

ADVANCE PRAISE FOR *THE WHOLE SOY STORY*

Anyone in America who is interested in safe, healthy nutrition must come to terms with Dr. Kaayla T. Daniel's *The Whole Soy Story*. This book is a gauntlet thrown at the feet of the soy industry, whose reputation often seems based as much on self-promotion as science. Well-written, authoritative and accessible to the layperson, this is science writing at its best.

Larry Dossey, MD
Author of *Healing Beyond the Body*,
Reinventing Medicine and *Healing Words*

This is the most important nutritional book of the decade. Every concerned American should read this brilliant and entertaining exposé. It goes a long way toward explaining some of the psychosocial perturbations that have alarmed and puzzled us.

William Campbell Douglass, II, MD
Author of *The Milk Book*
and editor of *Real Health Breakthroughs*

After being a vegetarian for nine years and eating a lot of soy, I went back to eating meat on the insistence of my doctor. I had become hypothyroid and I soon learned why. Once I started taking a thyroid supplement, I found the pills would become deactivated if I ate a soy protein bar at the same time. Soy is hardly a health food, and in the highly processed form used in most products, it's hardly natural, either. Bravo to Kaayla for digging up the whole story on soy and telling the truth.

Debra Lynn Dadd
Author of *Home Safe Home*
and ringmaster of greenring.biz

Kaayla Daniel exposes soy for what it is, a substance that, when processed, packaged and marketed by unscrupulous companies—not to mention overconsumed by the public—becomes a hormone-disrupting drug capable of causing a host of health problems, including thyroid conditions. In *The Whole Soy Story*, Kaayla Daniel dismantles the marketing mythology that sells soy as a health food, replacing it with the fascinating, well-researched and fully referenced truth about soy's very real health dangers.

Mary J. Shomon
Thyroid patient advocate, author of the bestselling
*Living Well With Hypothyroidism: What Your Doctor Doesn't
Tell You. . . That You Need to Know*,
and founder of the thyroid-info website www.thyroid-info.com

Dr. Kaayla Daniel brings bedazzled consumers to their senses with her dispassionate history and straightforward analysis of the science behind soy. She tells the whole soy story, the story that the public needs to hear, the story that will burst the soy bubble and turn modern seekers of good health towards real food again, foods that soy has attempted to usurp. She also brings us a

message of great urgency: the estrogenic compounds in soy are natural antifertility agents. Soy thus represents a threat not only to our health, but to that of future generations.

From the Introduction by Sally Fallon,
President, The Weston A. Price Foundation and
author of *Nourishing Traditions* and *Eat Fat Lose Fat*

Dr. Kaayla T. Daniel has provided the reader with a thoroughly comprehensive review and evaluation of the soy story. This is a “must read,” not only for intelligent and concerned consumers, but especially for their children and grandchildren.

Mary G. Enig, PhD, FACN, CNS
Author of *Know Your Fats: The Complete Primer for
Understanding the Nutrition of Fats, Oils, and Cholesterol*
and *Eat Fat, Lose Fat*

This is a book for anybody with an enquiring mind. It not only challenges commercially motivated lies, propaganda and platitudes about soy with pertinent facts, but it sweeps you along on a voyage of life-altering discovery. It reads like a detective story, but is one where you get to be the jury and judge.

Valerie James
Founder, Soy Online Service, www.soyonlineservice.co.nz

This book will open your eyes to the whole spectrum—and specter—of soy. Packed with powerful information that has seldom been mentioned outside of medical publications, this is a book you won't want to miss.

Howard Peiper, ND
Author of *The ADD and ADHD Diet*,
The Secrets of Staying Young and *Low Carb and Beyond*

There is a disturbing number of safety issues surrounding soy that have yet to be resolved. Dr. Kaayla Daniel begins an important dialogue.

