

# Dangers of



# SOY

## How Soy Became Known As A "Health Food"<sup>1</sup>



Let's review a bit of the history behind soy that created this misperception in the public's mind.

Years ago, tropical oils, such as palm and coconut oil, were commonly used in American food production. However, these are obviously not grown in the US. With the exception of Hawaii, our climate isn't tropical enough.

Spurred on by financial incentives, the industry devised a plan to shift the market from tropical oils to something more "home grown." As a result, a movement was created to demonize and vilify tropical oils in order to replace them with domestically grown oils such as corn and, primarily, soy.

For the most part, they've been very successful in their campaign to paint soy in a healthy light. So, the information I have to share with you may disappoint and challenge many of you, especially vegetarians, because vegetarians and vegans use soy as one of their primary sources of protein.

But I'm here to tell you that after studying this issue very carefully, I'm convinced that unless the soy you're consuming is fermented, you're putting your health at risk.

There's only one type of soy that can be construed as a health food, and that is fermented soy. Examples of health-promoting fermented soy foods include:

- *Natto*
- *Miso*
- *Tempeh*

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<sup>1</sup> Article taken from <http://www.mercola.com/>

Natto is actually a phenomenal food. It's a fermented soy product that can be a bit challenging to locate, but you can usually find it in Asian food stores. It's very high in vitamin K2, which is a phenomenal vitamin, much like vitamin D.

Together, vitamin K2 and vitamin D provide a large number of significant health benefits, such as improving bone density and reducing your risk of heart disease and cancer, just to name a few. Natto has probably the highest concentration of vitamin K2 out of any food.

Miso and tempeh do not contain vitamin K2 but they are also fermented forms of soy that are excellent sources of health-promoting natural probiotics.

The fermentation process is what makes the soy a healthy addition to your diet, as it breaks down the goitrogens, isoflavones and other harmful elements in the soy.

It's important to realize that tofu is NOT a fermented soy product, and should not be consumed if you want to avoid the health problems associated with non-fermented soy.

It is also important to understand that while fermented soy is healthier for you, it is not wise to consume it in large quantities because it is still loaded with phytoestrogens, like isoflavones, which can cause detrimental feminizing effects.

## **What's So Bad About Unfermented Soy?**

One of the primary reasons for avoiding soy products is because the vast majority of soy grown in the US is genetically modified (GM) soy. The GM variety planted in 91 percent of US soy acres is Roundup Ready—engineered to survive being doused with otherwise lethal amounts of Monsanto's Roundup herbicide.

Monsanto produces both the Roundup Ready soy seeds and the herbicide Roundup.

The logic – you can call it that after all factors are considered – behind GM crops such as soy is that you can decrease the cost of production by killing off everything except the actual soy plant. Unfortunately, consumers pay a hefty price in terms of health instead.

## **Are You Willing To Risk Eradicating Your Future Family Lineage?**

Some of the more recent research shows that many of the health problems do not even occur in those who consume these GM foods. Some of the most devastating harm may occur in the second and third generations!

I recently interviewed GMO expert Jeffrey Smith about the latest findings by Russian scientists, who discovered that GM soy effectively sterilized the third generation of hamsters ...

One group of hamsters was fed a normal diet without any soy whatsoever, a second group was fed non-GMO soy, a third ate GM soy, and a fourth group ate an even higher amount of GM soy than the third.

Using the same GM soy produced in the US, the hamsters and their offspring were fed their respective diets over a period of two years, during which time the researchers evaluated three generations of hamsters.

Shockingly, the second-generation of GM soy-fed hamsters had a five-fold higher infant mortality rate, compared to the 5 percent normal death rate that was happening in the controls.

Worse yet, nearly all of the third generation hamsters were sterile! Only one single third-generation female hamster gave birth to sixteen pups, and of those, one fifth died.

Another bizarre side effect found in the GM soy-fed groups was an unusually high prevalence of an otherwise extremely rare phenomenon – hair growing inside the animals' mouths.

These are just a couple of concerns. There are certainly many others, and I've written extensively about the health hazards of GM foods. If you're new to this topic and want more information, my article *“Everything you MUST KNOW About Dangerous Genetically Modified Foods”* is a good place to start.

You can also find lots of additional information about GMOs on the site [www.ResponsibleTechnology.org](http://www.ResponsibleTechnology.org), created by Jeffrey Smith. We're working with Jeffrey, who is one of the leaders of the movement to restrict the use of GM foods in the United States, as they have done in Europe, primarily through consumer awareness and action to motivate industry changes, because there is NO government regulation against it.

Your involvement is vital in this respect. And avoiding soy products, including soy derivatives found in most processed foods, is part of it.

*But soy is not the only GM food to beware of.*

The easiest way to avoid ending up with any type of GM food in your shopping cart is to do some pre-planning using this free non-GMO shopping guide. There's also a free iPhone application available in the iTunes store, which you can find by searching for ShopNoGMO in the applications.

ResponsibleTechnology.org also offers additional guides you can hand out to friends, health care practitioners, and decision makers within your community, along with free online videos, podcasts, and articles that you can repost and republish.

## **Why All Organic Soy Is NOT The Answer Either**

All of that said, even if you were fortunate enough to find organic soy, there are still several other significant concerns with unfermented soy that make it far from attractive from a health standpoint.

Soy contains a number of problematic components that can wreak havoc with your health, such as:

- **Goitrogens** – Goitrogens, found in all unfermented soy whether it's organic or not, are substances that block the synthesis of thyroid hormones and interfere with iodine metabolism, thereby interfering with your thyroid function.

One common source of soy is soy milk. Many consume it as an alternative to milk or one of their primary beverages. Soy milk is a significant contributor to thyroid dysfunction or hypothyroidism in women in the US.

So if you're a woman struggling with low thyroid function and you're consuming soy milk, that's a giant clue you need to stop drinking it immediately.

- **Isoflavones: genistein and daidzein** – Isoflavones are a type of phytoestrogen, which is a plant compound resembling human estrogen, which is why some recommend using soy therapeutically to treat symptoms of menopause. I believe the evidence is highly controversial and doubt it works.

Typically, most of us are exposed to too much estrogen compounds and have a lower testosterone level than ideal, so it really is important to limit exposure to feminizing phytoestrogens.

Even more importantly, there's evidence it may disturb endocrine function, cause infertility, and promote breast cancer, which is definitely a significant concern.

Drinking two glasses of soy milk daily for just one month provides enough of these compounds to alter your menstrual cycle. Although the FDA regulates estrogen-containing products, no warnings exist on soy.

- Phytic acid<sup>2</sup> – Phytates (phytic acid) bind to metal ions, preventing the absorption of certain minerals, including calcium, magnesium, iron, and zinc -- all of which are co-factors for optimal biochemistry in your body. This is particularly problematic for vegetarians, because eating meat reduces the mineral-blocking effects of these phytates.

Sometimes it can be beneficial, especially in postmenopausal women and in most adult men because we tend to have levels of iron that are too high which can be a very potent oxidant and cause biological stress. However, phytic acid does not necessarily selectively inhibit just iron absorption; it inhibits all minerals. This is very important to remember, as many already suffer from mineral deficiencies from inadequate diets.

