

9 Reasons to Say No to Soy

The information I posted on soy on my Facebook page in March 2013 created a big response. Many people have posted the problems they've experienced after consuming soy products. Take a look on my Facebook page.

A small amount of fermented soy is OK as long as it's organic. Avoid conventional soy; it is the largest GMO (genetically modified) crop in the United States. Here are a few more points to consider regarding soy. It should make you think twice before ordering a soy-milk latte:

1. Soy phytoestrogens disrupt endocrine function and have the potential to cause infertility and promote breast cancer in adult women. These phytoestrogens also cause hypothyroidism and possibly thyroid cancer.
2. In infants, consumption of soy formula has been linked to autoimmune thyroid disease.
3. Vitamin B12 in soy is not absorbed. Consumption of soy actually increases the body's requirement for B12.
4. Soy foods increase the body's requirement for vitamin D. Toxic synthetic vitamin D2 is added to soy milk.
5. Fragile proteins are damaged during the high temperature processing used to make soy protein isolate and textured vegetable protein—often used in packaged foods and even the so-called “healthy” protein bars.
6. Processing of soy protein results in the formation of toxic lysinoalanine and highly carcinogenic nitrosamines.
7. Free glutamic acid or MSG, a potent neurotoxin, is formed during soy-food processing, and additional amounts are sometimes added to mask soy's unpleasant taste.

8. High levels of aluminum, toxic to the nervous system and kidneys, have been found in some soy foods.

9. Soy foods such as soy cheese and ice cream, soy milk, and tofu are so processed that few pesticide residues remain; however, several very toxic pesticides are used to grow soybeans, and 90 percent of soybeans grown in the U.S. are GMO (genetically modified). In the only human-feeding study published on genetically modified foods, seven volunteers ate Roundup-ready soybeans. These soybeans have herbicide-resistant genes inserted into them in order to survive being sprayed with otherwise deadly doses of Roundup herbicide. In three of the seven volunteers, the gene inserted into the soy transferred into the DNA of their intestinal bacteria, and continued to function long after they stopped eating the GM soy.

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