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Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway, HFS-830
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Re: Docket: 2004Q-0151 - Qualified Health Claim: Soy
Protein and Cancer

Dear Dr. Shimakawa:

I am writing to protest the proposed soy-protein-prevents-cancer health claim and to request that the FDA hold a public hearing on this matter.

I do not dispute that soy products may do some good for some people. Having soy protein in the place of red meat or pork protein may greatly benefit some people.

However, soy also has negative effects that are not discussed in the ads so widely spread by the soy faction. I can understand the American public's lack of knowledge about these effects, but the FDA should be able to look past all of the advertising and see the whole picture.

Two years ago I decided to try the Body for Life diet. This diet included 2 protein shakes a day. I used soy protein. I also used soy milk in my lattes. Two weeks into this diet I began having terrible lethargy and joint pain. I will not go into the following symptoms, but will say that by the time that I found out that soy is a goitrogen, that it suppresses thyroid function, I was terribly sick. It took months to get my health back.

I am careful not to consume any soy products now. But this is very hard in this country as soy is in so many of our products. My favorite popcorn is popped in soy oil. I could give you a list of products that I can no longer have because they contain soy. The list would be pages long, and will definitely get longer if this claim is approved.

I am deeply troubled by the prospect of a soy protein/cancer health claim for the several reasons. One of them I just explained. The other is hard for me, a non-medical expert, to put into words. Soy is used to help women who are experiencing menopausal symptoms. There is obviously a component to this product that affects hormones. Yet soy milk is being given to kids without compunction. Soy is a goitrogen. Thyroid is the growth hormone for children. I do not want to suppress my kids' growth. Do you?

For the above reasons, I urge the FDA to hold a public hearing on soy protein and to reject the proposed qualified soy-prevents-cancer health claim.

Thank you,

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