

## ***Soy – the Abominable Bean***

*A terrible tale of corporate greed,  
bad science, regulatory misconduct...  
and how we've all been conned!*

To see, read and hear about it in most mainstream and 'alternative living' media you'd think that the ubiquitous soy bean and its derivatives are the most versatile, natural, heart-friendly, health-improving, fat-preventing, growth-promoting and generally loveable foods ever grown on our good earth. A simple, easily-cultivated bean which has been part of our diet since the dawn of civilization, promising health and vitality to the lactose-intolerant, the new-born, the aged, the menopausal, the frail, the athletic, the health-conscious and just about everyone else as well.

It's inexpensive, available everywhere, on its own or as a vital ingredient in thousands of other food products, such as our daily bread, cakes, confectionery, baby formula, milk and meat substitutes, breakfast cereal, sauces, snack foods, pasta; it forms the basis of non-stick cooking sprays. It is widely used in stock feeds and is in most pet foods. Doctors, farmers, nutritionists, athletes, respected companies whose household names have become part of our culture, government authorities – all make a point of telling us how safe and health-giving this wonder-food is for us. It's so good and harmless, they tell us, that it's often not even listed as an ingredient in many processed foods. And even when it is we don't mind; everyone knows it's safe. Our health watchdogs happily accept the assurances given by companies who produce and process it that it is 'GRAS' – Generally Regarded As Safe – so it must be.

Around the world, hundreds of millions of acres are devoted to its cultivation, providing a secure cash crop for millions of farmers who cheerfully pay a levy to the developers of their genetically-modified strains to help Monsanto Chemical Company and other huge companies make billions, while spreading the gospel that *'Soy is Good For You'*.



Too bad that for decades these same developers and corporations have known of and deliberately suppressed the evidence that prolonged ingestion of soy causes cancer and countless other life-threatening illnesses, destroys bone, creates havoc with the hormonal systems of humans and animals alike, represses the sex drive and, even if eliminated from our diets overnight, is so entrenched in the food chain and the bodies of everyone who has ever ingested it, that its adverse effects would still plague the health of generations yet unborn.

The truth behind the blatantly commercial integration of the *Abominable Bean* into the Western diet is a disturbing tale of fraud, corporate irresponsibility, greed, bad science, public and media manipulation, corruption, intimidation, political opportunism, suppression, legal manoeuvring, regulatory inaction and governmental incompetence which make the tobacco companies look like Good Guys.

Find that hard to believe? Maybe after you've been acquainted with some of the evidence for these assertions you'll share my outrage over the fact that not only is yet another proven life-endangering product allowed to be cultivated, manufactured and sold in the first place, but that in this case its producers and pushers have so successfully created their own mythology around it that government regulators and so-called health watchdogs have buckled under and given them virtual *carte blanche* to continue to misinform, confuse and poison not only those who are suckered into consuming their noxious products, but also everyone who is unknowingly obliged to partake of this toxic time bomb through its placement in all manner of basic foodstuffs and in the feed of animals and poultry destined for human consumption. Passive smoking is one thing; forced feeding quite another.

Since my interest in the promotion of safe natural alternatives to many of the manufactured elements of Western diets and medical treatment has become widely known, I now receive a daily influx of desperate pleas for help or accounts of terrible personal tragedies directly connected to the use of soy.

### ***Physiological Havoc***

And, yes, I do hear from a few people who tell me I've got it all wrong and send me reprints of magazine articles quoting 'solid scientific evidence' which 'proves' how wonderful and safe soy is for everyone, or assure me that "Sanitarium wouldn't sell it if it wasn't OK." It doesn't seem to have occurred to them, or maybe they don't care, that almost all this 'evidence' and the 'research' on which it is based has been published, and usually funded by, the very same corporations who are producing and selling the stuff. Or that they are perpetuating the 'everybody knows' urban myths so helpfully placed in appealing editorial features liberally scattered through the pages of mainstream media and, regrettably, repeated in many health-oriented and alternative lifestyle publications that should know better!



So, if you're one of those who feels bound to harangue me with the 'well-known fact' that Asian people have thrived on soy for centuries, hold on to your pen for a while and be prepared to learn just how wrong that particular 'Furphy' is. It's one of the most widely-believed 'scientific facts' touted by the proponents of soy – and one of the best examples of how successful they've been in brainwashing the public.

Far more distressing, and never mentioned in the producers' "solid scientific evidence" are the tales I hear, almost daily, from parents whose baby daughters have commenced menstruation, developed pubic hair, underarm odour and breasts from as young as four and five years of age. Or whose teenage sons are too embarrassed to shower with their mates because they have grown breasts of female proportions or because their genitalia haven't developed.

For example, following my appearance on the Australian Channel 7's *Sunrise* breakfast program in August 2002, our office was flooded with phone calls and e-mails backing my warnings on the dangers of soy. The most upsetting were from mothers whose children suffer from the usual soy symptoms, and by far the worst was the testimony of a shocked mother who described her son's tragic childhood. She had drunk copious amounts of soy milk during pregnancy – unknowingly poisoning her son with a female hormone. Then, because the oestrogen had damaged her reproductive system, she was unable to breastfeed and her baby received more oestrogen (the equivalent of five birth control pills each day) from the soy baby formula her doctor told her to use. Her son's genitalia did not develop, but his breasts did and he refused to go to school until he had had a double mastectomy. Unaware of the cause of their health problems, the family continued drinking soy milk and now, at 21, her son needs another double mastectomy, but they can't afford it.

The soy pushers, who know *exactly* what their products do, have ruined his life as well as those of millions of other unfortunates – but I bet they don't lose a wink of sleep over it!

True, such disasters do not befall *every* child who is fed soy. But neither are they rare, isolated or anecdotal instances. They are the documented, widespread, frequent and in many cases predictable results of hormonal imbalance caused by the assimilation of high levels of oestrogen. And where did the oestrogen come from? From the baby formula and soy drinks fed to these unfortunate offspring by their caring parents – often on professional medical advice. Presumably the same source of 'professional' advice that apparently sees no contradiction in recommending that the identical ingredient prescribed to menopausal women to manipulate their hormonal levels can be safely fed to men and newborn babies!

If you want to persuade your health professional, point him or her to this website: <http://vm.cfsan.fda.gov/~djw/pltx.cgi?QUERY=SOY>