

# Dangers of Soy, A Quick Summary

(( ( including organic ) ) )

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**Everyone has the right to know - of the existence of a vast database of published scientific studies, all concluding soy is an active hormone disruptor.** Hormone disruptors are well-known to be highly toxic to health. Exposure to these toxins is most dangerous during the developmental stages of the fetus, infant, & child. For best health, everyone deserves an opportunity to review the following fraction of the thousands of existing NIH PubMed or Toxnet studies, all revealing severe & sometimes irreversible soy phyto-toxic adverse effects.

Soy has not → does not → can not → Soy will not → prevent cancer

**Soy blocks vitamin, mineral, & protein absorption** ( Osteoporosis )

Soy damages the **Myelin Sheath** around the nerves, spinal cord and brain cells, **MS -- Alzheimer's and Parkinson's Disease**

Genistein and Diadzein in soy are proven to damage DNA and are also classified as Topoisomerase II-**poisons**

Soy causes cancer → Soy causes existing cancer cells to grow → Soy causes non-cancerous tumors to turn cancerous

**Omega-3 oils** → “**prevent**” cancer cells from growing ... .. **Soy is an Omega-6 oil**, these oils → “**cause**” cancer cells to grow

. <http://campaignfortruth.com/Eclub/100702/reducebreastcancerwithfishoil.htm> . 2002

. <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=898476> . 2002 Abstract

“Flax is the Omega-3 exception.” Flax reacts like an Omega-6 oil, because the ALA in Flax causes cancer cells to grow.

. <http://www.alsearsmd.com/2010/11/more-fake-food-do-not-fall-for-the-flaxseed-lie/> . 2010

. <http://www.ncbi.nlm.nih.gov/pubmed/15213050> ... 2004 Abstract, National Cancer Institute, (Harvard Med. School)

Soy is an endocrine disruptor ... suppresses the thyroid, weakens immune system ... can cause Liver disease ... ♥ **Heart** disease ... leukemia(IAL) ... subtle changes in sexually dimorphic behaviors ... Arthritis ... infertility/lower sex drive ... growth problems ... learning disabilities // Alzheimer's – Parkinson's Disease // M.S. -- from Brain & Nervous System damage ... Osteoporosis ... as well as ... chromosome fragmentation & errors in chromosome orientation ... **Cancer(s)** - breast, bone, uterine, liver, colon, pancreas, thyroid etc ... **DNA damage**. \*\*\* Soy is proven toxic & poisonous since 1907, & during Chou Dynasty - 1134-246 BC.

Feeding a baby soy infant formula is proven very risky to a child's health and can be considered as “**child abuse**” because of **Soy's multiple naturally toxic components**; Isoflavone endocrine disruptors: genistein, daidzein, equol, glycitein; and phytic acid, heavy metals, anti-nutrients. Soy naturally blocks proper function in the body of essential enzymes tyrosine & trypsin, which can lead to serious neurological damage, even DEATH. Giving a baby soy formula is estrogenic equivalent to 5 birth control pills/day. You may think you don't eat soy, but only in U.S. is it nearly impossible NOT to swallow it, as **soy is also used as fillers & binders** in nearly all packaged foods. Research proves - Pregnant women whose dietary intake includes soy transfers soy-contamination to her developing fetus. Also see “Why Babies Should Not Be Fed Soy” ... <http://www.westonaprice.org/soy-alert/why-babies-should-not-be-fed-soy> ... also see ... “Testimony to CERHR Soy Infant Formula Panel - 39 FDA Codes are Violated by Soy Isoflavones & Soy Anti-nutrients,” **Feb. 2010** ... <http://ntp.niehs.nih.gov/ntp/ohat/genistein-soy/SoyFormulaUpdt/pubcom/GailElbek11-28-09.pdf> .

**\*Remember ...** The life you save just might be the life of the one you ♥ **Love** the most.

## References

These scientific research Abstracts in the references listed below are found in **PubMed** ... <http://www.ncbi.nlm.nih.gov/> ... **NCBI - The National Center for Biotechnology Information**, the world's largest and best scientific database. All science abstracts in my research essays and others listed below, can be clicked on for immediate internet access. **PubMed** advances science and health by providing access to biomedical and genomic information. It comprises more than 23 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central publisher websites and serves the worldwide scientific community.

**US FDA's - Poisonous Plant Database** ... <http://www.accessdata.fda.gov/scripts/plantox/> .

197 -- Scientific Research Abstracts from 1907 to 2003 ... Type soy in Search Box

**You Must Know** ... <http://toxicstudylist.blogspot.ca/> ... **Toxic Study List for Soy**

185 -- Scientific Research Abstracts from 1986 to 2011

**Soy – Abundance of Health Hazards** ... <http://www.mayanmajix.com/soy01.html> ... ( update 2006 ), See pgs \*6-8, 12-17, 24, \*44,

230 -- Scientific Research Abstracts from 1907 to 2006 .

\*47, \*49, 60, \*62-67, \*122-126

**Soy - The Kiss of Death - for Cancer Patients -- & for The Ones You ♥ Love** . [http://www.mayanmajix.com/soy\\_kiss\\_death.pdf](http://www.mayanmajix.com/soy_kiss_death.pdf)

\* Explaining Why There is The Medical Necessity To Warn People About Dangers of Soy ... ( update 2011 ), Pgs 5-19,25-31,61-75

**Soy Risks for Breast Cancer, 2001**, by Jane Smith, MD ... <http://reliableanswers.com/med/soy2.asp> ... ( updated 2005 )

The Medical Science & Research -- “Similarity of Estrogenic Effects Compared to Human and Synthetic Estrogen”

Over 20 -- Scientific Research Abstracts and other documents ... 1932, 1964, 1998 to 2005