

NUTRITION NEWS & NOTES

Surprising Insights On Soy

(NAPSA)—Although soy is widely considered a “health food,” an increasing number of scientists, doctors and nutritionists have come to a different conclusion. In fact, some researchers say a diet high in soy could even be dangerous, especially for children.

Studies Link Soy To Disorders

Studies by the U.S Food and Drug Administration and scientific



Kaayla T. Daniel

journals such as *Critical Reviews in Food Science and Nutrition* and *The Journal of Nutrition*, among others, link soy and foods made with soy to malnutrition, digestive distress, thyroid damage, reproductive disorders, ADD/ADHD, even heart disease and cancer. In addition, increasing numbers of people are developing soy allergies.

Soy is now widely regarded as one of the top eight allergens and, in the *Journal of Allergy and Clinical Immunology*, some experts see it moving soon into the top four. There are many reasons for this, including the growing popularity of soy infant formula and the increased use of soy ingredients in nearly every packaged, processed and fast food. In addition, soy allergies increased 50 percent the year genetically modified soybeans entered the food supply.

International Warnings

What's more, the experts at the Israeli Health Ministry have warned that babies should not get soy formula, that children to age 18 should not eat soy foods or drink soy milk more than once a day or more than three times per week, and that adults should exercise caution because of adverse effects on fertility and increased breast cancer risk.



A diet high in soy could hold surprising danger, especially for children and women at risk for breast cancer.

The French Food Safety Agency (AFSSA) recently announced tough new regulations that will require manufacturers to remove the plant estrogens from soy infant formula and to put warning labels on packages of soy foods and soy milk alerting consumers of the dangers to children under 3, to those with thyroid disease and to women who have been diagnosed with—or have a family history of—breast cancer.

Intriguing Book Says Shun Soy

Helping Americans better understand those dangers is a new book, “The Whole Soy Story: The Dark Side of America’s Favorite Health Food” by Kaayla T. Daniel, Ph.D. (New Trends). In it, the author explains her belief that babies who receive soy formula, vegetarians who use soy as meat and dairy replacements, and adults who self-medicate with soy thinking it will prevent disease, are at special risk.

Where To Find It

The book is in bookstores and at www.amazon.com.