

## Soy Untrue - a Closer Look at Soy

About 18 years ago I was in a market, People's Market in OB to be exact, looking at some soy milk. My purpose was to consider soy as a replacement for the dairy milk I use in my fine organic coffee at home, when without warning I overheard a man in the same aisle telling someone **"the truth about soy"**. This is what I caught initially:

**"... Soy is not a health food, that's a myth! You should really avoid soy, and only ever eat soy that has been fermented, such as miso, natto and tempeh, as the fermentation process removes most of the toxic elements..."**

Wait, what?? I was strangely riveted. I moved a little closer, acting as if I were engrossed by the idiotic label on some carton of soy something while waiting to hear more. He continued:

**"Soy is loaded with phytoestrogens which mimic the female sex hormone estrogen, not to mention the phytates that prevent mineral uptake in your gut. It also contains a powerful trypsin inhibitor, this prevents the proper digestion of proteins in your stomach..."**

Whoa, as a professor of anatomy and physiology I knew the things he was saying *could* be true. As a human being I knew by the sound of his voice that what he was saying *was true*. At that moment it irritated me because I was trying to be 'healthy' by getting some soy milk and he was ruining this experience for me.

Despite hearing his warnings I got the soy milk anyway. Who the heck was he? Besides which it was my plan to be more healthy and clearly that must involve soy, right? At the same time what had occurred in that aisle stayed with me. Maybe because it really bothered me, all those things he said. Particularly if they were true, as I was completely unaware of all that he shared. I decided to do some investigating of my own. I'd just feel a lot better knowing for sure that he was totally off target and uninformed.

For a moment, as I thought more deeply about why it bothered me so much, it occurred to me that I've had this experience before. That sense of un-timely recognition, of hearing the **truth** when I least wanted to hear it. The truth has a certain ring to it. You know it the moment you feel it. That moment of truth in the market changed my life and I'd like to thank that man in person if I could. Everything he said, and more, was accurate about soy. I found it out for myself.

### The Marketing of Soy as Heart Healthy

The first challenge is to overcome the models we have been sold, and that means **the lies that we have been encouraged to believe**. Soy was and still is heavily promoted as a health food. Examine the flashy lies, then we'll get into the truth.

**Exhibit A:** Examination of the Silk Soymilk Very Vanilla carton (right).

- 1) "50% more Calcium" – taking isolated minerals creates bad mineral imbalances.
- 2) "Cholesterol-Free & Heart Healthy Protein" – again reinforcing harmful myths.
- 3) "Non-GMO" or Organic is like saying *organic arsenic*. It's still poison.
- 4) "130 calories" – calorie counting is another misleading idiotic practice.
- 5) The 3 major Ingredients are: Water, Soybeans and Cane Sugar. Hardly healthy.
- 6) No vanilla in it btw, so its flavor is 'Very Phony', technically called Natural Flavor.



## The Truth about Soy

Soy in and of itself, organically grown or not, contains a number of problematic components that can wreak havoc on your health. In fact **soy is an anti-nutrient**. Harmful components include the following:

- **Phytoestrogen** - in the form of **Isoflavones**. These pharmacologically resemble human estrogen, the feminizing sex hormone and there is evidence it may disturb endocrine function, cause infertility, and promote breast growth in males and females, and breast cancer.
- **Goitrogens** - are found in all unfermented soy. These substances block the synthesis of thyroid hormones and interfere with iodine metabolism, thereby interfering with your thyroid function.
- **Phytic Acid** – these are **Phytates** that bind to metal ions, preventing the absorption of minerals in the intestines, including calcium, magnesium, iron, and zinc - all of which are co-factors for optimal biochemistry in your body. This is particularly problematic for vegetarians, because eating meat reduces the mineral-blocking effects of these phytates.

Soy has one of the highest phytate levels of any grain or legume, and the phytates in soy are highly resistant to normal phytate-reducing techniques such as long, slow cooking. Only a long period of **fermentation** will significantly reduce the phytate content of soybeans.

- **Hemagglutinin** - is a clot-promoting substance causing the clumping together red blood cell. This can disrupt blood flow and can prevent the distribution of oxygen to tissues.
- **Trypsin Inhibitors** - Soy contains anti-nutritional factors such as saponins, soyatoxin, **protease inhibitors**, and **oxalates**. Some of these factors interfere with the enzymes needed to digest protein. While a small amount of anti-nutrients would not likely cause a problem, the amount of soy that many Americans are now eating is extremely high.

