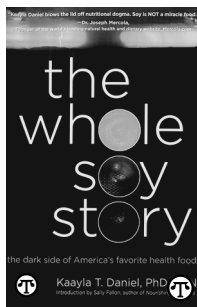




BOOK NEWS & NOTES

New Book Explodes The Myths About Soy

(NAPSA)—Is soy a miracle food or a hard-to-digest protein that has been linked to malnutrition, digestive distress, thyroid damage, reproductive disorders, ADD/ADHD, even heart disease and cancer?



Readers of a controversial new book will find a little less joy in eating soy. In “The Whole Soy Story” (New Trends, \$29.95), top nutritionist Kaayla T. Daniel, Ph.D., reveals:

- Soy is not a health food.

- Soy is not the answer to world hunger.
- Soy is not a panacea.
- Soy has not even been proven safe.

Hundreds of epidemiological, clinical and laboratory studies link soy to a number of health conditions. Most at risk are babies given soy formula, vegetarians who eat soy as their main source of protein, and adults self-medicating with soy foods and supplements.

Readers of Dr. Daniel’s book will discover the dark side of America’s favorite health food as she sheds light on the often contradictory evidence on soy and disease. Readers will learn why dozens of respected scientists have issued warnings

stating that the possible benefits of eating soy should be weighed against proven risks.

The book—a groundbreaking expose that reads like a detective story—has been endorsed by leading doctors and health experts, including Dr. Doris J. Rapp, Deborah Lynn Dadd, Dr. Kilmer McCully, Dr. Jonathan Wright and many others. Dr. Larry Dossey calls it “science writing at its best” and Dr. William Campbell Douglass praises it as “the most important nutritional book of the decade.” Learn:

- How much soy Asians really eat;
- The differences between old-fashioned and modern soy products;
- Why soy infant formula is a formula for disaster;
- How soy can cause infertility and loss of libido;
- The truth behind the FDA’s spurious soy/heart disease health claim;
- Whether you or your family is at special risk.

All fact and no fiction, “The Whole Soy Story” provides information that you need to determine which studies are valid, which justify hope, which are mere hype—and why.

The book is available wherever books are sold or by visiting www.wholesoystory.com.