The soybean has one of the highest phytate levels of any grain or legume, and the phytates in soy are highly resistant to normal phytate-reducing techniques such as long, slow cooking. Only a long period of fermentation will significantly reduce the phytate content of soybeans.

- Natural toxins known as "anti-nutrients" – Soy also contains other anti-nutritional factors such as saponins, soyatoxin, protease inhibitors, and oxalates. Some of these factors interfere with the enzymes you need to digest protein. While a small amount of anti-nutrients would not likely cause a problem, the amount of soy that many Americans are now eating is extremely high.
- Hemagglutinin – Hemagglutinin is a clot-promoting substance that causes your red blood cells to clump together. These clumped cells are unable to properly absorb and distribute oxygen to your tissues.

## **Soy To Avoid**

As I mentioned, tofu is not fermented soy so it should be avoided. Other examples of common soy products to avoid include soy protein and isolated soy protein powder, which you'll find in many protein bars and protein drinks.

Isolated soy protein powder is actually not a naturally produced substance. Production takes place in industrial factories where a slurry of soy beans is first mixed with an alkaline solution to remove fiber, then precipitated and separated using an acid wash and, finally, neutralized in an alkaline solution. Acid washing in aluminum tanks leaches high levels of aluminum into the final product.

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<sup>2</sup> For more information on this topic, visit <http://www.westonaprice.org/>

The resultant curds are spray-dried at high temperatures to produce a high-protein powder. MSG, a well-known excitotoxin<sup>3</sup> that can cause neurological damage, is frequently added as well.

Another common form of soy you're likely exposed to is soy oil, which brings us back to where we started. Ninety-five percent of the foods Americans spend their money on are processed foods, many of which contain soy oil. Soy oil is extremely high in omega-6, which is highly susceptible to oxidative damage. And although you do need omega-6, soy oil is a terrible source as it is highly processed and refined, which severely damages it.

Consuming a diet high in processed foods, which by default is high in soy oil, is a primary contributor to the severe imbalance most people have in their omega-3 to omega-6 ratio, which in turn contributes to creating disease.

Other harmful soy products I've not already mentioned include:

- *Soy cheese,*
- *Soy ice cream,*
- *Soy yogurt,*
- *Soy "meat" (meatless products made of TVP),*
- *Soy lecithin,*

## **Infant Soy Formula - Perhaps The Most Dangerous Soy Products Of All**

But perhaps one of the most harmful types of soy products that you need to be extremely cautious of is soy infant formula [more information on this can be found towards the end of this document].

I strongly recommend every single mother to breastfeed for a minimum of six months, preferably longer. There is absolutely no question that breastfeeding is the most healthful option for both you and your baby. Conventional physicians and the American Academy of Pediatrics also recommend exclusive breastfeeding for the first six months of life.

Unfortunately, for a variety of reasons, many women choose not to breastfeed their child, leaving them with few alternatives.

Most opt for conventional formula, which has its own health risks, courtesy of inadequate nutrition (there are at least 400 nutrients in breast milk that are not found in formula), combined with excessive fructose and toxic contaminants.

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<sup>3</sup> For more information on this topic, visit <http://www.blaylockreport.com/>

But many children are allergic to conventional formula, and these parents can easily be convinced that soy formula is the solution.

Sadly, soy formula is FAR worse than conventional formula, in large part due to its excessive levels of phytoestrogens. The estrogens in soy can irreversibly harm your baby's sexual development and reproductive health. Infants fed soy formula receive a level of estrogen equivalent to five birth control pills every day!

Infants fed soy formula have up to 20,000 times the amount of estrogen in circulation as those fed conventional formulas!

In addition, soy formula has up to 80 times higher manganese than is found in human breast milk, which can lead to brain damage in infants, and altered behaviors in adolescence.

So please, do not ever feed your baby soy formula, and warn others who are pregnant or who you know are considering using formula over breastfeeding.

The next best alternative to breast milk is to make a healthy homemade infant formula. There may be others, but here is one recipe for homemade formula created by the Weston A. Price Foundation, which I believe is sound.

## **Educate Yourself About The Health Effects Of Soy**

I encourage you to continue reviewing the evidence against soy if you're still skeptical.

There are also some great books on this topic that document this information in clear detail and provide countless references that you can validate for yourself. One of these books, which I recommend very highly, is *The Whole Soy Story* by Dr. Kaayla Daniel.

There's a lot of information out there, and I understand the challenge of trying to explore these health issues. Many times motivations must be taken into account in order to sift through the information and get to the heart of the matter.

In the case of soy, as I mentioned, a primary motivation appears to have been promoting the sale of domestic soy in the US, as this increases profits, as opposed to benefitting your health ...

The purpose of this site is to gather this varied information, present it to you, and offer you the starting point to do your own independent research. Because once you have the information, you have the power to take control of your own health.

## Soy Alert!<sup>4</sup> Confused About Soy?

*Soy dangers summarized ...*

- High levels of phytic acid in soy reduce assimilation of calcium, magnesium, copper, iron and zinc. Phytic acid in soy is not neutralized by ordinary preparation methods such as soaking, sprouting and long, slow cooking. High phytate diets have caused growth problems in children.
- Trypsin inhibitors in soy interfere with protein digestion and may cause pancreatic disorders. In test animals soy containing trypsin inhibitors caused stunted growth.
- Soy phytoestrogens disrupt endocrine function and have the potential to cause infertility and to promote breast cancer in adult women.
- Soy phytoestrogens are potent antithyroid agents that cause hypothyroidism and may cause thyroid cancer. In infants, consumption of soy formula has been linked to autoimmune thyroid disease.
- Vitamin B12 analogs in soy are not absorbed and actually increase the body's requirement for B12.
- Soy foods increase the body's requirement for vitamin D.
- Fragile proteins are denatured during high temperature processing to make soy protein isolate and textured vegetable protein.
- Processing of soy protein results in the formation of toxic lysinoalanine and highly carcinogenic nitrosamines.
- Free glutamic acid or MSG, a potent neurotoxin, is formed during soy food processing and additional amounts are added to many soy foods.
- Soy foods contain high levels of aluminum which is toxic to the nervous system and the kidneys.

## Truth Behind The "Soy-Myths"<sup>5</sup>

- *Myth:* Use of soy as a food dates back many thousands of years.
- **Truth:** Soy was first used as a food during the late Chou dynasty (1134-246 BC), only after the Chinese learned to ferment soy beans to make foods like tempeh, natto and tamari.

