

"Kaayla Daniel blows the lid off nutritional dogma. Soy is NOT a miracle food."

—Dr. Joseph Mercola,

Founder of the world's leading natural health and dietary website, [Mercola.com](http://Mercola.com)

# the whole soy story

the dark side of America's favorite health food

Kaayla T. Daniel, PhD, CCN

Introduction by Sally Fallon, author of *Nourishing Traditions*

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## Dr. Kaayla T. Daniel, PhD

### Tells the Whole Soy Story

Top nutritionist Kaayla T. Daniel, PhD, tells **the truth about soy that scientists know, that you need to know, and that the soy industry has tried to suppress.**

- Soy is **not** a health food
- Soy is **not** the answer to world hunger
- Soy is **not** a panacea
- Soy has **not** even been proven safe.

Hundreds of epidemiological, clinical and laboratory studies link soy to malnutrition, digestive problems, thyroid dysfunction, cognitive decline, ADD/ADHD, reproductive disorders,, even heart disease and cancer.

Most at risk are babies given soy formula, vegetarians who eat soy as their main source of protein and adults self medicating with soy foods and supplements. Dozens of respected scientists have issued warnings stating that the possible benefits of eating soy should be weighed against proven risks.

Dr. Kaayla Daniel has the facts your audience needs to determine which studies are valid, which justify hope, which are mere hype – and why.



## Questions for Dr. Kaayla T. Daniel, PhD

1. How can you say that soy is NOT a health food?
2. Didn't the FDA carefully look at the evidence before approving a soy/heart disease health claim?
3. Why does the FDA plan to soon retract the soy/heart health claim?
4. Is it true that you filed three protests with the FDA, stopped a soy-prevents-cancer health claim and cost the soy industry (by their own estimate) \$8 billion?
5. Don't Asians eat lots of soy and therefore have lower cancer rates?
6. Might soy be useful as a pharmaceutical drug?
7. What people are most at risk from eating soy?
8. How can soy infant formula be dangerous? Didn't *JAMA* publish a study back in 2001 proving it was safe?
9. Is soy contributing to America's epidemic of hypothyroidism?
10. Is that a true rumor about soy dampening the libido?
11. Couldn't soy at least be good for midlife women? Isn't it an all-natural hormone replacement therapy that stops hot flashes and prevents osteoporosis?



# 9 Controversial Topics

## 1) Myths and Truths about Soy

Is soy the miracle food for the new millennium? Or is it a hard-to-digest protein that has been linked to malnutrition, digestive distress, thyroid dysfunction, cognitive decline, infertility, birth defects, reproductive disorders, immune system breakdown, even heart disease and cancer?

Learn “the whole soy story,” the true soy story, including:

- How much soy Asians really eat
- The differences between old-fashioned and modern soy products
- Why the Israeli Health Ministry has issued warnings and the French Food Agency will soon require warning labels
- Why top scientists warn that the possible benefits of soy are outweighed by proven risks
- Which populations are at special risk.

## 2) Birth Control for Babies

### Why Soy Infant Formula is a Formula for Disaster

It's alarming but true that parents who feed their infants soy formula are unwittingly giving them hormonal equivalent of three to five birth control pills per day. The figures

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come from the Swiss Federal Health Service, and the Israeli Health Ministry, French Food Agency and British Dietetic Association have also warned against the use of soy formula.

Learn why soy formula has been linked to:

- Premature puberty in girls
- Delayed puberty in boys
- Feminization of boys, including gynecomastia
- Lifelong thyroid and reproductive system problems
- Attention deficit and hyperactivity disorder.

### **3) Sex and the Soybean**

#### **Why Real Men and Women Don't Eat Soy**

Did you know that tofu was traditionally used in Buddhist monasteries to help monks maintain their vows of celibacy? That in Japan, women take revenge on unfaithful spouses by increasing the amount of soy in their diets? Indeed it's a scientific fact that when soy consumption goes up, the naughty behavior goes down!

