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The Whole Soy Story Dark

The Whole Soy Story is a devastating and authoritative indictment of the safety of soy foods and a "must read" for consumers who are under the misconception that soy foods promote health. Convincingly argued and extensively supported by the medical and scientific literature, it exposes the misleading propaganda of the soy industry in promoting the supposed benefits of this inferior food.

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Discover the dark side of America's favorite health food with top nutritionist Dr. Kaayla Daniel as she sheds light on the often contradictory evidence on soy and disease. The Whole Soy Story provides the research to determine which studies are valid, which justify hype and which don't, and why.

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The whole soy story : the dark side of America's favorite ...

The Whole Soy Story: The Dark Side of America's Favorite Health Food, New Trends Publishing, Washington, DC, 2005:30-2. For up-to-date data on soybean production, consumption, product sales and other industry news, see www.soyatech.com. 2. tinyurl.com/43gdx81 3. *ibid.* 4. tinyurl.com/6ccfnaj

Soy Has a Dark Side | Dr. Kaayla Daniel

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