

Eating This "Healthy" Food? It Could be Slowly and Silently Killing You

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by [The Weston A. Price Foundation](#) -

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Are you confused about soy?

The Weston A. Price Foundation has compiled a list of soy dangers and myths to get the truth out once and for all.

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, but only with long fermentation. 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. Toxic synthetic Vitamin D2 is added to soy milk.
- Fragile proteins are over-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 to mask soy's unpleasant taste.
- Soy foods contain high levels of aluminum, which is toxic to the nervous system and the kidneys.

Myths and Truths About Soy

Here we dispel the myths of the "Diet Dictocrats" and reveal the scientific validity behind our wise ancestors' nutrient-dense diets.

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 soybeans to make foods like tempeh, natto and tamari.

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, soybeans 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.

Myth: Soybeans are good for the environment.

Truth: Most soybeans grown in the US are genetically engineered to allow farmers to use large amounts of herbicides.

Myth: Soybeans 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.

Soy Infant Formula: Birth Control Pills for Babies

Babies fed soy-based formula have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula. Infants exclusively fed soy formula receive the estrogenic equivalent of at least four birth control pills per day.

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, baby boys are programmed to express male characteristics after puberty, not only in the development of their sexual organs and other masculinity traits, but also in setting patterns in the brain characteristic of male behavior.

In animals, studies indicate that phytoestrogens in soy are powerful endocrine disrupters. Soy infant feeding -- which floods the bloodstream with female hormones that inhibit testosterone -- cannot be ignored as a possible cause of disrupted development patterns in boys, including learning disabilities and attention deficit disorder.

Male children exposed to DES, a synthetic estrogen, had testes smaller than normal on maturation and infant marmoset monkeys fed soy isoflavones had a reduction in testosterone levels up to 70 percent compared to milk-fed controls.

Almost 15 percent of white girls and 50 percent of African-Americans girls show signs of puberty, such as breast development and pubic hair, before the age of eight. Some girls are showing sexual development before the age of three. Premature development of girls has been linked to the use of soy formula and exposure to environmental estrogen-mimickers such as PCBs and DDE.

Intake of phytoestrogens even at moderate levels during pregnancy can have adverse affects

on the developing fetus and the timing of puberty later in life.

For those seeking scientific references please [see my earlier article](#)

Dr. Mercola's Comments:



If you were to carefully review the thousands of studies published on soy, I believe you would reach the same conclusion as I have—which is, the health risks associated with unfermented soy products FAR outweigh any possible benefits.

However, there's an important distinction that must be made any time you talk about soy, and that is the difference between traditionally *fermented* and *unfermented* soy products.

For centuries, [Asian people](#) have been consuming [fermented soy products](#) such as natto, tempeh, and soy sauce, and enjoying the health benefits associated with them.

Fermented soy does not wreak havoc on your body like unfermented soy products do.

Additionally, there's the issue of eating genetically modified (GM) soy. In the US, over 90 percent of all soy grown is genetically modified Roundup Ready soy, which has an array of additional [health hazards all of its own](#).

Unfortunately, many Americans who are committed to healthy lifestyles have been misled and grossly manipulated into believing that unfermented and processed soy products like soymilk, soy cheese, soy burgers and soy ice cream are health foods.

As the Weston A. Price Foundation so clearly shows (above), this is far from true.

Health Dangers of Soy

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.

If you have symptoms of any of the following diseases, I would strongly urge you to take a closer look at your diet and eliminate unfermented soy:

- Breast cancer
- Brain damage
- Infant abnormalities
- Thyroid disorders
- Kidney stones
- Immune system impairment
- Severe, potentially fatal food allergies
- Impaired fertility

- Danger during pregnancy and nursing

What Soy Products are Good For You?

The only soy with health benefits is organic soy that has been properly fermented, and these are the only soy products I ever recommend consuming.

After a long fermentation process, the phytate and "anti-nutrient" levels of soybeans are reduced, and their beneficial properties become available to your digestive system.

The primary fermented soy products I recommend are:

- 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.

Please note that [tofu is NOT on this list](#). Tofu is not fermented, and is therefore not among the soy foods I recommend.