MYTHS AND TRUTHS ABOUT SOY FOODS

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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 human body cannot use the compound that resembles vitamin B12 in soy; 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 bioavailabilty 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. Mega doses 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 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 hypo-thyroidism 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 homemakers feed tofu to their husbands frequently when they want to reduce his virility.

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.

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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 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 orders. 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 anti-thyroid 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 added to many soy foods.
- Soy foods contain high levels of aluminum, which is toxic to the nervous system and the kidneys.

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 five 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 masculine physical traits, but also in setting patterns in the brain characteristic of male behavior.

- Pediatricians are noticing greater numbers of boys whose physical maturation are 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—that floods the bloodstream with female hormones that inhibit testosterone—cannot be ignored as a possible cause for these tragic developments. In animals, soy feeding indicates that phytoestrogens in soy are powerful endocrine disrupters.

- Almost 15 percent of white girls and 50 percent of African-American 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 estrogens such as PCBs and DDE.

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