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## **THE SOY MYTH**

As with every aspect of life, one always needs to question and investigate the truth behind the propaganda that fills the press concerning issues of nutrition and health. If you learn the basics of health as set forth in this book you will be better prepared to recognize fact from fiction. Use the facts and truths presented here as your template.

Ask yourself and try to investigate who might benefit from whatever information is being given. The current "soy fad" is one area that definitely deserves your attention. To understand who might be behind what I consider a horrendous and highly-calculated myth, let's first examine some of the facts about soy.

### **Properties of Raw Soy Beans**

- Acid-forming
- Extremely high in phytic acid (blocks mineral absorption, especially zinc)
- Full of enzyme inhibitors
- Extremely hard to digest
- 85 percent genetically modified (also called Round-Up Ready Soy Beans®) where the cell DNA and structure are combined with herbicides and bacteria to create resistance to these factors for better yield
- Full of excessive amounts of hemagglutinin—a clot-causing compound
- Allergy causing
- Extremely high in levels of aluminum (very toxic to brain and nerve tissue)

### **Facts about Cooked and Processed Soy Beans**

- Over 80 percent of the oils and fats used in the U.S.A. are from processed soy beans
- Over 80 percent of the margarine made in the U.S.A. comes from soy beans
- Soy beans, as most beans, have enzyme inhibitors and also are high in phytic acid. They must be processed at high temperatures to break these metabolism-blockers down.

## **The Basic Processes in Obtaining Soy Bean Oil and Soy Protein**

### **1. COOKING**

Heated to between 225°F and 250°F, which:

- Destroys all nutrients
- Bonds proteins to minerals
- Bonds proteins to lipids and starches
- Causes free-radical formation
- Creates trans-fatty acids (which are hardening and obstructing as well as mutagenic to DNA)
- Encourages rancidity (toxic for the bacterial action needed)
- Is extremely acid-forming
- Possibly promotes formation of acrylimides (carcinogenic compounds)

### **2. PRESSING**

Cold pressed or solvent extraction involves:

- Exposure to light and air causing free-radical formation through oxidation
- Rancidity, causing further breakdown (mostly stored in clear containers allowing a continuation of this process)
- Cold pressing only after cooking
- Solvent extraction method that creates many toxic and carcinogenic compounds, lysine-alanine being a major carcinogen
- Solvent extraction, which requires: alkali soaps, hexane (petroleum distiller), phosphoric acid and sodium hydroxide (the primary ingredient in Drano)

### **3. HYDROGENATION**

- A process of heating the oil to over 400°F, forcing hydrogen gas (in the presence of a metallic catalyst) through this oil for over five hours
- Not only "super kills," it literally renders a food substance "dead and toxic"

As you can see from the short overview above, soy is not a food, but a toxin, especially if it is cooked or processed. If it indeed has any estrogenic properties this adds to its destructive

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side effects, especially in 80 percent of the females who are estrogen dominant.

Soy is not a health food, but an industry brain child from chemical, bio-tech mega-corporations posing as food producers. It is shameful when companies put money first and God and life last.

Over 60 percent of the foods manufactured in the U.S. have some level of soy involvement—from natural flavorings, vegetable shortening, hydrolyzed protein, textured vegetable protein and soy bean oil to soy protein.

Many people are consuming some form of soy: protein powders, soy milk, soy candy bars, health bars and even baby foods. Soy products account for close to \$100 billion a year in business. What does that tell you about why soy is being presented as the greatest thing since white bread?

Remember: If it's not a fruit, vegetable, seed, or a nut, you don't need it and it is probably toxic to you.

NOTE — A great web site to visit on this subject and more is [www.thedoctorwithin.com](http://www.thedoctorwithin.com)