



The Whole Soy Story: The Dark Side of America's Favorite Health Food

Kaayla T. Daniel

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A groundbreaking expose that tells the truth about soy that scientists know but that the soy industry has tried to suppress. Soy is not a health food, does not prevent disease and has not even been proven safe. Epidemiological, clinical and laboratory studies link soy to malnutrition, digestive problems, thyroid dysfunction, cognitive decline, reproductive disorders, even heart disease and cancer.

The Whole Soy Story: The Dark Side of America's Favorite Health Food Details

Date : Published March 1st 2005 by New Trends Publishing

ISBN : 9780967089751

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Format : Hardcover 457 pages

Genre : Health, Food and Drink, Food, Nutrition, Nonfiction, Science



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Richard says

A comprehensive study of a common weed that we all thought was or is good for health. Some parts of the book go into medical detail that might be hard for the reader to get through but it is well worth the extra effort to be exposed to this complex commodity. The basic message of the book is that there are 5 elements to soy that should not be consumed.

The differences between hydrogenated and fermented soy are profound and should not be ignored. This is a must read if you intend to eat processed foods. There is approximately 60 percent of all processed foods that contain some element of soy.

Beware aware and read the book.

Jodi says

This book provides very well written and easy to take in information on why soy should be eaten only in the traditionally fermented forms (tempeh, natto, miso) and only in very small amounts, if at all.

The facts on soy are shocking. Not only are the many health claims made about soy extremely dubious, there are many serious concerns about its safety as a food.

Soy is hardly the health food it is promoted to be by the soy industry and in the highly processed form it is almost always eaten in, it is not very 'natural' either, and should not be considered a 'whole food.'

The idea that huge amounts of soy are eaten in asian countries, and have been for very long periods of time, and that this contributes to their good health is just a myth!

Products containing soy protein isolate, soy oil, hydrolized vegetable protein etc. should be avoided - especially by pregnant or lactating women, babies and children and women who are trying to become pregnant. (Sterol containing margarines should also be strictly avoided by this group.) Soy supplements are also to be avoided.

Giving a baby soy formula is like giving them 3-5 birth control pills a day and can have permanent effects on their reproductive health such as precocious puberty, small penis size, overdeveloped male breasts, longer more painful periods and infertility. Eating lots of soy has a drug-like or hormone-like effect.

Soy can inhibit enzymes in the body, reduce testosterone levels, reduce libido, cause a number of thyroid problems, increase cancer risk, cause cardiac arrhythmias, cause a toxic build up of manganese or aluminium and low iron levels and many other problems. Soy is also one of the top 8, 7, 6 or 4 top food allergies - depending on whose numbers you listen to.

Problems with the thyroid often occur at a dose of only 30 grams a day. 5 recent studies showed that soy is worthless in treating menopausal symptoms. 4 recent studies linked soy estrogens to infant leukemia. The

goitrogens in soy which interfere with thyroid function cannot be cooked out of them, as with many other goitrogenic foods. Most soy in the US is also GM. The list goes on.

This book includes some very sad case studies of the terrible effect soy has had on peoples lives, especially when soy is given to very small children and babies.

One of the worst things about the heavy promotion of soy is that this inferior food is displacing many healthier food items in our diets and on our farms. The (very well funded) soy lobby has done such a good job of demonising far healthier oils and foods such as coconut oil, eggs and butter, based on twisted science.

I'm going to find a traditionally brewed/fermented soy sauce for use in cooking occasionally and restrict my soy intake to that plus a few of my lecithin containing supplements (where I can't find a soy free alternative).

If you are a big soy eater, or eat foods which are processed and may contain hidden soy, this book is essential reading.

You may also want to read the information on soy and its dangers on the Weston A. Price website.

Marie says

People everywhere need to read The Whole Soy Story. It allows you to see what our government really does and how little they care about taking care of its people!