Each of these elements can cause serious harm. Add to this that products like **soy milk** are not produced from squeezing a soybean and out comes the soy milk, having the look and texture of milk milk. No no. Just like the horrendous industrial production facility/processes needed to make the abomination called **margarine**, soy too requires heavy processing to transmute a putrid bitter inedible gray fluid into something someone *might* foolishly put into their mouth. Soy milk usually contains **thickeners** and **stabilizers**, again none of which your body wants (read up on **carrageenan**) and real foods do not require.

## The Truth Hiding Plain Sight

Although it is in plain sight, it is still *hiding*, which means you have to get **better vision** so you can see it when you look for it! Often, you must actively seek the truth if you really want to find it.

**Google** should probably be re-named **Gurgle**, as the top results will lead you down the gurgler if you trust them. First you must be able to spot the overt lies, then you must keep digging. You will recognize the truth when you see it. Below is a top result for a Google Search on Soy Milk (2023):

“Because the source of soy milk is a plant, it has no cholesterol and only negligible amounts of saturated fat. Soy milk also contains 7 g of protein per serving, which is **great for a heart-healthy diet.**”

The **bold** was in the original, and is a bold-faced lie. Your heart and entire body wants, needs and makes cholesterol. Your heart is harmed by the lack of it, and by all the toxins in their creepy products.

## But wait, there's more...

Another area of soy infusion into the food chain (aside from the plethora of soy burgers, soy-turkeys and soy dogs) is the use of **Partially Hydrogenating Soybean Oil** which generates **Trans Fats**. The synthetically created trans fats should never be confused with the natural and healthy **saturated fats** (e.g., found in butter and coconut oil). Sadly, the convenient and deliberate conflation of these two fats has led people to avoid the foods that are good for them and replace it with harmful cheap synthetic chemicals.

As a reminder, **soy is a government subsidized crop** (see the Farm Bill). Therefore the cost of soy for the food industry is kept **artificially low**, making it a prominent ingredient in most processed foods.

## Some Health Hazards of Trans Fats in Partially Hydrogenated Oil – Especially Soybean Oil

The completely unnatural man-made fats created through the **partial hydrogenation** process cause dysfunction and chaos in your body on a cellular level, and studies have linked **trans-fats** to:

- Chronic health problems such as obesity, asthma, auto-immune disease, and bone degeneration.
- Reproductive problems from interference with enzymes producing sex hormones.
- Interfering with enzymes your body uses to resolve cancer.
- Study of women with coronary heart disease: eating trans-fats increased sudden cardiac arrest 3 times.
- Increase levels of low density lipoprotein (LDL), while lowering high density lipoprotein (HDL).
- Diabetes, by interfering with the insulin receptors in your cell membranes
- Interfering with your body's use of beneficial omega-3 fats.

## Getting Girl Scouts to Lie!

Like many other health issues, it took many years before *conventional* health recommendations caught up with the facts about **trans fats**. Hint: don't wait for these agencies to protect you from anything, the best they can do is protect you from the truth.

Taking effect on January 1, 2006, the FDA required food manufacturers to list trans fat content on labels. Now the processed food industry needed to appeal to consumers who increasingly began looking for the **"No Trans Fat"** designation. In response, Monsanto provided a genetically engineered soybean low in linolenic acid, which means there is **less** trans fat generated by processing. Just like the invention of canola oil. At least that was less deceptive than what many food manufacturers opted to do, and that was to simply fool consumers. A convenient allowance by the FDA paved the way for any product containing up to 0.5g/serving of trans fat to **legally claim to have zero trans fat**. The trick was now to reduce the serving size and bring the trans fat content below this threshold to claim "0g". The FDA says is A-OK to lie about toxins levels in food.

Take a look at a box of **Girl Scout Cookies** as a perfect example of this labeling maneuver. If **"partially hydrogenated vegetable oil"** is listed as an ingredient (see right), then it's **100%** guaranteed to have **trans fats** in it. However the label declares "0g", which is dishonest. So I guess we are all OK with having little girls sell these cookies that are lying to you. It's OK to promote lies and actively deceive others, is that it? If this irritates you, good. Look into it and other issues and do something positive about it.

