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New Canaan Chiropractic Newsletter

"Experience the Difference"

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Soy has been marketed as a miracle food. Its health claims, however, are too good to be true. Recent books, *The Whole Soy Story: The Dark Side of America's Favorite health Food*, *The Estrogen Alternative* and *Preventing Arthritis naturally: The Untold Story*, have revealing information about the truth of soy and the myths that have infiltrated our culture. They are a real wake-up call to the American public.

The most glaring of the information is soy has NOT been proven safe. There are literally thousands of studies that link soy to malnutrition, digestive distress, immune system breakdown, thyroid dysfunction, cognitive decline, reproductive disorders and infertility, and even cancer and heart disease.

Many of the problems of soy are due to its constituent parts, namely enzymes, enzyme inhibitors, phytates, isoflavones (genistein and daidzein) and phytoestrogens. Soybean phytate levels are one of the highest of any grain or legume.

Manufacturing techniques also add to its already damaging components, particularly in the making of soy protein isolates. These isolates also create an increased level of exposure to the soy protein – a major issue for allergenic reactions, as well as MSG.

Here are some of the scary realities:

1. Soy impedes the sexual maturation of boys
2. Soy accelerates the sexual maturation of girls

3. The average daily dose of soy estrogens in soy formula is higher than the amounts that cause thyroid problems and endocrine disruption in adults (one day of soy infant formula equals 5 birth control pills)
4. Soy enzyme inhibitors cause mineral and amino acid deficiencies
5. Two of the isoflavones inhibit essential thyroid hormone synthesis
6. Phytates, an organic acid, block or reduce the absorption of essential minerals like zinc and iron
7. Genistein has been labeled more carcinogenic than DES
8. Soy, as a crop, has an affinity for aluminum in the soil and concentrates it in the bean

You may say, "What about the Japanese who eat 30 times more soy as North Americans?" If in fact there are studies that show a significantly lower incidence of cancers of the breast, uterus and prostate, it must also be pointed out that the Asians/Japanese have a higher rate of other kinds of cancer (esophagus, stomach, pancreas and liver).

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