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<sup>4</sup> Article taken from <http://www.westonaprice.org/>

<sup>5</sup> Article taken from <http://www.westonaprice.org/>

- *Myth: Asians consume large amounts of soy foods.*
- **Truth:** Average consumption of soy foods in Japan and China is 10 grams (about 2 teaspoons) per day. Asians consume soy foods in small amounts as a condiment, and not as a replacement for animal foods.
  - *Myth: Modern soy foods confer the same health benefits as traditionally fermented soy foods.*
- **Truth:** Most modern soy foods are not fermented to neutralize toxins in soybeans, and are processed in a way that denatures proteins and increases levels of carcinogens.
  - *Myth: Soy foods provide complete protein.*
- **Truth:** Like all legumes, soy beans are deficient in sulfur-containing amino acids methionine and cystine. In addition, modern processing denatures fragile lysine.
  - *Myth: Fermented soy foods can provide vitamin B12 in vegetarian diets.*
- **Truth:** The compound that resembles vitamin B12 in soy cannot be used by the human body; in fact, soy foods cause the body to require more B12
  - *Myth: Soy formula is safe for infants.*
- **Truth:** Soy foods contain trypsin inhibitors that inhibit protein digestion and affect pancreatic function. In test animals, diets high in trypsin inhibitors led to stunted growth and pancreatic disorders. Soy foods increase the body's requirement for vitamin D, needed for strong bones and normal growth. Phytic acid in soy foods results in reduced bioavailability of iron and zinc which are required for the health and development of the brain and nervous system. Soy also lacks cholesterol, likewise essential for the development of the brain and nervous system. Megadoses of phytoestrogens in soy formula have been implicated in the current trend toward increasingly premature sexual development in girls and delayed or retarded sexual development in boys.
  - *Myth: Soy foods can prevent osteoporosis.*
- **Truth:** Soy foods can cause deficiencies in calcium and vitamin D, both needed for healthy bones. Calcium from bone broths and vitamin D from seafood, lard and organ meats prevent osteoporosis in Asian countries—not soy foods.
  - *Myth: Modern soy foods protect against many types of cancer.*
- **Truth:** A British government report concluded that there is little evidence that soy foods protect against breast cancer or any other forms of cancer. In fact, soy foods may result in an increased risk of cancer.

- *Myth: Soy foods protect against heart disease.*
- **Truth:** In some people, consumption of soy foods will lower cholesterol, but there is no evidence that lowering cholesterol with soy protein improves one's risk of having heart disease.
  - *Myth: Soy estrogens (isoflavones) are good for you.*
- **Truth:** Soy isoflavones are phyto-endocrine disrupters. At dietary levels, they can prevent ovulation and stimulate the growth of cancer cells. Eating as little as 30 grams (about 4 tablespoons) of soy per day can result in hypothyroidism with symptoms of lethargy, constipation, weight gain and fatigue.
  - *Myth: Soy foods are safe and beneficial for women to use in their postmenopausal years.*
- **Truth:** Soy foods can stimulate the growth of estrogen-dependent tumors and cause thyroid problems. Low thyroid function is associated with difficulties in menopause.
  - *Myth: Phytoestrogens in soy foods can enhance mental ability.*
- **Truth:** A recent study found that women with the highest levels of estrogen in their blood had the lowest levels of cognitive function; In Japanese Americans tofu consumption in mid-life is associated with the occurrence of Alzheimer's disease in later life.
  - *Myth: Soy isoflavones and soy protein isolate have GRAS (Generally Recognized as Safe) status.*
- **Truth:** Archer Daniels Midland (ADM) recently withdrew its application to the FDA for GRAS status for soy isoflavones following an outpouring of protest from the scientific community. The FDA never approved GRAS status for soy protein isolate because of concern regarding the presence of toxins and carcinogens in processed soy.
  - *Myth: Soy foods are good for your sex life.*
- **Truth:** Numerous animal studies show that soy foods cause infertility in animals. Soy consumption enhances hair growth in middle-aged men, indicating lowered testosterone levels. Japanese housewives feed tofu to their husbands frequently when they want to reduce his virility.
  - *Myth: Soy beans are good for the environment.*
- **Truth:** Most soy beans grown in the US are genetically engineered to allow farmers to use large amounts of herbicides.
  - *Myth: Soy beans are good for developing nations.*
- **Truth:** In third world countries, soybeans replace traditional crops and transfer the value-added of processing from the local population to multinational corporations.

## The Tragedy Of Soy Infant Formula<sup>6</sup>



An estimated 25% of North American babies receive infant formula made from processed soybeans. Parents use soy formula in the belief that it is healthier than formula based on cows' milk. Soy promotional material claims that soy provides complete protein that is less allergenic than cows' milk protein. When soy infant formula first became commercially available, manufacturers even promised that soy formula was "better than breast milk."

Parents have a right to know how these extravagant claims compare to scientific findings related to soy infant formula.

While soybeans are relatively high in protein compared to other legumes, scientists have long recognized them as a poor source of protein because other proteins found in soybeans act as potent enzyme inhibitors. These "antinutrients" block the action of trypsin and other enzymes needed for protein digestion. In test animals, diets high in trypsin inhibitors depress growth and cause enlargement and pathological conditions of the pancreas, including cancer.

The soy industry recognizes that trypsin inhibitors are a problem in infant formula and have spent millions of dollars to determine the best way to remove them.

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<sup>6</sup> Article taken from <http://www.westonaprice.org/>

Trypsin inhibitors are large, tightly folded proteins that are only deactivated after a considerable period of heat treatment. This process removes most—but not all—of the trypsin inhibitors, but has the unfortunate side effect of over-denaturing the other proteins in soy, particularly lysine, rendering them difficult to digest and possibly toxic. Even in low amounts, trypsin inhibitors prevented normal growth in rats.

The main ingredient in soy infant formula is soy protein isolate, a powder extracted from soybeans through a process that involves not only high temperatures but also caustic chemicals. The alkaline soaking solution produces a carcinogen, lysinealine, and reduces the cystine content, which is already low in the soybean. Other carcinogens called nitrosamines are formed during high temperature spray drying.

Soybeans also contain high levels of phytic acid or phytates. This is an organic acid, present in the outer portion of all seeds, which blocks the uptake of essential minerals—calcium, magnesium, iron and especially zinc—in the intestinal tract. Soybeans have very high levels of a form of phytic acid that is particularly difficult to neutralize. As early as 1967, researchers testing soy formula found that it caused negative zinc balance in every infant to whom it was given. Scientists have found a strong correlation between phytate content in formula and poor growth, even when the diets were additionally supplemented with zinc.

High amounts of phytic acid in soy foods and grains have caused retarded growth in children on macrobiotic diets. A reduced rate of growth is especially serious in the infant as it causes a delay in the accumulation of lipids in the myelin, and hence jeopardizes the development of the brain and nervous system.

Soy formula can also cause vitamin deficiencies. Soy increases the body's requirements for vitamin B12, a nutrient that is absolutely vital for good health. Early studies with soy formula indicated that soy blocks the uptake of fats. This may explain why soy seems to increase the body's requirements for fat-soluble vitamin D.

Aluminum content of soy formula is 10 times greater than milk based formula, and 100 times greater than unprocessed milk. Aluminum has a toxic effect on the kidneys of infants, and has been implicated as causing Alzheimer's in adults. Soy formulas lack cholesterol, another nutrient that is absolutely essential for the development of the brain and nervous system; they also lack lactose and galactose, which play an equally important role in the development of the nervous system. A number of other substances, which are unnecessary and of questionable safety, are added to soy formulas including carrageenan, guar gum, sodium hydroxide (caustic soda), potassium citrate monohydrate, tricalcium phosphate, dibasic magnesium phosphate trihydrate, BHA and BHT.

