

of Soy

By Dianne Gregg

Are you one of the millions of people suffering from unusual weight gain and who could be developing thyroid disease and never thought that soy might be the cause?

Do You Believe Soy Is Healthy? With obesity, thyroid problems, osteoporosis, and a host of other problems on the rise, you may want to reconsider.

Did you know that the soy industry is a \$70 billion a year business? I started researching soy when I developed a severe allergy to soy in 2003 (the anapylactic shock type). What I learned is very disturbing.

We are eating soy products today at levels never before seen in history. Advances in food technology have made it possible to isolate soy proteins, isoflavones, and other substances found in the bean and add them to all kinds of foods where they have never been before. The number of processed and manufactured foods that contain soy ingredients today is astounding. These days it can be hard to find foods that do not contain soy flour, soy oil, lecithin (extracted from soy oil and used as an emulsifier in high-fat products), soy protein isolates and concentrates, textured vegetable protein (TVP), hydrolyzed vegetable protein (usually made from soy) or unidentified vegetable oils. Even canned tuna lists contains soy on their ingredient label. Now why would you need soy in that?

Most of what is labeled "vegetable oil" in the U.S. is actually soy oil, as are most margarines. Soy oil is the most widely used oil in the U.S., accounting for more than 75 percent of our total vegetable fats and oil intake. And most of our soy products are now genetically engineered.

There was considerable research done in 1966 about the harmful substance within the soybean. Soy contains several naturally occurring compounds that are toxic to humans and animals. The soy industry frequently refers to these toxins as anti-nutrients, which implies that they somehow act to prevent the body from getting the complete nutrition it needs from a food. The soy toxins (such as phytic acid) can certainly act in this manner, but they also have the ability to target specific organs, cells and enzyme pathways, and their effects can be devastating. As with any toxin, there will be a dose at which negative effects are not observed.



Health experts are particularly concerned that breast cancer sufferers who take soy or phyto-estrogen supplements could feed the disease and reduce the effectiveness of their treatment. Those soy food or isoflavone supplement manufacturers that proclaim the anti-cancer properties of their products are guilty of giving false hope to millions; but worse they may be placing consumers at greater risk of contracting the same horrendous diseases they are trying to avoid.

Another area of concern is infant soy formula. New research suggests high concentrations of manganese found in soybean-based baby formula can lead to brain damage in infants and altered behaviors in adolescents.

They say soy can reverse child obesity because soy foods provide critical vitamins, minerals, fiber and protein. They claim soy foods contain less calories and fat grams making weight loss easier. Kid-friendly foods like soymilk, frozen pizza, taco-style meat and chicken-style nuggets. This does not sound like a healthy diet to me. When in actuality, soy is depleting the vitamins and minerals a growing child needs.

When you hear fast food chains are making the switch to 0 trans fats, that means they may be using soybean oil!

About the Author: And, now I would like you to claim your free chapter of The Hidden Dangers of Soy and also receive soy free recipes. [<http://www.hiddensoy.com/soy-milk-thyroid.php>] Dianne Gregg, author of "The Hidden Dangers of Soy" decided to write this book after developing a severe allergy to soy. She has done extensive research on this subject and wanted to share this crucial information to protect your health. The fact of the matter is that soy is not the "health food" it's cracked up to be. Listen to Dianne on the radio Tuesdays, 4pm - 5pm EST <http://www.blogtalkradio.com/Health-Watch-Radio> interviewing experts in the health and wellness industry.