

A word from Dr. Braly:

My firm belief is that an extremely popular international food needs to be addressed briefly and unmercifully demythologized - the principle being it is a new food in the human diet. For that reason, it will bump heads against rather daunting genetic barriers. That is, it is capable of causing genetically predetermined diseases in tens of millions of unsuspecting people.

Soy - The Good and the Ugly

The Good

- ❖ Soy is Estrogen-Like

- ❖ Isoflavones May Help

- ❖ Fight Or Prevent:
 - Heart Disease (Lowers Cholesterol)
 - Osteoporosis
 - Prostate & Breast Cancers (Encourages Body To Break Down Estrogen Quicker)
 - Endometriosis
 - Other Diseases

The Ugly

- ❖ Soy May Speed

- ❖ Brain Cell Aging

- ❖ Soy May Dampen:
 - Thyroid Function
 - Soy Implicated Hypospadias of Newborns
 - Soy Considered Diabetogenic Food By Many
 - Soy Frequent Cause Of Deaths Associated With Anaphylaxis
 - Allergy To Soy - Up 150% Over Last 12-18 Months in Europe, US and Canada