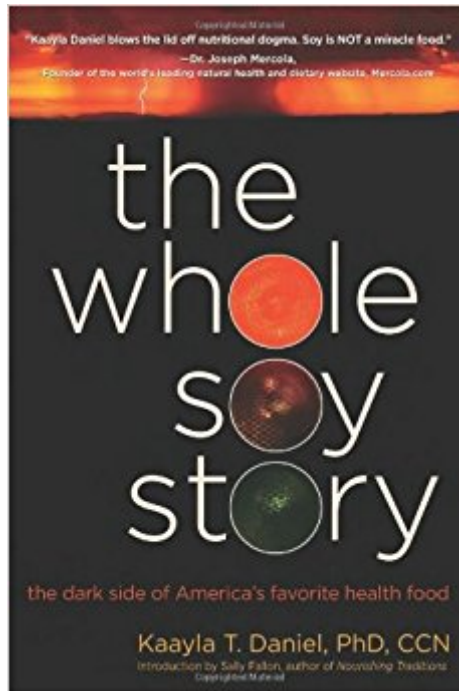


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The Whole Soy Story: The Dark Side Of America's Favorite Health Food



Synopsis

A groundbreaking expose that tells the truth about soy that scientists know but that the soy industry has tried to suppress. Soy is not a health food, does not prevent disease and has not even been proven safe. Epidemiological, clinical and laboratory studies link soy to malnutrition, digestive problems, thyroid dysfunction, cognitive decline, reproductive disorders, even heart disease and cancer.

Book Information

Hardcover: 457 pages

Publisher: Newtrends Publishing, Inc.; 1st edition (March 10, 2005)

Language: English

ISBN-10: 0967089751

ISBN-13: 978-0967089751

Product Dimensions: 6.4 x 1.5 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 126 customer reviews

Best Sellers Rank: #213,524 in Books (See Top 100 in Books) #60 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #141 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #236 in Books > Health, Fitness & Dieting > Safety & First Aid

Customer Reviews

Anyone in America who is interested in safe, healthy nutrition must come to terms with Dr. Kaayla T. Daniel's *The Whole Soy Story*. This book is a gauntlet thrown at the feet of the soy industry, whose reputation often seems based as much on self-promotion as science. Well-written, authoritative and accessible to the layperson, this is science writing at its best. (Larry Dossey, MD, Author of *Healing Beyond the Body*, *Reinventing Medicine* and *Healing Words*) Dr. Daniel's book contains everything you ever wanted to know about soy and much, much more and will make you wonder just why our nation, our bodies and our children are not being properly protected. Soy is just one more example of risks to the public that far outweigh the greedy benefits derived by big business and politicians. It is another serious wake-up call. (Doris J. Rapp, MD www.drrapp.com, Author of *Our Toxic World*, *A Wake Up Call: How Chemicals Damage Our Bodies, Brains, Behavior and Sex*.) *The Whole Soy Story* is a devastating and authoritative indictment of the safety of soy foods and a "must read" for consumers who are under the misconception that soy foods promote health. Convincingly argued and extensively supported by the medical and scientific literature, it exposes the misleading

propaganda of the soy industry in promoting the supposed benefits of this inferior food. (Kilmer McCully, MD, Author of The Homocysteine Revolution and The Heart Revolution) Bravo to Kaayla for digging up the whole story on soy and telling the truth. (Debra Lynn Dadd, Author of Home Safe Home) Kaayla Daniel exposes soy for what it is, a substance that, when processed, packaged and marketed by unscrupulous companies •not to mention overconsumed by the public• becomes a hormone-disrupting drug capable of causing a host of health problems, including thyroid conditions. In The Whole Soy Story, Kaayla Daniel dismantles the marketing mythology that sells soy as a health food, replacing it with the fascinating, well-researched and fully referenced truth about soy's very real health dangers. (Mary J. Shomon, Thyroid patient advocate, author of the bestselling Living Well With Hypothyroidism: What Your Doctor Doesn't Tell You... That You) Kaayla Daniel blows the lid off nutritional dogma. Soy is NOT a miracle food. (Dr. Joseph Mercola) This is the most important nutritional book of the decade. Every concerned American should read this brilliant and entertaining exposé. (William Campbell Douglass II, Author of The Milk Book and editor of Real Health Breakthroughs) There is a disturbing number of safety issues surrounding soy that have yet to be resolved. Dr. Kaayla Daniel begins an important dialogue. (Barbara Dossey, PhD, RN, HNC, FAAN Director, Holistic Nursing Consultants, Santa Fe, NM, Holistic Nursing Consultants, Santa Fe, NM, and author of Florence)

Kaayla T. Daniel, PhD, CCN • THE WHOLE NUTRITIONIST® • holds a doctorate in Nutritional Sciences and Anti-Aging Therapies and is a board-certified clinical nutritionist based in Santa Fe, NM.

