

Why not soy?

By: Samantha Gilman

How could soy possibly not be a healthy food to eat? We are constantly bombarded about the amazing health benefits from the media on this product. What I found is that the advertising of soy as a miracle food has been both systematic and reflective of the doctrine of the food industry. They want us to believe that imitation foods are good for us and traditional foods are unhealthy.

First let me clarify that there are two different types of soy: unfermented and fermented soy products. Fermented soy is the ONLY way soy used to be eaten by Asians. Unfermented soy was a product that in 1913 was listed with the U.S.D.A. not as a food but as an industrial product. The Asians new this as they originally grew soy to replace manure on their crops and used it as a fertilizer. Later the Chinese discovered that if you fermented soy it had some health benefits when eaten in small amounts only. People often say, "Don't Asians eat a lot of soy and aren't they healthy?" Soy consumption in Asia averages 10 grams per day. One cup of tofu has 252 grams and soy milk 240 grams. So Asians do not eat a lot of soy and only eat it when it is in its fermented form. Sources of fermented soy includes tempeh, miso, soy sauce, and tamari.

Processed soy (unfermented) includes tofu, soy milk, soy protein, soy oil, soy meat alternatives, soy infant formulas, and most soy products that are processed and packaged (as flavorings, preservatives, sweeteners, emulsifiers, and synthetic nutrients). Did you know that 99% of soy is genetically modified (sometimes even if it says 'organic') and it also has one of the highest percentages of contamination by pesticides of any of our foods? Many people think they do not even consume soy on a daily basis because they are not consuming "soy products." In fact, soy is now found in 65% of the foods sold in supermarkets and natural food stores. Start reading packages and you will see it everywhere under a variety of names – soy oil, soy protein, tofu, textured vegetable protein, mono-diglyceride, textured soy flour, soy isolate, lecithin, and more.

Americans first started processing soy to make soy oil which went into hydrogenated fats – margarine and shortening. The soy industry then found itself with a waste problem of the leftover high-protein sludge after the soy oil is squeezed out of the beans. For many years they used these soy by-products to feed exclusively to animals. However, a limit was discovered as to how much soy protein an animal can eat before they develop major health problems. Test animals that are fed soy protein develop enlarged organs and glands, particularly the pancreas and thyroid gland, along with increased deposition of fatty acids in the liver. This reason is because the trypsin inhibitors in soy interfere with protein digestion and can cause pancreatic disorders. Also, soy phytoestrogens are potent antithyroid agents that cause hypothyroidism and may cause thyroid cancer.

Corporations then needed to find other uses for these by-products besides as animal feed and naturally chose profit-seeking over disposal. This meant expanding the market and promoting soy as a health food. The motivation behind this was to dispel the fact that it was just a cheap calorie source for animals. For the past 20 years the industry has concentrated on finding markets for the by-products of soy oil manufacturing by developing palatable imitation soy products to sell to us.

This excess soy production and its by-product residues was the motivation for the multi-million dollars spent on intense lobbying of the FDA and advertising which resulted in 74% of U.S. consumers

believing that soy products are healthy. It is the demand for vegetable oils used in convenience foods that has stoked the rapid growth of soy production, from 18.9 million acres in 1954 to 72 million acres in 1998, not because soy is a miracle health food. Soy milk sales have soared from \$2million in 1980 to \$300 million in the US last year. Obviously this advertising is working because Americans are consuming more soy every year!

Processed soy products are produced in factories at high temperatures and pressures with the help of a variety of chemicals. They are also acid washed in aluminum tanks that leach high levels of aluminum into the final product. Therefore, soy foods contain high levels of aluminum which is toxic to the nervous system and the kidneys. The curds that are left are then spray-dried at high temperatures to produce high protein powder. This spray drying results in the formation of a toxin called lysinoalanine, highly carcinogenic nitrosamines, and the neurotoxin MSG.

Vegetarians who consume tofu and other soy products as a substitute for meat risk severe mineral deficiencies. Why? Soy contains high levels of phytic acid which acts as a mineral blocker and reduces the body's ability to assimilate calcium, magnesium, copper, iron, and zinc as well as hinders protein digestion. This causes red blood cells to clump together and inhibits oxygen up-take and growth. It also increases the body's need for B-12 and Vitamin D.

Did you know that drinking even two glasses of soy milk a day for one month has enough phytoestrogens to alter a woman's menstrual cycle? This is because soy products contain genistein and daidzein (isoflavones) that mimic and can block the hormone estrogen. Eating soy actually changes the hormone chemistry in our bodies. It has been estimated that infants who are fed soy formula daily receive five birth control pills worth of estrogen every day.

There are literally thousands of studies that link soy to malnutrition, digestive distress, immune-system breakdown, thyroid dysfunction, cognitive decline, reproductive disorders/infertility, kidney stones, digestive intolerance, heart disease, allergic reactions, growth problems in children, breast cancer in women, and other cancers in both sexes as well. Yet soy protein is used extensively in school lunches, commercial baked goods, fast food products, and diet beverages!

A number of scientists and writers have issued warnings about the adverse effects of soy, citing both the scientific literature dating back over 60 years as well as recently published studies. One of these warnings came from Daniel Doerge and Daniel Sheehan who are two senior toxicologists with the FDA. They have been quoted in a letter of protest as saying, "The public will be put at potential risk from soy isoflavones in soy protein isolate without adequate warning information." (1) Their warnings were ignored.

With this information it would seem that in reality, the research that has concluded that all soy products are healthy is far from accurate. It appears to be very much skewed by economic and political motives. It is VERY obvious why soy does not work for our Genesis clients for fat loss and good health in general. Soy seems to be very far from a health food! Thank goodness we can educate ourselves and not buy into everything we are told by the media!!

(1) http://abcnews.go.com/onair/2020/2020_000609_soyfdaletter_feature.html

Scientists Protest Soy Approval

In Unusual Letter, FDA Experts Lay Out Concerns

