

## 7 Little Known (and Disgusting) Truths About Soy! (Part 1)

Soy has been billed as one of the “Ultimate” superfoods over the last 10 years. But, is it really the miracle food that we thought? First let me give you a little history of the soybean. It did not serve as a food until the discovery of fermentation techniques, some time during the Chou Dynasty, about 3,000 years ago.

Inherently, soy contains anti-nutrients such as enzyme inhibitors, which interfere with the digestion of protein, has one of the highest phytate levels of any grain or legume that has been studied, which can block the uptake of essential minerals - calcium, magnesium, copper, iron and especially zinc - in the intestinal tract, has been linked to malnutrition, suppression of growth hormone, digestive distress, thyroid dysfunction, cognitive decline, reproductive disorders, cognitive, immune system breakdown, and even heart disease and cancer.

Over 3,000 years ago, Asians discovered how to increase soy's digestibility and flavor by soaking, fermenting and sprouting the beans. This eliminated the anti-nutrients and increased soy's nutrition. The first soy foods were fermented products like tempeh, natto, miso and soy sauce. At a later date, possibly in the 2nd century BC, Chinese scientists discovered that a purée of cooked soybeans could be precipitated with calcium sulfate or magnesium sulfate (plaster of Paris or Epsom salts) to make a smooth, pale curd - tofu or bean curd.

The use of fermented and precipitated soy products soon spread to other parts of the Orient, notably Japan and Indonesia. But, in America as late as 1913 the US Department of Agriculture handbook listed soy as a minor crop used not as food, but as an industrial product. But, fifty years ago Western food technologists saw the value of the common soybean as an affordable protein. They found that bypassing the traditional and time consuming preparation steps, which include fermenting and sprouting, they were able to create new soy foods very cheaply.

In record time, soy became the least expensive protein source in virtually every country. Today, soy covers 72 millions acres of American farmland. Much of this harvest will be used to feed chickens, turkeys, pigs, cows, and salmon (which we will in turn digest). And, another large amount of it will be squeezed to produce oil for margarine, shortenings and salad dressings.

If the Chinese knew not to eat soy unless it was prepared properly through fermentation than what are we doing eating products produced from the raw bean. I suppose because some ad agency somewhere told us that it was healthy for us. Well, that's not good enough for me! After a good deal of research I have chosen to eliminate soy from my families diet and from the books that I write. Next time I will share with you 7 Little Known (and Disgusting) Truths About Soy that will compel you to remove it from your diet, as well.

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