What about the claim that soy formula is less allergenic than cows milk formula? Studies indicate that allergies to soy are almost as common as those to milk. Use of soy formula to treat infant diarrhea has had mixed results, some studies showing improvement with soy formula while others show none at all.

The most serious problem with soy formula is the presence of phytoestrogens or isoflavones. While many claims have been made about the health benefits of these estrogen-like compounds, animal studies indicate that they are powerful endocrine disrupters that alter growth patterns and cause sterility. Toxicologists estimate that an infant exclusively fed soy formula receives the estrogenic equivalent of at least five birth control pills per day. By contrast, almost no phytoestrogens have been detected in dairy-based infant formula or in human milk, even when the mother consumes soy products. A recent study found that babies fed soy-based formula had 13,000 to 22,000 times more isoflavones in their blood than babies fed milk-based formula. Scientists have known for years that isoflavones in soy products can depress thyroid function, causing autoimmune thyroid disease and even cancer of the thyroid. But what are the effects of soy products on the hormonal development of the infant, both male and female?

Male infants undergo a "testosterone surge" during the first few months of life, when testosterone levels may be as high as those of an adult male.

During this period, the infant is programmed to express male characteristics after puberty, not only in the development of his sexual organs and other masculine physical traits, but also in setting patterns in the brain characteristic of male behavior. In monkeys, deficiency of male hormones impairs learning and the ability to perform visual discrimination tasks-such as would be required for reading-and retards the development of spatial perception, which is normally more acute in men than in women.

It goes without saying that future patterns of sexual orientation may also be influenced by the early hormonal environment. Pediatricians are noticing greater numbers of boys whose physical maturation is delayed, or does not occur at all, including lack of development of the sexual organs. Learning disabilities, especially in male children, have reached epidemic proportions. Soy infant feeding-which floods the bloodstream with female hormones that could inhibit the effects of male hormones-cannot be ignored as a possible cause for these tragic developments.

As for girls, an alarming number are entering puberty much earlier than normal, according to a recent study reported in the journal *Pediatrics*. Investigators found that one percent of all girls now show signs of puberty, such as breast development or pubic hair, before the age of three; by age eight, 14.7 percent of white girls and a whopping 48.3 percent of African-American girls had one or both of these characteristics.

New data indicate that environmental estrogens such as PCBs and DDE (a breakdown product of DDT) may cause early sexual development in girls and a study in Puerto Rico implicated soy feeding as a cause of early menarche. The use of soy formula in the WIC program, which supplies free formula to welfare mothers, may explain the astronomical rates of early menarche in African American girls.

The consequences are tragic. Young girls with mature bodies must cope with feelings and urges that most children are not well-equipped to handle. And early maturation in girls is frequently a harbinger for problems with the reproductive system later in life including failure to menstruate, infertility and breast cancer.

Other problems that have been anecdotally associated with children of both sexes who were fed soy-based formula include extreme emotional behavior, asthma, immune system problems, pituitary insufficiency, thyroid disorders and irritable bowel syndrome.

Concerns about the dangers of soy have prompted consumer groups in New Zealand and Canada to call for a ban on the sale of soy infant formula. Milk-based formula contains a better protein profile and does not flood the infant with antinutrients and female hormones. Breast feeding is best IF the mother has consumed a healthy diet, one that is rich in animal proteins and fats, throughout her pregnancy and continues to do so while nursing her infant.

Mothers who cannot breast feed, for whatever reason, should prepare homemade formula based on whole milk for their babies. The rare child allergic to whole milk formula should be given a whole foods meat-based formula, not one made of soy protein isolate. Parents who invest time in preparing homemade formula will be well rewarded with the joys of conferring robust good health on their children.

## **Dangers of manganese and infant formula<sup>7</sup> ...**

You probably know that manganese is an essential nutrient, but were you aware that when consumed in excess, manganese becomes a potent neurotoxin?

Studies on miners and steelworkers, for example, have shown that excessive exposure to manganese can cause manganese poisoning, Parkinson's disease, and Wilson's disease, for example.

Manganese occurs naturally in soil and can therefore be present in groundwater to a greater or lesser degree. Hence some people who drink well water could be exposed to higher naturally-occurring levels of manganese.

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<sup>7</sup> Article taken from [www.mercola.com](http://www.mercola.com).

But there is another source of manganese that many people are *completely unaware* of, which may be even more significant than groundwater, and that is *soy infant formula!*

Soy formula is frequently used when a baby is allergic to milk, or if the parents are somehow convinced that soy is a healthier alternative. Unfortunately, nothing could be further from the truth, because soy formula could easily be considered one of the most DANGEROUS food products on the market.

It is always recommended that mothers breast feed their babies, if at all possible, but if you can't, *please* educate yourself about the dangers of soy formula!

This is such an important issue because so many mothers end up using formula<sup>8</sup> in lieu of breast feeding or after breast feeding for a short time, not realizing just how bad most formulas are for their baby's health, particularly soy formula.

## **Soy infant formula is LOADED with manganese!**

Yes, researchers have found that soybean plants absorb manganese from the soil and *concentrate* it, so that its use in soy-based infant formula can result in as much as *200 times* the level found in natural breast milk! Such high concentrations can wreak havoc on your baby's immature metabolic systems. Dr. Mercola rarely talks about absolutes, but this is one instant where he says: "*NEVER* give your child soy formula (the only exception would be if there was a catastrophe and soy formula was the only food source temporarily available to keep your baby alive)."

Because just like this latest study confirms, high concentrations of manganese, such as those found in soy formula, can lead to brain damage in infants and altered behaviors in adolescents. In the study reported by *Science Daily*, researchers discovered that higher concentrations of manganese in groundwater significantly lowered the IQ of the children who drank it, even though the levels were below current guidelines. A total of 362 children, aged six to 13, living in homes with individual or public wells were examined to test cognition, motor skills and behavior. *Science Daily* reports:

*"The average IQ of children whose tap water was in the upper 20% of manganese concentration was six points below children whose water contained little or no manganese.*

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<sup>8</sup> Dr. Mercola and his team have been working on an infant formula for the past year. The formula will take about another year, but once completed should be the best commercial infant formula available. For more information, please contact Dr. Mercola directly – the website is [www.mercola.com](http://www.mercola.com).

*The analyses of the association between manganese in tap water and children's IQ took into account various factors such as family income, maternal intelligence, maternal education, and the presence of other metals in the water ... for co-author Donna Mergler, 'This is a very marked effect; few environmental contaminants have shown such a strong correlation with intellectual ability.' The authors state that the amount of manganese present in food showed no relationship to the children's IQ."*

## **For maximum health hazard, just add fluoridated water ...**

As if that wasn't bad enough, there are a number of other factors that make soy formula an even more dangerous option. One of these factors is the fact that fluoride can increase manganese absorption, so if you mix the powdered- or concentrated soy formula with fluoridated water, you're worsening matters even further! Fluoride<sup>9</sup> and manganese interact in a number of ways through various pathways. For example, fluorides can cause zinc deficiency which in turn can cause damage to your brain by altering your manganese levels. This is because fluorides act as a TSH (thyroid-stimulating-hormone) analogue, and along with iodine, zinc and selenium are also controlled by TSH. And when you're deficient in zinc, the manganese levels in your brain become altered.

