our body to use as nutrients that can bind to it and actually not allow us to absorb them as much.

So by taking beans one step further, by either fermenting it, a lot of companies out there will do what's called sprouting of beans as well, which can also help with this process of decreasing the acid.

It helps remove one of the constituents that potentially could be problematic in a patient as well. And so the. Haelan951 I mean, how does that how does that stand out?

I mean, what have we talked about? There's some of the ice of flavonoids, the gum. Steve, what are some of the other constituents that are so beneficial for health and and what are their impacts on the body?

Definitely so. So one of the big pieces was soy and this product itself, it's also a complete protein. And so that is, I mean, just a very beneficial aspect of the product itself.

So it's going to have all of our, what we call it, essential amino acids, which are the amino acids from proteins that we cannot create ourselves. We have to get them from our diet.

So that helps us build neurotransmitters. That helps us build the body mass and the list goes on. But that gives us some of the basic nutrients to make sure we are properly giving our body what it needs.

And the funny part with this product, it actually originally came out as a protein for people that were having a hexa hum and they're using it for wasting diseases to give them just bad protein.

And they're using it oftentimes in oncology patients to help them gain body mass back. And then they started seeing, oh, wow, they're getting a lot of other health benefits.

That wasn't happening with some of the other protein sources that were being being given to them in the past. So this is when they really started diving deeper into research with this product to see what else they could do.

So some of the other constituents as well are extremely anti-inflammatory. So as we know, all disease really is some type of inflammation process that's happening within the body.

So decreasing inflammation is very beneficial. And then just the last aspect of fermenting it, we're going to get a really rich source of probiotics. And that's a huge world that's obviously exploding today that we've known for quite some time.

All these microbes that are actually more of them, that are part of us than our own cells. Giving our body the good support of these probiotics allows for neurotransmitter production and helps with hormone regulation and helps with vitamins being absorbed and actually manufactured to give to our body.

The list goes on with probiotics, and every day more and more seems to be coming out in that world. But that's just another one of the benefits there.

And, you know, there's just so much that every week I feel like I learn more about this product. I just find more and more information how it can help people.

And we know ourselves. I mean, we are we are what we eat, but we also are a part of, you know, what iron environment is as well. I mean, we're molded by kind of our epigenetic, epigenetic, our lifestyle, what be exposed to.

So when you grow with food like, like soy being like the Haelan951, you know, to then create an optimum environment where one yeah here you have that that that high elevation so which is going to put a tremendous amount you know we win we know up you know you said like 3000 plus feet.

GMO Soy vs Organic Fermented Soy

Yeah the it's not going to be easy street you know it's not going to be easy to grow there because the elements are so harsh, so then in a plant, just like ourself, you know, if we grow up in a kind of a harder type of environment, then we have to develop skills to protect ourselves and I know in a plant it's the same thing.

Yeah, you then it has to really concentrate and develop nutrients and things in order to be able to survive that environment. And then you mentioned also has all that kind of volcanic ash that's right there.

So it's going to be extremely mineral rich as well. Right. Exactly. I think that's there's so many layers that Haelan takes in order to make sure they have this perfect crop.

And end of the day, it's really kind of phenomenal to me because like once again, when we just think about solar, we think about these huge fields of GMO soy being grown and sprayed and just crop after crop being manufactured through there, over time.

And it's just this like industrial complex of soy that's going on. I really wish I could go see the area that Haelan has grown in one day because it just sounds phenomenal up like in, like you said, high elevations in Tibet.

It's all fertilized with volcanic ash. Each being is actually hand-picked at its ripe estate. It's just truly, truly going into having good plant medicine under the and.

And so someone a person ingest, you know, a one of these eight ounce bottles. I mean, how much soy is is, is put into that bottle and how so. Yeah, because you're getting all these nutrients, you know, from how much soy beans are you are concentrating into that one bottle.

And I would have to go back actually to that exact number. It is something extremely high. I don't know if you have

it on your notes there. And I think I think it was like £25, which to me is just astounding.

I mean, so so here you're you're drinking this tiny little bottle and it's actually then £25 of the superfood that is grown in high altitude volcanic ash and people handpicked.

And and you go through this whole fermentation process and you draw these nutrients into just as concentrated, you know, with all the protein amino acids, like you said, in the sexier and, you know, immune boosting and all all this and just that one bottle £25 of I mean, can you imagine eating £25 of soy?

Exactly. It's undoable. Unless you could do this later. So. So what are some we talked a little bit about, you know, at protecting them that estrogenic impact or negative estrogenic impact gain.

