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### **TRUTHS ABOUT SOY**

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- Over 90% of the soy grown in the U.S. is genetically modified (GM). Soy is one of the top ten allergens that can cause coughing, runny nose, hives or difficulty swallowing or other respiratory symptoms that can show up hours or days after eating or drinking food products containing soy. (4)
- Soy contains hemagglutinin, a clot-promoting substance that causes red blood cells to clump. This lessens absorption and distribution of oxygen to body tissues. (4)
- Soy contains goitrogens (substances that block the synthesis of thyroid hormones and interfere with iodine metabolism) which disturb thyroid function. (4) (2) Soy foods can stimulate the growth of estrogen-dependent tumors. Low thyroid function is associated with difficulties during menopause. (3)
- Soy contains aluminum, a toxic heavy metal. (3)
- Soy formula has an 80 times greater concentration of manganese (a heavy metal) than is in human breast milk. (4)
- Soy can cause damage to the brain in infants and behavior problems in adolescents. (4)
- Soy contains phytoestrogen that acts like estrogen and can harm a child's reproductive development. Giving an infant soy formula is like giving him or her 5 birth control pills' worth of estrogen every day. These children have up to 20,000 times the amount of estrogen in circulation as those fed other formulas. (4) 25% of bottle-fed babies are being fed soy formula. (1)
- Most modern soy products are processed in a way that denatures proteins and increases levels of carcinogens. Many toxins in soy can be neutralized by a process called fermentation. (3) Examples of fermented soy are tempeh and miso.
- The only published human feeding study on GM foods verified that the gene inserted into GM soy also gets into the DNA of our gut bacteria and stays in the body for years. The effects of this are still unknown. (4)

## Sources

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