## **Other health dangers of soy formula ...**

Another significant issue is the estrogen in soy. A soy-fed baby receives the equivalent of five birth control pills' worth of estrogen every day! These babies' isoflavone levels are typically anywhere between 13,000 to 22,000 times higher than in non-soy fed infants. Unfermented soy is not a healthy option for anyone, but when you're feeding soy to an infant, you're really setting the stage for a number of health problems.

Dr. Kaayla Daniel, author of *The Whole Soy Story*, points out thousands of studies linking soy to malnutrition, digestive distress, immune-system breakdown, thyroid dysfunction, cognitive decline, reproductive disorders and infertility—even cancer and heart disease. For more information about the many ways soy can damage your health – and certainly your baby's, if you're feeding them soy formula – please review this recent report.

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<sup>9</sup> For more information regarding the dangers of fluoride, please search the websites [www.rense.com](http://www.rense.com) and [www.westonaprice.org](http://www.westonaprice.org), as well as Dr. Mercola's website.

It's also worth noting that at least 91 percent of soy grown in the US is also genetically modified<sup>10</sup> (GM), and this too can have serious health effects. Not only is the soy loaded with toxic pesticide, the plants also contain genes from bacteria that produce a protein that has never been part of the human food supply. Hence, GM soy has been linked to an increase in allergies. Disturbingly, the *only* published human feeding study on GM foods ever conducted verified that the gene inserted into GM soy transfers into the DNA of our gut bacteria and continues to function. This means that years after you stop eating GM soy, you may still have a potentially allergenic protein continuously being produced in your intestines.

Even more frightening is the potential for GM soy to cause infertility in future generations, which has been evidenced by recent Russian research.

Soy-based formula also typically includes cornstarch, cornstarch hydrolysate (remember, any corn derivatives are also suspect of being GM), tapioca starch, or sucrose instead of lactose. In addition, did you know that many infant formulas actually have MORE sugar than a can of soda? Do you really feel comfortable giving your precious newborn a can of soda for EVERY meal? If not, then it would sure seem best to avoid them ALL like the plague.

All these things considered, it's truly shocking that soy formula is even allowed on the market.

## **The benefits of breast feeding, and healthier alternatives ...**

One of the best gifts you can give your child is to start out their life with a sound nutritional foundation, and the best way to do this is by breastfeeding. In fact, statistics show a clear correlation between feeding infants artificial formula and increased infant mortality within the first year. It's important to realize that there are at least 400 nutrients in breast milk that are NOT found in formula. Of course, the healthier that a new mom eats, the healthier her breast milk will be, too.

While any amount of breastfeeding is better than none at all, it is clearly to your advantage, and best for your baby's health, to breastfeed exclusively for at least the first six months. Then, at the age of six or nine months, you can begin to supplement with solid foods (while still continuing to breastfeed as well).

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<sup>10</sup> For more information on the dangers of genetically modified [GM] plants and products, please check out <http://www.seedsofdeception.com/Public/Home/index.cfm>

## **What exactly does your baby stand to gain by being breastfed?**

- Lower risk of respiratory tract and middle ear infections,
- Lower risk of eczema,
- Lower risk of obesity,
- Added protection against heart disease, diabetes, asthma, and allergies,
- Improved brain function and immune system function.

There are benefits to mom, too. The main ones are a reduced risk of chronic diseases like cancer, a faster return to your pre-pregnancy weight, and increased bonding between you and your baby. There are certain medical conditions that can prevent a woman from breastfeeding, however the majority of women are able to breastfeed successfully. If you need help, contact a lactation consultant in your area for tips and support. You can also visit La Leche League, which is a phenomenal resource for breastfeeding moms.

If for some reason you're not able to breastfeed, or you have adopted a baby, your next best option is to make a healthy infant formula using raw milk. You can find homemade formula recipes at [www.westonaprice.org](http://www.westonaprice.org).

## **How can you protect your child from excessive manganese exposure?**

First and foremost, do not give your child soy formula or other unfermented soy foods. As for manganese in your well water, your best bet is to use a high quality filtering system using activated carbon. A well designed activated carbon filter system is the simplest, most convenient, and most user friendly option to purify your drinking water. A good system will likely consist of multiple filter cartridges; one to protect the carbon from larger contaminants in the water, and another containing carbon designed to remove trihalomethanes – a dangerous disinfection byproduct. Some systems also contain a backup carbon filter to ensure that all contaminants have been filtered out.

# Does Soy Turn Little Boys Into Little Girls?<sup>11</sup> The Shocking Truth!



This information may totally change your health and your families' health through the knowledge contained. Be prepared for an awakening unlike many of you have never experienced concerning your food and this ingredient. A further warning this e-mail is not, I repeat, is not politically correct. If you are politically correct you probably don't want to read this information.

I have done over 5000 Radio and T.V. talk shows. I have spoken to over 1,000,000 people at seminars and over the air; I have through the Grace of God been able to do all of these things and in doing so literally have changed the lives of thousands, if not millions, of people. I consider Sharon and I to be blessed to have been so used by God to do what I believe and pray has been His will.

I rarely get this emotional about any particular topic, but this one has really disturbed me. The truth about soy needs to be told.

Be prepared, this information can change your life. I normally don't ask you to this, but please forward this blog post to everyone you know and care about.

**WARNING!** Do not read this if you do not want to find out the truth about Soy products!

Genistein is the plant estrogen found in soy beans. It is not identical to estrogen in the human body, but it is close enough to fool the body into thinking it is human estrogen. When soy formula is fed to infants their Genistein (Phytoestrogen or Soyestrogen) levels are 20 X higher than would be in breast milk. However, the estrogen equivalent is much worse than the 20 X. This is because the Phytoestrogens are only part of the soy problem.

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<sup>11</sup> Article by Dr. Ted Broer, <http://www.healthmasters.com/>

If all soy factors are taken into account the picture produced is worse than a horror show. There are actually 15,000X more of these estrogen mimicking compounds in soy formula than is in mother's milk or goat's milk formula. So what does this mean?

Well here is the reality a baby who only gets soy formula is getting, NOW GET THIS! The equivalent of 5 birth control pills per day. This is why I will not sell soy protein in my office. Many of you have gotten mad at me for this, maybe now you understand why.

It has only been for the last 40 years and particularly the last 20 years that soy has ended up in approximately 60 % of our food.

Many vegetarians and some religious groups who eat large amounts of soy protein products get very upset with the facts I am now telling you.

We have become a nation obsessed with soy everything. Soy drinks, tofu, soy milk, soy protein, soy burgers and soy pet food. Soy can in many cases damage the thyroid gland causing a decrease in energy. Soy can damage the pancreas and cause an increase in diabetes.