Can I go through in regards to cancer? Yes. You mentioned inflammation as well mentioned sexier. What are some of the kind of all all the impacts that that has been studied and shown and that it can benefit an individual dealing with cancer.

Of course. So there's a with cancer, there's definitely a few mechanisms how it could help for myself, I would pretty much use it in any cancer patient, not just the estrogen positive cancers that we talked about at the beginning, definitely.

So if someone does have an air or estrogen receptor positive cancer, this is one of my first things I kind of go to right away because like I said, it will help block that cascade.

And unfortunately, today, there are just so many estrogens that are being put into a human body from outside sources such as plastics products we're putting on our body.

It's just an abundance in every way. So it can definitely help protect with that. However, there are other properties with this product as well that helps with cancer.

One, it helps stop the blood vessel formation going to a cancer cell itself. So by not allowing that to happen, it prevents metastasis. It helps stop the cancer from growing over time.

And then it also has what are called apoptotic processes too. So it actually will help kill cancer cells in the end as well. Some other research in areas that have been I think highly beneficial as well is it's also been very protective in terms of people going through radiation or chemotherapy as well to our native cells.

So that's also a great benefit if we are looking to potentially use it in conjunction or integrated fully with conventional treatments that are going on with the patient that it could, one, help protect the native cells also give a little extra boost with fighting some of the cancer cells due to the properties within it.

Then lastly, like we said as well, just supporting the body on a nutritional level, that's always something I find so fascinating with the patients I work with in the integrative oncology spaces.

Yes, we will go down the course if conventional care is part of the process. But regardless where they're going, keeping the body as vibrant and vital at all portions of this whole process is something that I think is so important and often not done with patients all the time.

And that's something I love doing, is like how can we just support your body from a functional level as well, whether that be good foods you're eating, antioxidants you're taking in, just keeping yourself in the most vibrant state because this is going to help no matter what course you go in some manner there.

So that's a great part with this product as well. Just on a basic macro micronutrient level, what it could do nutritionally is amazing. Isn't one one of the issues when we were talking about sexy and obviously in addition to that we have than the immune system because of like things like our protein levels, our albumin levels, they start to go low.

Then we don't have the raw material to then produce the white blood cells that we need. And all of a sudden then we, in addition to obviously losing weight and energy that way, we're also down to losing immune function.

And so to be able to then have such a concentrated food that will drive that process and boost immunity becomes really important in cancer. Exactly. Mean that works and twofold kind of with this product there are some research studies showing one can activate natural killer cells or NK cells, which are white cells that naturally go around and find cancer cells and kill them and it can help with that aspect.

But then also just on a nutrient level as well, we need these proteins even make these guys to begin with. So definitely has a double sided sword there for attacking.

And it's not. And this study, I mean if you go on PubMed, I mean this product has been studied and shown in studies to work. Exactly. Yeah. There's a lot of research out there with Haelan as well as other fermented soy products.

And that was one of the areas why I started working with this company.

What Makes Haelan951 Different

I wanted to make sure if I was working at that company or out there talking, it was something that is efficacious. So it's not just something to help support myself.

It's something I wanted to make sure I could use with my patients and really live behind this name as well. And that was something so important. I mean, obviously, like yourself, myself, we're trained in natural modalities, but we want to see also the research behind it.

We want to see the mechanisms of action behind it so we know why and how this is working in a patient to make sure we could deliver the best care to a patient.

That, yes, is natural, but we know works and we know how it works for somebody. And so for for an individual, I mean, I obviously have different people, different stages in life.

And depending on where they're at and what they're battling, I would assume that they're kind of a general guidelines as to, you know, how kind of protocol, what what to do.

You should be if you're dealing with something as serious as cancer, obviously you should be under the care of somebody guiding you through any kind of program.

But what are some kind of a general guidelines if you're dealing with something severe is is more better? And if you are just wanting to prevention, you know, you can just do less.

What are kind of some guidelines for people out there to understand, you know, what what the quantity would look like? Of course. Yeah. And just like you said, definitely if you are looking to treat or help yourself, talk with your doctor before and make sure they're under the understanding of how to utilize this.

In my practice, when I have the green light with the patient, my protocol typically if you are just using it for prevention or daily maintenance, don't have anything huge going on.

Like myself, I take the product daily just because I know prevention is a huge aspect of cancer cells building in my body daily. I've inflammation going daily, I need protein daily.

So I take typically 1 to 2 ounces a day just as maintenance. That's just a small portion of one bottle for my patients that have more serious diseases, they'll go anywhere up from half to a full bottle a day in order to kind of give them and I sometimes have them break that out throughout the day in order just to kind of keep having a dosage of it throughout the day.