Janine says

I did not find this book easy to read. I glossed over much of it and still felt that I got a pretty good understanding of what Raayla Daniel was conveying. Using a good dose of sarcasm and hostility towards soy and the industry, Daniel makes some good points of why soy isn't what it is hyped up to be. That said, most of the horror "soy stories" told of horrific health reactions based on either a complete soy over-consumption, those with allergies to soy, and those who fed soy to their babies and children. This is what I take from the book and how it mixes with my beliefs: 1. If you chose to eat soy, don't over do it. Eat it/drink it occasionally, not everyday. Over consumption of any food can cause adverse medical problems...too many carrots can turn your skin yellow. 2. Don't feed soy to your infants and children. Done. Lastly, I would like to add that I am a vegan and while I will continue to eat soy, I will eat much less than I would have if I did not read this book.

Catherine says

I only made it about 1/3 of the way through this book, but I had gotten the point by then.

Daniel argues (convincingly) that soy is not the magic health food that the food corporations claim. She presents excellent (and detailed) evidence to the contrary. The only safe way to consume soy, she argues, is in its traditional, fermented forms: tofu, tempeh, miso, and soy sauce among them. The problem is, the versions of these products that are sold in the US are not made in the traditional way. The difference between

what the traditional methods (still used in Asia, where they developed) produce and what the industrialized US methods produce is like the difference between an artisan loaf of French bread, and a loaf of Wonderbread.

The reason I only made it 1/3 of the way through is that, while the information in this book is excellent, it is a rather dry read, and by the time I was 150 pages or so in, I had already been convinced to avoid soy like the plague. I skipped around a bit in the final chapters (the information on soy baby formula is truly terrifying), but I had far more interesting things to be reading.

All that being said, the information in this book is important, and has convinced me to read ingredient lists even more closely than I had before. Although it is well-nigh impossible to eliminate soy altogether if you choose to eat packaged foods (even, and especially "healthy" packaged foods), I have chosen to reduce my soy intake as much as possible.

Fed says

This book woke me up. We talk about soy a lot as a health food, which it is. But, not the way we produce it, process it, and consume it. Great book for taking some myths out of people's beliefs.

Wellington says

Book focuses way too much on the chemical and manufacturing process of the soybean for me. I did learn a lot from the history of the soy bean - and more importantly the history of the marketing of the soy bean. The best parts of the book were the stories shared by soy-eaters. Well, ex-soy eaters. Then I skipped the rest to get to the ending ... which was tucked away at the end of a chapter. I was hoping for more. But since I did skip most of the chemical properties of soy, maybe I deserved a weak ending.

It's frustrating. Is anything healthy for us? We jump from drink more water, drink more bottled water, drink from hard plastic (Nalgene) bottles ... and now drink from metal bottles. Corn Oil, Vegetable Oil, Canola Oil, and now Olive Oil is the perfect oil. (I'm guessing Rapeseed, Grapeseed or Coconut will be next). There's that butter, margarine, and then back to butter cycle.

I'm going to make up my own diet. Who is with me and join me in the ice cream, chocolate and cheese diet?

Kirsten Hobbs says

Eek! This book scared me out of my kitchen. As someone who used to feed my kids a massive amount of soy each day, (in consequence of their allergies to dairy, eggs, and various nuts) I have now made some drastic changes to cut back on the amount of soy we eat around here.

You know, I am not a scientist. And I am a skeptical enough person that unless I do the testing myself, I will never really know for sure who to believe with all this health and nutrition information. But this book really does seem solid to me. The evidence and the incredible depth of scientific explanation convinced me that soy is truly something to be wary of. There are people making serious money on soy, and I do believe the health risks outweigh the benefits, especially for infants on soy formula, vegetarians, and other people who take in excessive amounts of soy. If you fit into this category, this book is worth the read so you can decide for yourself!

Jodi says

This got really academic and difficult to read in parts, but I am still giving it 4 stars because the material contained within is so amazingly important. What a fascinating read, I will never look at the entire soy industry to same again.

Burlgurl says

I was equally delighted and horrified to read this book. I will admit that I did not read the entire book. It was a bit too thick for me, so after reading the first half, I picked which bits I wanted more information on. Regardless, the long and short of it is that I am now completely off non-fermented soy products. This means, sigh, no tofu, no soy milk, etc. As a person-with-female-hormones, and with my family history of female-based-cancers, it is clearly too dangerous for me to potentially fan that particular flame. So this book had a huge impact on my life. That being said, it was not the best written book I've consumed. It was a bit dogmatic, stilted, and rather dry for most of it. I think it's an important book that everyone should read, but just don't expect an easy read.