Soy interferes with calcium absorption. Plus soy formulas use toxic oxidizing omega 6 oils which interfere with infant brain development.

Here are some more interesting facts concerning infant development. Baby's have to have omega 3 fat in high concentration for proper brain development. That's why I use the goat's milk formula with cod liver oil mentioned in Sharon's book "[Train Up A Child In The Way They Should Eat.](#)" which is available online and through at my office.

An infant girl and an infant boy have different types of brains; obviously a little boy has different DNA than a little girl. In the first few months of life little boys undergo a testosterone surge. This is the hormone surge that allows proper secondary sex characteristics in men. When you pump this little boy up with the equivalent estrogen of 5 birth control pills, the testosterone surge may not take place properly, it can't. This can cause his brain development to become feminized and he can develop the brain of a little baby girl. Secondly his reproductive organs, including his testicles, may not develop properly and in many cases are undersized.

He therefore may not produce sufficient testosterone to obtain proper secondary male sex characteristics, size, strength, deep voice, facial hair. Plus this hormonal imbalance can lead to gender confusion. This has been widely known in scientific circles for many years. Scientists have simply not wanted to speak about how estrogen supplementation in infants, in the general population, increases homosexual rates.

So many of you are asking, weren't there homosexuals along with gender confusion before the rampant use of soy products. The answer is, of course, yes. There are many factors which contribute from a scientific standpoint to homosexuality; however, there has been a major increase in homosexuality in the past 40 years. All of this cannot be blamed on one parent households, Hollywood, the music industries, genetics or estrogen in meats

Now let's talk about little girls and soy. Soy estrogen can cause hyper feminization in girls. They can develop breasts at age 5 or 6. They can go into puberty at age 9 or 10. This also leads to obesity and increased risks of breast cancer. The statistics are even worse in the black community. Black children in many cases have adverse reaction to cow's milk. A large % of black children are put on soy formulas. This is probably why black girls have 50% rate of premature puberty. Even the American Academy of Pediatrics says, "Healthy full-term infants should only be put on soy formulas only when medically necessary." However soy formulas are 25 % of the US infant formula market. THAT'S NUTS. Use our goat milk formula instead.

Plus soy not only changes a boy's brain chemistry to that of a girl it causes a huge increase in allergies and other decrease in both sexes. Plus the processing of soy products in many cases produces the byproduct MSG Mono Sodium Glutamate which is a neurotoxin which can also cause brain damage. WOW this keep getting worse! A few more interesting facts:

- Soy does not reduce heart disease
- Soy does not help menopause symptoms
- Soy does not lower breast cancer rates
- Soy does not lower cholesterol
- Soy does not reduce hot flashes

Here are other possible medical conditions that can be caused by soy:

- Premature puberty/hyper feminization in women
- Infertility
- Delayed puberty in boys
- Lowered Sperm Count
- Decreased genital size and testosterone in boys
- Gynecomastia in men (Feminine Chest)
- Obesity in girls and boys
- Heart Disease
- Asthma
- Digestive Problems
- Uterine Cancer

- Allergies
- Hypothyroidism
- Immune Disorders
- Diabetes
- Childhood Leukemia
- IBS
- Calcium Deficiencies
- Depression
- Insomnia
- Rheumatoid Arthritis
- Anemia
- Chronic Fatigue
- Eczema
- Cognitive and Mental Decline
- Hair Loss
- Psychosexual Problems
- Low Blood Pressure

By the way Childhood Leukemia, retarded growth, obesity, thyroid disease and diabetes are diseases that some experts feel are going to reach epidemic proportions. Think about this, 35 % of 4 year olds are now obese.

You know it is sad to me all the half truths and outright lies you have been told by manufactures. A few examples of lies:

- NutraSweet is safe. It is not, it is poison.
- Splenda is safe. It is not, it is poison.
- Fluoride toothpaste is safe. It is not, it is poison, read the label.
- Chlorine is safe. It is not, it is poison.
- Fluoride Water is safe. It is not, it is poison.
- Hydrogenated oils are safe. They are not, they are poison.
- Shell fish is safe. They are not, they can be toxic.
- MSG is safe. It is not, it is poison it destroys brain cells.
- Pasteurized Homogenized milk is good for you. No it is bad for you.
- Red Wine is safe. It is not, it can be addictive. Plus it increase risks of pancreatic cancer, breast cancer, cirrhosis of the liver, alcoholism and osteoporosis.
- High Fructose Corn Syrup is safe. It is not, it leads to obesity.

By the way New Zealand, England, France, and Israel are in the process of banning soy formula or placing other regulations on its use as infant formula.

### *Mothers, please listen to me!*

If you were told to use soy formula for your children it was not your fault. This is a tragedy of international proportions brought to us by the greedy international food corporations. They knew what they were doing.

Friend these industries are only interested in one thing, profit. I remember when a panel of top scientist got before the senate on behalf of the tobacco industry in the 90's and swore under oath that tobacco and nicotine are not addictive. What a bunch of paid for liars.

Well I'm glad you're reading this newsletter. What I have told you is the truth. Please forward this to everyone you care about.

Now, many of you are wondering, if I don't use soy, what is a safe replacement, I like raw certified, grass fed, organic, no hormone cow's milk for those over the age of two, younger than two, use goats milk, get a copy of Sharon's book and use the formula in the book. Also, organic eggs are a great source of protein.

# Soy - The Lie!<sup>12</sup>

In the early 1990's, soy and soy products exploded onto the supermarket scene with promises of bountiful health benefits. This "new miracle food," soy, was supposed to lower cholesterol, take the heat out of hot flashes, protect against breast and prostate cancer and offer a filling alternative to earth-loving vegetarians.

The problem with these claims? [Most of them are false](#). Sadly, most of what you have been led to believe by the media about soy is simply untrue. The sudden upsurge in the recommendation of soy as a health food has been nothing more than a clever marketing gimmick to further reduce the cost and nutritional content of your food.

For you vegetarians out there staring at the screen in open-mouthed shock, fear not. There are plenty of other healthy vegetarian alternatives, which I will discuss later in this article. What was once considered a minor industrial crop back in 1913 now covers over 72 million acres of farmland. But first, let's examine the dangers and side effects of soy protein isolate and GMO foods.

## Soy Protein Isolate, What is it, and How is it Getting in My Food?

The Soyfoods Association of America has a soy protein "fact sheet" defining soy protein isolate as the following:

*"Soy protein isolate is a dry powder food ingredient that has been separated or isolated from the other components of the soybean, making it 90 to 95 percent protein and nearly carbohydrate and fat-free."*

Protein isolate can be found in protein bars, meal replacement shakes, bottled fruit drinks, soups and sauces, meat analogs, baked goods, breakfast cereals and some dietary supplements.

Bodybuilders beware: because many weight gainer powders, bars and shakes contain this dangerous ingredient and it can cause troubling side effects such as diminished libido and erectile dysfunction -- and this is just the start. You'll find out more about these disturbing health effects later on in this article.

Even if you are not a vegetarian and do not use soymilk or tofu, it is important to become a label reader. There are so many different names for soy additives, you could be bringing home a genetically modified soy-based product without even realizing it.

