

Now I want to share with you about **Soya Alert**

HISTORICALLY A MINOR CROP, SOYA WAS LISTED AS AN INDUSTRIAL PRODUCT –NOT AS FOOD! From tofu and tacos to baby formula and burgers, soy products have swept the nation as a “Healthy” source of protein, with a reputation for being all natural and good for you! The most commonly held belief is that since soya has been a part of Far Eastern diets for many years it is safe and not harmful. What we do not know is that only in the last 50 years has Soya been promoted as a miracle, high protein food.

There is a lot more that we do not know about soya! Let’s have a look at some commonly held myths about this so- called ‘healthy and complete food’.

Myth: Asians consume large amounts of Soy foods.

Fact: Average consumption of soy foods in Japan and China is 10gms (about 2 teaspoons) per day. Asians consume soy foods in small amounts as condiments, not as a replacement for animal foods.

Myth: Soy foods provide complete Protein.

Fact: Like all legumes, soy beans are deficient in sulphur-containing amino acids methionine and cystine. In addition, modern processing denatures fragile lysine. Soya foods and products, tips our pH balance dangerously. 40% protein content that Soya has is good for animals- not human digestion. It contains very high levels of trypsin inhibitors which block the action of enzymes, needed for Protein digestion and amino acid uptake. This results in serious gastric

distress and pancreatic dysfunction which can cause pancreatic enlargement and eventually cancer.

Myth: Fermented soy foods can provide Vitamin B12 in Vegetarian diets.

Fact: The compound that resembles Vitamin B12 in soy cannot be used by the human body; in fact soy foods cause the body to use up its reserves of Vitamin B12! Remember our body requirement for B12 is miniscule- we need just one- millionth-of-a-gram!

Myth: Soy formula is safe for infants.

Fact: Soy foods increases the body's requirement for Vitamin D, which is needed for strong bones and normal growth failing which, can lead to rickets and growth stunting among children. Phytic acid in soy foods results in reduced bioavailability of iron and zinc and other minerals which are required for the health and development of the brain and nervous system. Soy also lacks cholesterol-essential for the development of the brain and nervous system creating abnormalities in infants. Mega doses of phytoestrogens in soy formula have been implicated in the current trend toward increasing premature sexual development in girls and delayed or retarded sexual development in boys. Researchers say that infants exclusively fed soy formulas, ingested the estrogenic equivalent of at least 5 birth control pills everyday! Infant soy formula and soy milk have been linked to auto-immune-thyroid disease.

Myth: Modern soy foods protect against many types of Cancers.

Fact: British Government reports 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 due to the fact that they are highly allergenic. Some experts rate it among the top 8 and some even as the top 4 allergy causing foods.

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 hypothyroidism with symptoms of lethargy, constipation, weight gain and fatigue.

Myth: Soy foods protect against Heart disease.

Fact: There is no evidence that consuming soy foods improves ones risk of having heart disease. Serious gastric distress, pancreatic dysfunction, heart palpitations, rashes, insomnia, painful constipation, kidney stones, debilitating diarrhea are known symptoms. Soy products are known to create brain damage in men and women (by accelerating brain weight loss in users) and weaken our overall immune system.

Myth: Soy lecithin is a safe and natural preservative used in packaged foods, like soymilk, soy ice-cream, soy flour, soy cheese, soy infant formula, soy nuggets, soy chicken, etc. In fact thousands of food products.

Fact: Soybean lecithin comes from sludge left after crude soy oil goes through a "degumming" process. It is a waste product containing solvents and pesticides and has a consistency ranging from a gummy fluid to a plastic solid. Before being bleached to a more appealing light yellow, the color of lecithin ranges from a dirty tan to reddish brown. Today lecithin is ubiquitous in the processed food supply. It is most commonly used as an emulsifier to keep water and fats from separating in foods such as margarine, peanut butter, chocolate candies, ice cream, coffee creamers and infant formulas. Lecithin also helps prevent product spoilage, extending shelf life in the marketplace.

Myth: Soy foods are a good replacement for those who are intolerant to gluten.

Fact: Soy foods and soy milk contain protease inhibitors, lectins, oxalates, oligosaccharides and allergenic proteins which irritate the lining of the gut as much as gluten does. Exacerbating the symptoms of IBS and celiac disease and preventing healing of the gut.

Myth: Soy beans are good for the Environment.

Fact: Most soy beans are genetically engineered to allow farmers to use large amounts of herbicides, creating toxic run off. All over the world soya has become the bio-tech soy, creating huge carbon foot prints. Indonesia and Brazil are sad examples. Soya promotions by main stream food companies are a result of a great alliance with Bio-Tech, Pesticide and Herbicide companies. Genetic Engineering is widely used to increase crop yield and enhance nitrogen absorption, all of which require huge amounts of chemicals contaminating ground and surface water.

Myth: Soy beans are good for Developing Nations.

Fact: In the third world countries, soy beans replace traditional crops and transfer the “value add” from the local populations to Multinational Corporations! Much of the harvest today is used to feed salmon, poultry, pigs and cows- and not for local nourishment. More over toxic pesticides banned in Europe and U.S. are “officially” imported for soy cultivation.

In India, in 2009-96.709 lakh hectares of soybean were planted, as a mono-cash crop, at the cost of local indigenous groundnuts, millets, pulses and cereals, creating poisons in our body, soil, air and water.

If you are eating soy foods for “Proteins”, for “Health”- think again. Remember, meeting protein needs is easy. In fact getting too much protein is the problem- especially with soy products. They are biologically useless to our body. They act more like a drug, not a food, upsetting our entire hormonal balance.

Wholesome, natural, raw foods- fruits, vegetables, nuts and sprouts provide for complete health- with no known (or yet to be known!) side effects. Peanuts, soaked in water are a less smelly, cheaper and tastier option. So are pumpkins, watermelon and sunflower seeds.