Dr. Kaayla Daniel will discuss:

- How the plant estrogens in soy interfere with testosterone production, reducing the sex drive of men – and women.
- How soy foods contribute to thyroid damage and low energy.
- The link between soy foods, reproductive system damage, infertility and birth defects.
- How soy can cause vulvodynia, a painful condition that makes sex difficult if not impossible for women.
- Why the Israeli Health Ministry warns that soy should not be on the menu for couples who want to “be fruitful and multiply.”

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- Why soy is the answer for politicians with the zipper problem Top foods to increase your libido.

## **4) Soy and Cancer**

### High Hopes and Hype

Soy protein and soy isoflavone supplements are heavily promoted as “miracle cures” for cancer. With cancer rates at an all-time high and cancer the second leading cause of death in the United States, the idea that a simple natural food could save lives sounds like very good news indeed. Dr. Daniel will reveal:

- Why the studies on soy and cancer are inconsistent and contradictory.
- How soy can contribute to, cause or accelerate the growth of cancer.
- The shocking fact that soy isoflavones are listed as carcinogens in chemistry textbooks.
- How modern soy processing methods create nitrosamines and other carcinogens.
- Why the Israeli Health Ministry, French Food Agency and Cornell University's Center for Breast Cancer and Environmental Risk Factors have all warned that soy poses risks for women who've been diagnosed with or have a family history of breast cancer.

## **5) The Sound of Soy**

### The Flatulence Factor

Soy is an incomparable gas producer, the King of Musical Fruits. Vegetarians and other heavy soy-food eaters experience so much abdominal bloating, rumbling and flatus that soy is the butt of a great deal of bathroom humor. Even the soy

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industry has conceded that the “flatulence factor” must be overcome if Americans are ever going to enjoy soy.

Learn everything you ever wanted to know about:

- Tests on rats, dogs, college students and other animals.
- Containment devices such as “gas tight pantaloons” and odor-absorbing cushions and panties.
- Fraternity house recipes for maximum gas production.
- How the soy industry is trying to give status to flatus.

## **6) Shortening Life**

### **Soy Oil and *Trans* Fats**

The National Academy of Science’s Institute of Medicine concluded recently that the only safe level of *trans* fat is zero, and that people should consume as little *trans* fat as possible. As of January 2006, the FDA required *trans* fatty acid content to be listed on food labels. Learn:

- Why soy oil is usually partially hydrogenated and is favored for the manufacture of margarines and shortenings.
- What foods are likely to contain *trans* fats and how much *trans* fats Americans really eat.
- How the vegetable oil industry tarnished the image of natural saturated fats such as coconut oil.
- The link between partially hydrogenated oils and heart disease, cancer, obesity, diabetes, immune disorders birth defects, infertility vision problems, allergies, attention deficit and hyperactivity disorders and dementia.

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## **7) Full of Beans**

### **The Promotion of Soy**

A few decades ago soy foods were thought of as “hippie foods” or “poverty foods.” So how, then, did soy foods turn into an upscale “health food” with sales rocketing from \$800 million in 1992 to \$4 billion + today? Learn:

- How top-gun marketers revamped the lowly soybean’s image
- Why the soy dreams of Hitler, Mussolini, Henry Ford and others are coming true
- How the collusion of the FDA and the soy industry led to a soy protein health claim that doubled soy consumption in the United States
- How soy industry dollars have corrupted scientific research.

## **8) Soy Allergies**

### **The Soy-Free Challenge**

In just a few short decades, soy has become one the top seven allergens, and many experts believe it will soon be in the top four. Soy appears in more than 60 percent of foods in the marketplace and nearly 100 percent of fast foods. The threat is so serious that Food Allergy Initiative Group succeeded in passing legislation that now requires manufacturers to clearly state on the label whether a product contains soy. Learn:

- Why soy allergies are on the increase
- Why GM “Frankensoy” beans are more allergenic than conventional and organic soybeans
- Where the soys are . . . and how to avoid them.