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<sup>12</sup> Article taken from <http://www.mercola.com/>

Here are just a few names soy tends to hide under:

- Mono-diglyceride
- Soya, Soja or Yuba
- TSF (textured soy flour) or TSP (textured soy protein)
- TVP (textured vegetable protein)
- Lecithin
- [MSG](#) (monosodium glutamate)

Not all textured vegetable protein is made from soy, but a great deal of it is. Lecithin can be made from soy, eggs, sunflower or corn. Be sure to contact the manufacturer to find out which is in your product if the label doesn't reveal this information.

### GMO -- Making Soy Even Worse

One of the worst problems with soy comes from the fact that [90 to 95 percent of soybeans grown in the US are genetically modified \(GM\)](#), and these are used to create soy protein isolate. Why the genetic tinkering?

Genetically modified soybeans are designed to be "Roundup ready." That's right, they are chemically engineered to withstand heavy doses of herbicides without killing the plant! What does this mean for your health and the health of your unborn or yet-to-be-conceived children? Read on.

### GM Soy Can Lead to Hormonal Disruption and Miscarriages

The active ingredient in Roundup herbicide is called glyphosate, which is responsible for the disruption of the delicate hormonal balance of the female reproductive cycle.

*"It's an endocrine buster," says [UK pathologist Stanley Ewen](#), "that interferes with aromatase, which produces estrogen."*

What's more, glyphosate is toxic to the placenta, which is responsible for delivering vital nutrients from mother to child, and eliminating waste products.

Once the placenta has been damaged or destroyed, the result can be miscarriage. In those children born to mothers who have been exposed to even a small amount of glyphosate, serious birth defects can result.

In an [excellent summary of glyphosate-related effects by the Pesticide Action Network](#), Dr. Andreas Carrasco of the Embryology Laboratory, Faculty of Medicine in Buenos Aires, simply and expertly explains the serious risks for unborn children exposed to Roundup-laden GMO soy products.

Amphibian embryos were exposed to a tiny concentration of glyphosate (diluted 5000 fold) and showed the following effects:

*"Effects included reduced head size, genetic alterations in the central nervous system, increased death of cells that help form the skull, deformed cartilage, eye defects, and undeveloped kidneys. Carrasco also stated that the glyphosate was not breaking down in the cells, but was accumulating.*

*The findings lend weight to claims that abnormally high levels of cancer, birth defects, neonatal mortality, lupus, kidney disease, and skin and respiratory problems in populations near Argentina's soybean fields may be linked to the aerial spraying of Roundup."*

The long-term effects of the human consumption of genetically modified soy and soy-based products are staggering.

In April 2010, researchers at Russia's Institute of Ecology and Evolution of the Russian Academy of Sciences and the National Association for Gene Security found that after feeding hamsters GM soy for two years over three generations, by the third generation, most [lost the ability to have babies!](#)

Now, let's take a close look at some of the health risks to YOU as a result of eating genetically modified soy.

## Infertility in Women

Do you want to start a family? Have you had any trouble conceiving, perhaps due to irregular menstrual cycles or endometriosis? Have you ever experienced a miscarriage? If so, what you're about to read will shock you.

A [Brazilian study published in 2009](#) looked at the impact of soy on the reproductive system of female rats. Female rats fed GM soy for 15 months showed significant changes in their uterus and reproductive cycles, compared to rats fed organic soy or no soy.

Extrapolating the findings to people, women who eat genetically modified soy products, such as the soy protein isolate in processed vegetarian fare, may be more likely to experience severe hormonal disruptions, including an overabundance of estrogen, a hair-growth stimulating hormone, and damage to the pituitary gland.

According to Dr. Stanley Ewen, the female rats fed GM soy probably had an [increase in progesterone](#), which could cause an increase in the number of eggs released during each ovulation cycle.

You might think this would lead to an increase in fertility. However, as discussed in [an article by Jeffrey Smith](#), women who consume genetically modified soy products are at increased risk for developing retrograde menstruation (the menstrual cycle backs up into the body instead of outward), causing endometriosis, which can lead to infertility.

The consumption of soy protein isolate and other soy-based products can also lead to abnormally heavy or longer menstrual periods. This is called menorrhagia and, ironically, some commercials have been popping up with a new pill that supposedly offers the "cure" for this "mystery syndrome." When in reality the real cure for some women is as simple as removing soy and soy-based products from the diet. The negative effects of soy are not restricted to women, however.

### Loss of Libido & Erectile Dysfunction in Men

Guys, do you enjoy protein bars or use a weight gainer shake? If so, be sure to read the label to see if the products you use contain any soy ingredients. Did you know that [celibate monks living in monasteries and leading a vegetarian lifestyle find soy foods quite helpful for dampening libido?](#)

Another drawback: Soy has also been linked to erectile dysfunction. The two natural drugs found in soy, genistein and daidzein, mimic estrogen so well that they have been known to cause a variety of alarming side effects in men:

- Breast enlargement (gynecomastia)
- Decreased facial and body hair growth
- Decreased libido
- Mood swings and frequent crying jags
- Erectile dysfunction
- Lowered sperm count

For example, [one recent study](#) documented a case of gynecomastia in a 60-year-old man as a result of his soy consumption. [Another study](#) showed that juvenile rats exposed to daidzein showed impaired erectile function at maturity.

Men, if you've experienced one or any of these symptoms, soy could be the culprit. Remove it from your diet, but be sure to consult a trusted physician if your symptoms do not improve or get worse as this could be a sign of another serious condition.

## The Healthy Aspects of Soy: Fermented vs. unfermented

In order to back up the claim that soy is a health food, privately funded "researchers" have been quick to point out that Asians, who consume a diet high in soy, have less risk of breast, uterine and prostate cancer. Unfortunately, they leave out two very important points:

- Asians, especially the Japanese, while having a decreased risk of the above-mentioned cancers, have a [much higher risk of developing cancer of the esophagus, thyroid, stomach, pancreas and liver!](#)
- Asians also consume a diet rich in fermented soy, which is the only type of soy to offer health benefits.

The reason Asians have an increased risk for some cancers is the same reason they do not develop others: unfermented soy. The soy marketing and promotion gurus left out this critical piece of information. Would you rather have one cancer over another? Isn't that like asking whether or not you'd like to be whacked in the head with a two-by-four vs. a wooden stick?

You might be asking yourself what the big difference is between consuming a fermented soy product such as, say, tempeh, vs. tofu or a veggie burger. I'm here to tell you, the difference is night and day.

Unfermented AND fermented soy contains hormonal mimics in the form of isoflavones which can not only disrupt delicate hormone systems in your body, but also act as goitrogens, substances that suppress your thyroid function.

When the thyroid is suppressed, a host of health problems result, namely:

- Anxiety and mood swings
- Insomnia
- Difficulty losing weight
- Difficulty conceiving children
- Digestive problems
- Food allergies

And so much more. No wonder [soy can lead to thyroid, esophagus and stomach cancer!](#) Unfermented soy is also chock full of [phytic acid](#), an "antinutrient" responsible for leeching vital nutrients from your body. Phytic acid also blocks the uptake of essential minerals such as calcium, magnesium, copper, iron and zinc especially.