But more serious complications. I drop to a full body with the hand. And what are there any kind of negative effects or things that people should watch out for in regards to using this product or and you correlation with, you know, other type of oncology care, medication or anything?

I definitely consult with your personal doctor depending on the exact case that you have and everyone does have case dependent. There hasn't been a patient really that I haven't seen too far as sometimes patients with thyroid type issues.

I might steer away with it at times just because there potentially could be what we call goiter genic effects or it affects the thyroid gland. We haven't really seen that or had many cases or I haven't heard of any cases coming back to healing, being out over 20 years now that's been a case, but I still like to air on the side of precaution at times if there may be was something else but most of my patients this is something very safe to utilize with them at this time.

One of the big caveats that we do tell everyone out there, though, it does not taste good being a fermented soy product. If we already think about fermentation in general and then taking this, it definitely is a thick, smelly, not the best tasting product.

So that is one of the caveats. We definitely put that out there. But it's something if you're taking an ounce a day, you could take it directly, makes it in a smoothie.

We also have a mint flavoring that is now capable of being bought to add to the product to help with that. And I've got to say, after some time I start to get used to it.

We always kind of joked in Naturopathy School that sometimes the stuff that tastes a little worse, we feel like we're getting better anyways, kind of has that extra kick.

So I mean there definitely is some truth to that behind this one, but outside of that we're pretty, pretty safe that have very safe product to work with with most people.

Yeah, I think a lot of us naturopaths. Yeah, we almost could be considered masochistic. You know, we would take things that nobody else want to do and we feel this.

This is horrible. And so it should, should be great for me. Yeah. So exactly. And I and I have to agree in regards to the taste know it's funny because there are all these conferences you go to and you know, Haelan has a booth and and that's kind of each time I try to kind of muster up the energy to go and I've got to take up take a swig of this and that.

But but it's also interesting. So I have my wife, I mean, she she deals with the autoimmune condition and, you know, where she gets gets these sores on on her legs or, you know, different parts of her body.

And they and it's kind of a vasculitis type of condition. And so she started to she got one of these sores and started take the Haelan. And and she can actually kind of feel how the inflammation was, was going down and how the source were healing.

And and to her, it didn't taste that bad. So it is really from person to person as. So, yeah, it's really a powerful product. Exactly. Sometimes it's amazing how smart the body can be when it knows it'll take it.

And so what have you seen in your practice? I mean, you've been using this. I mean, what are some of the stories that that you've seen? Definitely a service that actually even just this morning, one of my really good friends gave me a call his his I think cousin.

She just got diagnosed with the colon cancer and he's like, where would you go first with this? Like she's obviously going to go. She wants to do the conventional path, but it's like, what else do you know that could help with this?

So and right off the top of my mind, Kaitlyn goes out there to these types of people. With that said, I mean, we know we're digesting it so luckily a lot of it is going to stay within the GI tract because that's the first exposure that's going to have.

So great application with that. Anyone that does have like autoimmune disease or inflammation, I like to use it in those type of patients as well. Just because helping immuno modulate the body, decrease inflammation, we see just all of these other aspects of the treatment plan just working so much faster.

I got to say it's something that I usually do it in in in conjunction with other treatments that I am working.

Cancer Support, Dosing, and Safety

It's not always my standalone product, but adding it into the mix is always something that I just see better outcomes at this time with my patients because it works on just so many different mechanisms in the body that almost everyone could benefit in some manner.

And in my practice I have been fortunate to work with a couple really extreme athletes at this point too, and it's something I recommend to them all the time because they're obviously putting their body through a lot throughout their seasons or whatnot and also having to make sure they're getting adequate protein intake.

So it's also a nice answer for people that are definitely healthy, but just making sure they need to give their body maintenance and them. I mean, we've seen just less injuries happening, just having less complications throughout their season.

And that's been something really cool to see as well with this. And yes, I mean, just since your fascination as a regenerative medicine as well, in addition to oncology, I mean, this this is such an extreme, extremely regenerative food.

You know, if you're just focusing on anti-aging, you don't have to be dealing with cancer. Exactly. And I think that's something so important. And the way obviously we're trying prevention is a huge aspect of the way we're trained.

Why just go to your doctor when you're sick. Let's look at ways that we can help stop diseases manifesting in the future as well. And this is one of those products.

I mean, definitely, like I was saying earlier, why I still take it daily. It's not I have any health concerns as of today that I'm thinking about. But if I could delay or potentially stop something with taking one little swig a day or something that could add into that next, obviously I'm doing other aspects of my health to help prevent aspects too.

