

7 Little Known (and Disgusting) Truths About Soy! (Part 2)

Last week, I gave you some background on why our family has eliminated soy from our diet, but I promised you more. So, here are 7 Little Known (and Disgusting) Truths About Soy...

- 1) Only a long period of fermentation will significantly reduce the phytate content of soybeans. Also, consuming soy products like tofu with meat reduces the mineral-blocking effects of the phytates. The Japanese traditionally eat a small amount of tofu or miso as part of a mineral-rich fish broth, followed by a serving of meat or fish. Unfortunately, Vegetarians who consume tofu and bean curd as a substitute for meat and dairy products risk severe mineral deficiencies. The results of calcium, magnesium and iron deficiency are well known; those of zinc are less so.
- 2) Soy formula is one of the worst foods that you could feed your child. Not only does it have profoundly adverse hormonal effects, it also has over 1000% more aluminum than conventional milk based formulas.
- 3) Have you ever considered why we don't sit down to a bowl of soybeans as we would to a bowl of pinto or black beans. Because of their anti-nutrients, whole soy beans are a bear to digest. Unless, that is, they've been properly prepared or processed. The Chinese did not eat unfermented soybeans as they did other legumes such as lentils because the soybean contains large quantities of natural toxins or anti-nutrients. First among them are potent enzyme inhibitors that block the action of trypsin and other enzymes needed for protein digestion. These inhibitors are large, tightly folded proteins that are not completely deactivated during ordinary cooking. They can produce serious gastric distress, reduced protein digestion and chronic deficiencies in amino acid uptake. In test animals, diets high in trypsin inhibitors cause enlargement and pathological conditions of the pancreas, including cancer.
- 4) Soybeans also contain haemagglutinin, a clot-promoting substance that causes red blood cells to clump together. Trypsin inhibitors and haemagglutinin are growth inhibitors. Weanling rats fed soy containing these antinutrients fail to grow normally. Growth-depressant compounds are deactivated during the process of fermentation, so if you consume soy make sure it is a fermented form.
- 5) Scientists have known for years that the isoflavones in soy products can depress thyroid function and cause goiters in otherwise healthy children and adults. Soy also contains goitrogens which is another substance that depresses thyroid function.
- 6) Well over 60% of soybeans on today's market have been genetically modified and it also has one of the highest percentages of contamination by pesticides of any of our foods.
- 7) Avoid products that contain soy oil including margarine and mayonnaise. Virtually all soy oil currently available in the US is a byproduct of the soy industry. It is a highly processed, denatured oil that contributes to the formation of free-radicals. Soynut and soynut butter are not recommended at all.

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