Love it. Every person concerned for their health should read this book and stay as far away from soy as they possibly can. Would recommend it to the whole nation.

The information is very insightful but it is not an easy, light read. That being said, I have eliminated all soy products from my use because of this book

We have been sold a bill of goods on soy. It is vitually in everything and sooooo bad for us.

Finally a sane look at the explosion of soy-based foods in America. This book reveals the twisted underbelly of the soy industry with all of the bad nutrition, shocking production methods, and even sinister agendas behind the push for more soy in our food.

Kaayla Daniel has done a wonderful service for those looking for insight into yet another powerful player in the processed food industry, specifically that of soy. Tracing the origins of this bean back to its earliest forms to its present-day ubiquitousness, Daniel proves through careful, documented research just how far off track the soy industry has taken consumers. She's quick to point out how early forms of soy like miso and tempeh had to be carefully prepared through the fermentation process, and that these forms are healthy and without many of the side effects mentioned in later chapters. Nobody seems to understand this today, as "between 77 and 79 percent of vegetable oils consumed in America come from the soy bean" (yes, this still means it's a trans fat!) and the chemical methods used to prepare non-traditional soy foods--everything from lechithin to fake hot dogs to soy milk-- have made this food a dangerous allergen, stomach irritant, gas producer and, worst of all, an absolute danger to infants. So while the soy industry and those who advocate a plant-based diet continue to stand by soy as a healthy alternative to meat, "The Whole Soy Story" effectively demonstrates there's still quite a bit of light to shed on the subject. It seems other governments around the world, including Israel and France, are now putting warning labels on soy products, so it's time for Americans to wake up to the evidence that's out there. If you're going to eat soy, stick to the traditional kinds. Otherwise, it's nothing more than processed junk, even if it's sold in health food stores.

I had to put this book down and take a break every so many pages. I was horrified to learn how pervasive soy is in our food system considering how unaware of its presence and effects we are. I have been trying to limit my soybean oil consumption because of the 20 to 1 ratio of omega 6 to omega 3 in our "modern" American diet. The ratio should be 1 to 1. Who knew it might even be in a vitamin supplement and baby food? Until much too recently I have to admit that I didn't know vegetable oil is made from soy not corn. Silly me, I didn't know soy was a vegetable. Did you? My eyes are wide open! Even if you don't believe everything stated because of the author's "bias", it's still an important read. I think the person who accused her of being biased is not familiar with Dr. Weston Price's work in nutrition. You can find his book on [YouTube](#) too. Another must read. Another reason she may have been accused of bias was that she didn't speak about other problem foods. She briefly mentioned peanuts, spinach and chocolate have a substance called oxalates that bind calcium absorption. But, other than that her focus is soy. She does mention that properly fermented soy is not harmful. Soy is a known allergen just as milk, and varied nuts and shell fish. My niece seems to have a itchy throat reaction to peanuts, so she doesn't eat them. Those allergic to peanuts

tend to have soy allergies. I can warn her now, thank God. I think information is important no matter how painful it might be. And yes changing your diet is a paradigm shift. Who wants to give up soy sauce? I don't, but now I want proof that it is safe and how can you believe anything is safe if you don't even know what's in it or how it's made. Everything the media "experts" tell you is not true. It's advertising. Let the buyer beware! This book is heavily annotated. (which is good, you don't have to take her word for it). That to me, tells me she is confident the facts speak for themselves. However, the book, used a lot of technical terms which makes it hard for the lay person to read. It can get dry. That's why it only gets 4 stars. But it told me everything I didn't know I needed to know and didn't wanna know but have to know if you can follow that logic.

This book has important information about soy as a food and about how it is marketed and subsidized (like corn) so that we are given biased information without the provision of the dangers of soy. The miracle food may be causing many health problems. After reading this book, I now think that my consumption of large amounts of soy contributed or totally caused my "Hyper-parathyroidism" (for which I've had surgery) and my multi-noduled goiter/thyroid situation. It also probably caused a friend's neck goiter and vulvadynia. The book is well written by respectable and credentialed medical personnel. Read this book to protect yourself and stop or limit your soy consumption now. Soy is not the miracle food that so many of us vegetarians thought it was. I wish I had read this book 2 years ago!

don't eat soy products, end of discussion.....

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