- The little known soy/peanut allergy connection
- Who is most at risk
- How parents can protect children who are at risk.

## **9) Soy and Heart Disease**

### **The Heart of the Matter**

The 1999 FDA soy-prevents-heart-disease health claim catapulted soy sales from under a billion dollars a year in 1999 to more than \$4 billion just a few years later. Don't bypass this opportunity to learn:

- Why the American Heart Association and the European Food Safety Authority agree there is no basis for this health claim.
- Why soy does not lower cholesterol reliably or consistently
- Why vegetarian and high-soy diets may raise homocysteine levels
- How soy can cause or contribute to heart arrhythmias and cardiomyopathy.



## PRAISE FOR THE WHOLE SOY STORY

“Anyone in America who is interested in safe, healthy nutrition must first 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 lay person, this is science writing at its best.”

— Larry Dossey, MD. Author of *Healing Beyond the Body*

“Kaayla Daniel blows the lid off nutritional dogma. Soy is NOT a miracle food.”

—Dr. Joseph Mercola, Founder of the world’s leading natural health and dietary website.

“Dr Daniel’s book contains everything you ever wanted to know about soy and much, much more, and will make you wonder 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 wakeup call.”

— Doris J. Rapp, MD, author of *Our Toxic World: A Wake Up Call*.

“*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 used by the soy industry to promote the supposed benefits of this inferior food.”

— Kilmer McCully, MD, Father of the Homocysteine Theory of Heart Disease

“Dr Kaayla T Daniel has provided the reader with a thoroughly comprehensive review and evaluation of the soy story. This is a ‘must read’ not only for intelligent and concerned consumers but especially for their children and grandchildren.”

— Mary G. Enig, PhD, author of *Know your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol*

“Our bodies are simply not designed or adapted to safely use and metabolize more than very small quantities of any food, including soy, which is not part of the original human diet. In *The Whole Soy Story*, Kaayla Daniel ably explains the science showing that for the best long-term health, we should consume soy and soy products sparingly, if at all.”

— Jonathan V. Wright, MD, Medical Director, The Tahoma Clinic, Renton, WA

“*The Whole Soy Story* is one of those books that comes along once in a generation to explode a widely held nutrition myth. While I worked with nutrition pioneer Dr. Hazel Parcells, I learned that soy was deeply suspect. Through meticulous research, Dr. Kaayla T. Daniel unmasks soy for the problematic substance it is. She writes in a familiar, nontechnical style but every statement is backed up with impressive support from solid nutrition studies. This is an important addition to the literature of nutrition. Knowing the facts about soy — ‘the whole story’ — will impact your health enormously.”

— Joseph Dispenza, author of *Live Better Longer*

“This is the most important nutritional book of the decade. Every concerned American should read this brilliant and entertaining exposé. It goes a long way toward explaining some of the psychosocial perturbations that have alarmed and puzzled us.”

— William Campbell Douglass, MD, Editor of *Real Health Breakthroughs*.

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**Kaayla T. Daniel, PhD**, is known as The Naughty Nutritionist® because of her ability to outrageously and humorously debunk nutritional myths.

She is co-author of *Nourishing Broth* (with Sally Fallon Morell) and author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food* and *Hook, Line and Stinker: The Truth about Fermented Cod Liver Oil*.

Dr. Daniel has been a guest on The Dr. Oz Show, PBS Healing Quest, NPR People's Pharmacy, and many other shows. She shared the stage with Dr. Mark Hyman on the Dr. Oz Show and has spoken at Paleo f(x) and other leading conferences with JJ Virgin, Gary Taubes, Charles Poliquin, Dr. Joseph Mercola, Joel Salatin, David Wolfe and other health and fitness experts.



**Dr. Kaayla Daniel is available for print and radio interviews, podcasts and summits:**

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