Now, fermented soy products do provide health benefits. As I mentioned in [my previous article](#), some examples of healthful fermented soyproducts are as follows:

- Tempeh, a fermented soybean cake with a firm texture and nutty, mushroom-like flavor.
- Miso, a fermented soybean paste with a salty, buttery texture (commonly used in miso soup).
- Natto, fermented soybeans with a sticky texture and strong, cheese-like flavor.
- Soy sauce, which is traditionally made by fermenting soybeans, salt and enzymes; be wary because many varieties on the market today are made artificially using a chemical process.

For those of you who enjoy tofu, I'm sorry to say it didn't make this list because tofu is an unfermented soy product.

## So, What Are The Health Benefits of Fermented Soy Products?

The claim that soy products can prevent osteoporosis, decrease your risk of cardiovascular disease and dementia and protect you from cancer of the prostate, lung and liver is actually true, but ONLY if the soy is fermented. How?

The process of fermenting soy destroys the above-mentioned dangerous substances, thereby making it fit for consumption. Also, fermented soy products such as those listed above are a [rich source of vitamin K2](#), a vitamin that works in harmony with vitamin D to keep you healthy. Vitamin K regulates your body's blood clotting ability and helps prevent cancer, osteoporosis and heart disease. And [vitamin D is essential to the function of every system in your body](#).

## Warning to Vegetarians about the Risk of Mineral Deficiency

Since phytic acid or phytates sap the nutrients from your body, if you're eating a vegetarian diet that has replaced meat with mostly unfermented soy such as veggie burgers containing GMO soy protein isolate, you are at risk for severe mineral deficiency.

In addition to this nutrient loss, many processed veggie burgers and the like are packed with [harmful artificial flavorings](#), particularly MSG and textured vegetable protein products to give them their strong "meat" flavor.

What's even worse is the process soy has to go through to become soy protein isolate. Acid washing in aluminum tanks, which is designed to remove some of the antinutrients (but the results often vary widely), leeches aluminum into the final product.

[Aluminum can have adverse effects on brain development](#) and cause symptoms such as:

- Antisocial behavior
- Learning disabilities
- Alzheimer's Disease and [Dementia](#)

As I mentioned in a [previous article about soy](#), this makes processed vegetarian fare more palatable, but far from nutritious. Vegetarians have plenty of options for well-rounded, nutritious meals without needing to eat soy or soy-based products.

- Beans are an inexpensive, protein-rich food that can be eaten alone, added to salads or served as a side dish. Be sure to purchase organic dried beans and cook them at home to avoid the [adverse health effects of eating canned food](#). Ideally it is also best to soak them for at least 12 hours before cooking them.
- Nuts are also an excellent source of protein. For optimal health benefits, reach for organic nuts such as almonds or walnuts, instead of overly processed mixed nuts.
- Quinoa is a gluten free grain that can be enjoyed as a cereal, side dish or added to homemade vegetable stews as a thickener.
- Flaxseed, which is rich in essential omega 3 fats like ALA, is an excellent source of protein. Add it to salads or sprinkle it over yogurt to infuse your meal with vital nutrients. However, it is important to grind flax seeds just prior to eating them because 100 percent of commercially ground flaxseeds are rancid. [Hemp seeds](#) are also an excellent source of protein.

## Hope for the Lactose Intolerant

If you suffer from lactose intolerance and have been replacing milk with soy, you have three more healthful options: Almond milk, and now hemp milk. All are nutritious alternatives to soy, and almond milk has a richer, heartier flavor.

[Hemp milk](#) is a very creamy, high protein alternative to soymilk, and it's easy to blend your own by whizzing up hemp seeds and water in a high-speed blender.

## Babies -- Birth Control in a Bottle

As stated in a number of previous articles, [soy formula is one of the most dangerous foods you can feed your baby!](#)

"In 1998, investigators reported that the daily exposure of infants to isoflavones in soy infant formula is 6 to 11 times higher on a body-weight basis than the dose that has hormonal effects in adults consuming soy foods. Circulating concentrations of isoflavones in infants fed soy-based formula were 13,000 to 22,000 times higher than plasma estradiol concentrations in infants on cow's milk formula."

What does this mean? Feeding your infant soy-based formula can cause a host of health problems including:

- Behavioral problems
- Food allergies and digestive distress
- Early puberty and fertility problems (including the inability to menstruate)
- Asthma
- Precocious puberty for girls and gynecomastia (man boobs) for boys  
<http://articles.mercola.com/sites/articles/archive/2010/10/13/soy-controversy-and-health-effects.aspx>
- [Thyroid disease](http://articles.mercola.com/sites/articles/archive/2010/10/13/soy-controversy-and-health-effects.aspx) <http://articles.mercola.com/sites/articles/archive/2010/10/13/soy-controversy-and-health-effects.aspx>
- Cancer

As I concluded in my [article on infant formula](#), babies who are fed exclusively from the breast from birth to six months enjoy [health benefits](#) such as:

- Lower risk of respiratory tract and middle ear infections
- Lower risk of eczema
- Lower risk of obesity
- Added protection against heart disease, diabetes, asthma, and allergies
- Improved brain function and immune system function

Soy formula is also laden with toxic chemicals such as aluminum and [manganese](#), which can cause both physical and mental health problems, learning disabilities, brain damage and behavioral problems. If, for some reason, you are unable to breastfeed or have adopted a baby, look into [these recipes for homemade infant formula](#).

## School Lunch -- Children's Nutrition Left Behind

In order to comply with new US Government standards, soy products are now being used to replace whole, nutritious foods in school lunches. Due to the decreased fat content of soy, it is touted as a healthful alternative to the meat and dairy of yesterday's hot meal.

Nothing could be further from the truth.

Soy added to your child's hot lunch depletes the necessary nutrients needed for healthy growth and has been linked to learning disabilities. I encourage you to [watch this sobering video](#) to learn more about the dangers in your child's school lunch. Do your children a favor and send them to school with a healthy, home-packed meal.

## Senior Citizens -- Aging Less Gracefully

According to a [study done by Dr. Lon White](#) of the Hawaii Center for Health Research, senior citizens who consumed a lot of tofu in mid-life were more likely to experience accelerated brain aging and a more pronounced loss of cognitive function.

"What's more," said Dr White, "those who ate a lot of tofu, by the time they were 75 or 80, looked five years older."

If you're heading toward your golden years and are looking to avoid soy protein, become a label reader. Meal replacement drinks like Ensure are filled with soy protein and are best avoided. If you're looking for a wholesome, nutrient-filled vegetarian meal replacement drink, try my [100% Pure Pea Protein supplement](#). As you can see, unfermented soy is anything but a health food.

Do your own research, try eliminating it from your family's diet and judge the results for yourself. Remember, an educated consumer is an armed consumer. Big companies can only produce and sell these harmful products as long as you're buying them.

Vote with your wallet by spending your money on healthier alternatives!