Kristi says

If I could give this book zero stars I would. I stopped reading this book a third of the way in. It is obvious that Kaayla Daniel has a hidden agenda. Her writing is biased, she gleans information and manipulates it to suit her viewpoint and she's a terrible writer.

Don't waste your time. There's got to be a better source of information about soy products and the industry.

Cathy says

Whatever you think you know about soy will be turned upside down with this book. For starters, haven't you heard that in China, people have been eating soy for thousands of years...and see how thin and mostly healthy they are? No cancer to speak of (at least in non-Westernized areas). Long life. Gotta be the soy, right? Not really. As a matter of fact, most non-Westernized Asian people eat soy very sparingly. And when they do, it's been fermented for a year or two -- no kidding. Traditional soy sauce ferments in vats for about a year and a half to break down all the undigestible elements of the soy bean.

You see, soy beans are not food. Their crowning glory is their ability to fix nitrogen in the soil so that it can be absorbed by other plants, which require this nutrient to thrive. In a word, soy beans are fertilizer. When was the last time you thought it would be nice to eat some fertilizer? I didn't think so.

Soy beans were only eaten by the very poor--the very very poor--in Asia as an alternative to starving...until fairly recently, that is. The Whole Soy Story starts by providing a brief history of the soy bean's Asian origins. It wasn't until an enterprising Seventh Day Adventist missionary to China back in the early 1900s discovered that soy has a good amount of protein in it and figured out a way to torture this bean into a food product that soy began to be eaten in larger amounts as a meat substitute(they're non-meat eaters).

What didn't come to light until later was all the damage soy is capable of in the human body. Yes, soy is about 30% protein (if memory serves), but it's very difficult to digest--it has a "scouring" effect on the GI tract (and causes gas, to boot). Recent studies in China have connected soy to a significant increase in bladder cancer. Trypsin inhibitors in soy protein put stress on the pancreas and there are four recent studies that link soy estrogens with infant leukemia. Does that sound like "health food" to you?!

Believe it or not, there are even more negatives (an actual book's worth) about soy, but I'll let you read about it yourself.

So how did soy get such a good reputation if it has all these problems? Marketing. If you haven't figured it out by now, every industry--whether it's soy or corn or milk or sugar or toothpaste--has a team of scientists on its payroll cranking out studies on a regular basis that show how their product reduces cancer or helps you lose weight or makes you 25% more likely to live longer. Add to that a gullible Press eager to spread this wonderful new information to the masses, and what you get is a lot of scary misinformation.

Soy is big business these days. It's one of the largest monocrops in the U.S. and there's tons of money in it. For this reason, soy in some form or other has crept into just about every processed food product there is, either in the form of soy oil or soy protein isolate. Fortunately, as a classified allergen, products must be labeled "contains soy" if they have any soy in them at all. Although if you choose to avoid it, you may find yourself with nothing left to eat except real food (what a ghastly thought!)

If you're on the fence about the virtues of soy, this book is a must read. It is well-written and thoroughly researched. I guarantee you will become a label-reader once you learn the truth.

Julie says

the complete history of soy and everything you ever wanted to know about it. Fermented soy is good, regular is bad in a nutshell.

Jessica says

I'm giving up soy. You don't have to pile on any more evidence to convince me. I gave up high fructose corn syrup about 10 years ago, and it's one of the best things I did. Soy should be much easier. It's unfortunate that there is only one brand of chocolate I've found that's soy free. Anything this toxic shouldn't be available in almost every manufactured 'food' product. The book is well reasoned and researched. And like Gary Taubes,

she just gives you the evidence and allows you to draw your own conclusions. But one downside, the puns were just too much for me to stomach.

Christy says

I hope and pray that everyone is now learning how devastating eating soy in non-trational forms is. Traditional forms of soy are fermented soy sauce, natto, miso and tempeh. Period.

There are 41 pages of small print references to back up the mountain of horrific evidence presented in this book. Very thorough.

I taught a class based on this book at my chapter meeting and don't feel like waxing long in a review, but could if I really wanted to. Maybe sometime I will add to this.

My heart goes out to all those who have have their health ruined because of the corruption behind this "food." I pray recovery is swift for you.
