

Despite its status as darling of the vegetarian "meat martyrs," soy is NOT a health food. In fact, it's neither healthy nor is it food, if your definition of that word includes some measure of actual nourishment. And it isn't merely worthless as a food, it's downright harmful. Hundreds of studies have linked soy proteins and derivatives to:

- Heart disease
- Cancer, especially of the breast
- Allergies and reduced immunity
- Thyroid dysfunction
- Malnutrition and digestive problems
- Nutrient deficiencies, including calcium (vital for the prevention of osteoporosis)
- Reproductive disorders, cognitive and mental decline, and more

And these are just the NATURAL side effects of soy foodstuffs. I shudder to think of how many other ills we're risking by ingesting the residues of the acid and alkaline baths, petroleum solvents, and God knows how many other hazardous chemicals involved in the manufacture of some of the most common soy variants...

These facts notwithstanding, soy byproducts and proteins have found their way into just about everything - usually in the place of truly healthy animal-based fats: Milk and milk substitutes, cheeses, yogurts, desserts, breakfast foods, and even many burger patties have some degree of soy content nowadays. In fact, it's estimated that 60% of the refined foods on store shelves and sold in fast-food joints have some kind of harmful soy protein in them.

And if those madcaps over at the Food and Drug Administration have it their way, the amount of soy Americans are consuming will likely double in the very near future. Why? Because they're about to allow the manufacturers of every Twinkie, breakfast cereal, veggie burger, energy bar, milk substitute, and every other doggone thing under the sun with harmful soy protein or byproduct in it to claim that it PREVENTS CANCER.

Yep, you read that right. Despite the findings of stacks of bona-fide research, the FDA is about to buckle yet again to the Big Food business (like it did with that Food Pyramid farce) and let them claim their soy- and sugar-saturated junk as the key to dodging cancer.

Absurd as the notion is, the FDA is about to give a big rubber stamp to refined-food makers that says "Prevents Cancer" on it. This, despite the fact that many toxicology texts list the plant estrogens found in soy protein products as CARCINOGENS. How can this happen, you ask? As usual, it's all about money. This move will mean billions in the pockets of American food makers, and who knows how many needless corpses in American morgues...

What really kills me is that the FDA doesn't think we're smart enough to see how shamelessly profit-driven this shenanigan is. Think about it: There are lots of safe, natural substances out there that REALLY DO prevent cancer. But does the FDA allow makers of these things to make that claim?

Of course not. The supplement and natural foods industries represent an insignificant source of income for the government next to the food business. Besides, people might stop taking those expensive drugs if they knew about the benefits of vitamins,

herbs, minerals, and truly healthy foods - that would mean less money in the Feds' pockets in taxes and drug application and approval fees. But since the food industry will flood the government with corporate tax revenues generated by the sale of soy-inclusive products, they get to claim these foods prevent cancer.