But this is something that just goes into that that plan as well for me and many others. And one of the fascinating thing also that I've learned in regards to this product is its impact on all of the steroidal pathways for people dealing with stress and now like PTSD and anxiety and things that that that actually even have been shown to benefit and kind of the mental aspect as well.

Exactly. I think that's something that there we do have some research focusing on PTSD and actually helping it with some more victims and that had great outcomes as well.

But if we haven't fully correlated all of the exact mechanisms, but if we can think of it theoretically as of today, I mean, decreasing inflammation, which also decreases inflammation on the brain, we know is a huge portion of why we have some of these mental illnesses giving back some of the basic nutrients, such as the B vitamins, giving back the amino acids, as well as the probiotics that could help make some of the neurotransmitters that help support the brain.

I mean, there's just so many layers to this to even help with that whole world that's being explored more and more. Yeah. And the cool thing is that, you know, since it is a fermented product, you know, it's, it's a pre digested product.

So even though your gut may be horrible and you can absorb food very well here, you just can get nutrients that are just kind of fed on a silver platter to you and, and then working then on healing the gut while you're feeding them the individual at the same time.

Exactly. And I think that's something nice. It is so easy to digest, just like you said. I mean, some of my patients with autoimmune diseases, there's oftentimes a lot of inflammation within the gut itself.

Cancer patients as well, just due to wheezing or if they are on any chemotherapy, agents potentially can cause havoc there, too. So it's nice that it's something that can easily consume throughout the day, really get that super dense nutrient load back like you're just saying.

And we're talking about how many soybeans go into this product. If we put some of these patients, I could barely eat having to eat that amount throughout the day, but being able to intake that whole nutrient load in a very small, arty, like you said, easily digestible beverage, it just makes things so much easier for so many patients to be able to consume as well.

And I just want to circle back to, you know, one of the things where you're being cautious in regards to, you know, the thyroid because there's so many people dealing with hypothyroidism, I don't want them to.

And I think that because I, you know, my thyroid is is not it's a little bit low where I'm on thyroid medication that they should feel that there is a strong concern.

You know, you're talking more when when there's really a big issue with the thyroid, I would assume. Exactly correct. Yeah, we know that. Soy could potentially have goitergenic effects.

We know it's also pretty low. So when we do like a cost benefit analysis for a patient that usually favors on the side of let's use this product because I mean immuno modulation with the whole body that this could do, could definitely out do the potentially goiter genic effects in terms of helping with hypothyroidism in some cases and it's autoimmune related and conditions like this.

So definitely it's like case by case with any of these out there. But just that's one of the one areas I just think about a little bit more with some patients, if that is a potential there and what is the cost benefit usually does weigh in the side of oh, now this is still a very safe and easy product to work with, especially if the all the other aspects of what this product can do for people shows that it could actually be more efficacious in their treatment plan.

And that's where most of the time it goes with for me. Yeah. And I mean, there are studies showing that the majority, almost the majority of hypothyroidism is some as a subclinical type of Hashimoto's, which is an autoimmune condition.

So a and then having a tool like this that can control that inflammation and reduce the impact, the, the immune stress on the thyroid becomes a really powerful tool.

And then if you need to then support the thyroid with some other nutrients at the same time, I mean, to me that that seems like a win win. Exactly. Completely agree with that.

Well, this this has been awesome. Is there anything else that you feel that that we haven't covered, that that shed, that that's important to to discuss?

Final Thoughts on Soy Research and Controversy

You know, so we because there's so many people here that I know that have questions and I and I think we covered the majority, but there may be something that that's important to kind of address as well.

I think we went through, I mean, some of the major pieces that are out there, I think the biggest is just really diving deeper into your research. I think that's something so important because I think this is one of those plants out there

that has so much controversy around it.

It's depends who you talk to. But when you really dove into what's the latest research, what really is happening, the differences between conventional GMO as well as old, organically grown soy.

There's just so many nuances that we need to look into to really understand what are the differences in terms of our health outcomes with these products.

So I think just going back to that at all times, making sure you're armed with that information because I definitely know if you do take the pro soy side after this, which I did, I was honestly not even a fan of soy before understanding more about it.

I always was kind of in the misconception world, but keep yourself arm because I know if you do talk about it, there will be people out there that will have the opposite opinion.

So it's good to know the facts behind it. Well, Dr. Stone, thank you so much for for for this discussion and really kind of bringing this to light because, you know, like you mentioned, it has been such a controversial and people have been so afraid of, you know, soy when when they should be afraid of certain types of soy, but not a soy that is as a superfood.

So thank you so much. Of course. Thank you so much for your time today.