## Girl Scout Cookies

| Do-si-dos®                      |                      |
|---------------------------------|----------------------|
| Nutrition Facts                 |                      |
| Serving Size 2 Cookies (24g)    |                      |
| Servings Per Container about 11 |                      |
| Amount Per Serving              |                      |
| Calories 110                    | Calories from Fat 45 |
| % Daily Value*                  |                      |
| <b>Total Fat</b> 5g             | <b>8%</b>            |
| Saturated Fat 1.5g              | <b>8%</b>            |
| <b>Trans Fat</b> 0g             |                      |
| <b>Cholesterol</b> 0mg          | <b>0%</b>            |
| <b>Sodium</b> 85mg              | <b>4%</b>            |
| <b>Total Carbohydrate</b> 15g   | <b>5%</b>            |
| Dietary Fiber less than 1g      | <b>4%</b>            |
| Sugars 8g                       |                      |
| <b>Protein</b> 2g               |                      |
| Vitamin A 0%                    | Vitamin C 0%         |
| Calcium 2%                      | Iron 2%              |

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, oatmeal, peanut butter (roasted peanuts, partially hydrogenated palm oil), partially hydrogenated vegetable oil (soybean, cottonseed and/or palm oils, TBHQ and citric acid to preserve freshness), dextrose, invert sugar, contains two percent or less of whey (milk), salt, leavening (baking soda, monocalcium phosphate), cornstarch, natural flavor (contains dairy), soy lecithin.

**CONTAINS WHEAT, PEANUT, MILK AND SOY INGREDIENTS.**

Diet Exchange: 1 Carbohydrate, 1 Fat

## Vilification of natural Fats to promote Soy/Vegetable Oils as Healthy Alternatives

We now know this:

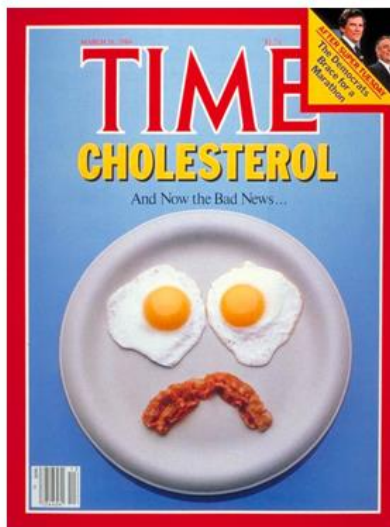
- Soy is not intrinsically healthy, in fact it's harmful.
- Soybean oil is not a healthy oil.
- Partial hydrogenating **any oil** creates harmful **trans fats**, which cause harm to our bodies.

However, if the food industry wants to sell an alternative, it first requires a campaign to malign healthy foods as bad, enabling them to usher in their new product as your health savior. Invert and multiply.

Years ago, prior to World War II, tropical oils such as **coconut** and **palm** oil, were commonly used in American food production. Like **butter**, these are naturally saturated fats that are highly compatible with human physiology. However, these were not grown in the US (except Hawaii). Encouraged by financial and other incentives, the food industry devised a plan to shift the market from animal fats and tropical oils to something more beneficial to them. As a result, a movement was created to first demonize and vilify tropical oils in order to replace them with domestically grown oils such as **corn**, **canola** and **soy**. This opened the flood gates for the promotion of all manner of *polyunsaturated vegetable oils*. Hint: **Avoid ALL vegetable oils**. This was then coupled in lock-step with the denigration of anything containing **cholesterol**, so butter, eggs and animal fats were all to be avoided. The ridiculous study by Ansel Keys in the early 1960's concluded that saturated animal fats "clog your arteries and cause heart disease" (see below).



**Ansel Keys** cover of Time Magazine in **1961**. He claimed that saturated fats in the diet clogged arteries and caused heart disease.



Time Magazine Cover from **1984** still busy blaming cholesterol and saturated fats as a cause of heart disease.



Time cover story **2014**. Scientists had to admit they were wrong about saturated fats. They don't cause heart disease after all, they are actually good for you.

The stage was set to replace natural healthy fats with highly processed toxic plant alternatives and it was accomplished. Here it is again (above), the hiding in plain sight. Over the span of over **50 years** the lie was presented, promoted, and then admitted as a lie. The slow multigenerational reveal engineers a phony inter-generational conflict in order to create contentious issues out of things that make perfect sense. Tell someone **Butter** is good for health and watch them short circuit. The "cholesterol myth" was started by the lying brainiac scientists and even though it has been completely dismantled, sadly it still persists today. Find out more for yourself and then share information with others and engage in healthy discussions about what is and is not good for us. You may be in for some surprises.