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"Kaayla Daniel blows the lid off nutritional dogma. Soy is NOT a miracle food."

—Dr. Joseph Mercola,

Founder of the world's leading natural health and dietary website, Mercola.com

the
whole
soy
story

the dark side of America's favorite health food

Kaayla T. Daniel, PhD, CCN

Introduction by Sally Fallon, author of *Nourishing Traditions*

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EXPOSING THE TRUTH ABOUT SOY THE CONTROVERSIES



The Whole Soy Story

The Dark Side of America's Favorite Health Food

Is soy the miracle food for the new millennium or is it a hard-to-digest protein that has been linked to malnutrition, digestive distress, thyroid dysfunction, cognitive decline, infertility, birth defects, reproductive disorders, immune system breakdown, even heart disease and cancer? Learn the whole soy story, the true soy story, including:

- How much soy Asians really eat
- The differences between old-fashioned and modern soy products
- Why the Israeli Health Ministry has issued warnings and the French Food Agency will soon require warning labels
- Why top scientists warn that the possible benefits of soy are outweighed by proven risks
- Which populations are at special risk.

Birth Control for Babies

Why Soy Infant Formula is a Formula for Disaster

It's alarming but true that parents who feed their infants soy formula are unwittingly giving them hormonal equivalent of three to five birth control pills per day. The figures come from the Swiss Federal Health Service, and the Israeli Health Ministry, French Food Agency and British Dietetic Association have also warned against the use of soy formula. Learn why soy formula has been linked to:

- Premature puberty in girls
- Delayed puberty in boys
- Feminization of boys, including gynecomastia
- Lifelong thyroid and reproductive system problems
- Attention deficit and hyperactivity disorder.

Sex and the Soybean

Why “Real” Men and Women Don’t Eat Soy

Did you know that tofu was traditionally used in Buddhist monasteries to help monks maintain their vows of celibacy? That in Japan, women take revenge on unfaithful spouses by increasing the amount of soy in their diets? It’s a scientific fact that when soy consumption goes up, the naughty behavior goes down! Dr. Kaayla Daniel will discuss:

- How the plant estrogens in soy interfere with testosterone production, reducing the sex drive of men – and women.
- How soy foods contribute to thyroid damage, and low energy.
- The link between soy foods, reproductive system damage, infertility and birth defects.
- How soy can cause vulvodynia, a painful condition that makes sex difficult if not impossible for women
- Why the Israeli Health Ministry warns that soy should not be on the menu for couples who want to “be fruitful and multiply.”
- Why soy is the answer for politicians with the zipper problem
- Top foods to increase your libido.

Soy and Cancer

High Hopes and Hype

Soy protein and soy isoflavone supplements are heavily promoted as “miracle cures” for cancer. With cancer rates at an all-time high and cancer the second leading cause of death in the United States, the idea that a simple natural food could save lives sounds like very good news indeed. Dr. Daniel will reveal:

- Why the studies on soy and cancer are inconsistent and contradictory
- How soy can contribute to, cause or accelerate the growth of cancer
- The shocking fact that soy isoflavones are listed as carcinogens in chemistry textbooks
- How modern soy processing methods create nitrosamines and other carcinogens.
- Why the Israeli Health Ministry, French Food Agency and Cornell University's Center for Breast Cancer and Environmental Risk Factors have all warned that soy poses risks for women who've been diagnosed with or have a family history of breast cancer.

The Sound of Soy

The Flatulence Factor

Soy is an incomparable gas producer, the King of Musical Fruits. Vegetarians and other heavy soy-food eaters experience so much abdominal bloating, rumbling and flatus that soy is the butt of a great deal of bathroom humor. Even the soy industry has conceded that the “flatulence factor” must be overcome if Americans are ever going to enjoy soy. Learn all about:

- Tests on rats, dogs, college students and other animals
- Containment devices such as “gas tight pantaloons” and odor-absorbing cushions and panties
- Fraternity house recipes for maximum gas production
- How the soy industry is trying to give status to flatus.

Shortening Life

The Dangers of Soy Oil, Hydrogenation and Trans Fats

The National Academy of Science’s Institute of Medicine concluded recently that the only safe level of *trans* fat is zero, and that people should consume as little trans fat as possible. As of January 2006, the FDA required *trans* fatty acid content to be listed on food labels. Learn:

- Why soy oil is usually hydrogenated and is favored for the manufacture of margarines and shortenings
- What foods are likely to contain *trans* fats and how much *trans* fats Americans really eat
- How the vegetable oil industry tarnished the image of natural saturated fats such as coconut oil
- The link between hydrogenated oils and heart disease, cancer, obesity, diabetes, immune disorders birth defects, infertility vision problems, allergies, attention deficit and hyperactivity disorders and senility

Full of Beans

The Promotion of Soy

A few decades ago soy foods were thought of as “hippie foods” or “poverty foods.” So how, then, did soy foods turn into an upscale “health food” with sales rocketing from \$800 million in 1992 to \$4 billion today?

Learn:

- How top-gun marketers revamped the lowly soybean’s image
- Why the soy dreams of Hitler, Mussolini, Henry Ford and others are coming true
- How the collusion of the FDA and the soy industry led to a soy protein health claim that doubled soy consumption in the United States
- How soy industry dollars have corrupted scientific research.

ADDing It Up

Soy Formula + Manganese Toxicity = Attention Deficit Disorder + Crime

Infants on soy formula take in 50 to 80 times more manganese per day than infants who are breastfed or given cow’s milk formula. This can adversely affect the developing brain and nervous system, leading to learning disabilities, attention deficit and other behavioral disorders and even violent tendencies. Dr. Daniel discusses:

- Why the essential mineral manganese is toxic in excess for infants
- Why the California Public Safety Committee may make soy infant formula illegal for babies under 6 months of age except by prescription
- How soy formula is contributing to the epidemic of ADD/ADHD and other behavioral disorders and learning disabilities
- Why soy formula may hold the answer to a lot of crime.

Soy Allergies

The Soy-Free Challenge

In just a few short decades, soy has become one the top eight allergens, and many experts believe it will soon be in the top four. Soy appears in more than 60 percent of foods in the marketplace and nearly 100 percent of fast foods. The threat is so serious that Food Allergy Initiative Group succeeded in passing legislation that now requires manufacturers to clearly state on the label whether a product contains soy. Learn:

- Why soy allergies are on the increase
- Why GM “Frankensoy” beans are more allergenic than conventional and organic soybeans
- Where the soys are . . . and how to avoid them.
- The little known soy/peanut allergy connection
- Who is most at risk
- How parents can protect children who are at risk.

Soy and Heart Disease

The Heart of the Matter

The 1999 FDA soy-prevents-heart-disease health claim catapulted soy sales from under a billion dollars a year in 1999 to more than \$4 billion just a few years later. Don’t bypass the opportunity to learn:

- Why the American Heart Association and the European Food Safety Authority agree there is no basis for this health claim.
- Why soy does not lower cholesterol reliably or consistently
- Why vegetarian and high-soy diets may raise homocysteine levels
- How soy can cause or contribute to heart arrhythmias and cardiomyopathy.

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THE WHOLE SOY STORY

By Kaayla T. Daniel, PhD, CCN

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