



## **The Dark Side of Soy**

While the Food and Drug Administration (FDA) has approved a heart health claim for soy protein, the agency also lists soy in its "Poisonous Plant Database." A search for the word "soy" in the database reveals 256 references, including studies that warn about goiter, growth problems, amino acid deficiencies, mineral malabsorption, endocrine disruption and carcinogenesis. Here's the link: <http://www.cfsan.fda.gov/~djw/pltx.cgi?QUERY=soy>.

**Soy has never received GRAS (Generally Recognized As Safe) status for use as a food. Instead, it's GRAS status is only approved for use as a cardboard box binder.**

Soy contains antinutrients that require lots of food processing to remove, and even then it's not guaranteed to completely get rid of them. These antinutrients cause allergic reactions, damage the thyroid, cause red blood cells to clump together, cause immune system reactions, create bloating and flatulence, prevent proper absorption of calcium, cause kidney stones, and a painful disease known as vulvodynia, impair the absorption of minerals, damage intestinal lining and contain phytoestrogens (plant estrogens) that act like hormones and affect the reproductive and nervous systems!

**WARNING: It is estimated that an infant fed exclusively on soy formula receives the estrogenic equivalent (based on body weight) of at least 5 birth control pills per day!**

A whole new set of toxins are found in highly processed soy foods. These toxins can damage the liver and kidneys, increase organ weights, has been shown to create lesions and kidney stones in rats, lung and stomach ulcers, lymphomas and leukemias, and myocardial lesions in monkeys, cause DNA damage, irritate the lungs, depress the central nervous system and has been linked to Parkinson's Disease.

Nothing made from soy needs to be refrigerated, even though soy milk and other "fake-dairy" soy products are located in the refrigerated section of your grocery store. It's done to make them seem like the real thing. But think about it, soy "milk" is simply bean juice. Soy "cheese", "yogurt", and "burgers" are simply highly processed beans with the addition of harmful thickeners, trans fats and sugar to mask the unsavory soy taste better.

You'll notice the ingredient, "soy protein isolate," added to loads of processed foods, especially high protein bars and shakes. It's used to boost protein in foods and made to sound like a good thing. But soy protein isolate contains some 38 petroleum compounds including, but not limited to: butyl, methyl and ethyl; abietic acid derivatives, dihydroabietinal, hexanal and 2-butyl-2-octenal aldehydes; dehydroabietic acid methyl ester; dehydroabietene and abietatriene.

Soy is not only bad for you, but soy crops are destroying thousands of acres of land every day! 10,000 square miles of rainforest were leveled for soybean production and 150,000 small farmers

driven off their land by big farmers eager to grow more soy - not to mention the terrible consequences genetically modified soy crops are doing to the environment and the unknown affect GM foods could have on our food supply!

**"Claims that soy beans have been a major part of the Asian diet for more than 3,000 years, or from 'time immemorial' are simply not true." - US Nutritionists Kaayla T. Daniel - who has studied the full history of soy consumption.**

Asians consumed soy products only in small amounts, as condiments or seasonings, and not as substitutes for animal foods like fish or pork. They rarely – if ever – baked or boiled soybeans, ground them into flour, or roasted them to make nut-like snacks.

There is so much negative information on soy that it's impossible to include all of it here. To learn all the details, please read, *The Whole Soy Story*, by Kaayla T. Daniel, PhD, CCN, ISBN: 0-9670897-5-1. This book contains complete scientific references for all of the info contained in this month's newsletter.

**Please mail your questions to Brian at [prof-nutrition@sbcglobal.net](mailto:prof-nutrition@sbcglobal.net).**

**Here's a great low-carb recipe!**

## **"Tuna Stuffed Tomatoes"**

### **Ingredients:**

6 medium tomatoes  
1 cup dry curd cottage cheese (not low fat)  
1/2 cup plain yogurt (not low fat – organic is preferred)  
1/4 cup cucumber, chopped  
1/4 cup bell pepper, chopped  
1/4 cup radishes, thinly sliced  
1/4 cup green onions, chopped  
1/2 tsp dried basil leaves, crushed  
1/8 tsp garlic powder  
1 can tuna packed in water drained and broken up  
Lettuce leaves

### **Instructions:**

1. Cut each tomato half way down into 6 wedges (do not cut all the way through). Leave a base intact so tomato opens like a flower. Refrigerate.
2. In a medium bowl combine the cottage cheese and yogurt. Be sure to mix them well.
3. Stir in the remaining ingredients except for the lettuce leaves.
4. Line plates with lettuce leaves and place tomatoes in the center on top of lettuce.
5. Spread tomato wedges apart and spoon tuna mixture into center of each tomato.

Makes 6 servings