Barbara Dossey, PhD, RN, HNC, FAAN
Director, Holistic Nursing Consultants, Santa Fe, NM,
and author of *Florence Nightingale: Mystic, Visionary, Healer*,
Holistic Nursing: A Handbook for Practice and Rituals of Healing

At last, a book that links soy to the epidemic of ADD/ADHD and other learning disabilities. Dr. Kaayla Daniel presents convincing evidence that soy phytoestrogens can adversely affect the brains of people of all ages and that infants on soy formula are also vulnerable to toxic levels of manganese. This is “must reading” for parents, educators and health professionals.

Samuel A. Berne, OD, FCOVD
Author of *Without Ritalin: A Natural Approach to ADD*

The Whole Soy Story is one of those books that comes along once in a generation to explode a widely held nutrition myth. When I worked with nutrition pioneer Dr. Hazel Parcells, I learned that soy was deeply suspect. Through meticulous research, Dr. Kaayla T. Daniel unmasks soy for the problematic substance it is. She writes in a familiar, nontechnical style but every statement is backed up with impressive support from solid nutrition studies. This is an important addition to the literature of nutrition. Knowing the facts about soy—"the whole story"—will impact your health enormously.

Joseph Dispenza
Author of *Live Better Longer: The Parcells*
Center Seven-Step Plan for Health and Longevity

Dr. Daniel's book contains everything you ever wanted to know about soy and much, much more and will make you wonder just why our nation, our bodies and our children are not being properly protected. Soy is just one more example of risks to the public that far outweigh the greedy benefits derived by big business and politicians. It is another serious wake-up call.

Doris J. Rapp, MD
Author of *Our Toxic World, A Wake Up Call: How Chemicals Damage Our Bodies, Brains, Behavior and Sex.* www.drrapp.com

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.

Kilmer McCully, MD
Author of *The Homocysteine Revolution*
and *The Heart Revolution*

Since I began teaching Fertility Awareness (a natural method for preventing or achieving pregnancy), I've noticed numerous menstrual irregularities among my students including anovulation, thyroid problems and progesterone deficiency. These women are in their teens, twenties and thirties; many of them have eaten low-fat diets that contain soy products since they were children. And many of them have found that eliminating soy from their diet strengthens their gynecological health. *The Whole Soy Story* explains the hazardous link between soy products and menstrual health. For anyone who cares about their own fertility and that of their children, I highly recommend Kaayla Daniel's brilliant, essential book.

Katie Singer
Author of *The Garden of Fertility: A Guide to Charting Your Fertility Signals to Prevent or Achieve Pregnancy – Naturally – and to Gauge Reproductive Health*

A powerful and frightening look into the dangers of soy, this superbly researched and thoroughly footnoted book by Kaayla Daniel carefully peels away the pseudo-science that shrouds the soy

industry and reveals the truth behind its drive to create a soy nation. Daniel predicts that the medical community will see an even greater increase in such health anomalies as precocious puberty; infertility in both men and women, learning disorders, heavy metal toxicities and hormonal disruption in the new generation of children raised on soy infant formula. A great deal of damage has already been done by the soy industry touting their product as a universal panacea. This book is an imperative read for all people, and especially those intending to have children.

T.S. Wiley

Author of *Sex, Lies and Menopause: The Shocking Truth about Hormone Replacement Therapy*

This is a well-written book, richly referenced with data showing the problems with soy formula from growth to thyroid disease. In this country, more than 25 percent of formula-fed infants are given soy. It is not possible that so many infants are allergic to cow's milk formula. Rather, the use of soy formula is the direct result of clever marketing campaigns. It is tragic that as soon as the infant food industry produces a new product for so-called sick infants, it immediately mass-produces the product and uses doctors to get their product widely used. Soy formula should only be available on prescription. I hope this book will reach mothers so they can make informed decisions and not follow the profit-motivated recommendations of drug company salespersons to doctors.

Naomi Baumslag, MD, MPH

Author of *Milk, Money and Madness, Mother and Child Health and Passport to Life*

Our bodies are simply not designed or adapted to safely use and metabolize more than very small quantities of any food, including soy, which is not part of the original human diet. In *The Whole Soy Story*, Kaayla Daniel ably explains the science showing that for the best long-term health, we should consume soy and soy products sparingly, if at all.

Jonathan V. Wright, MD

Medical Director, The Tahoma Clinic, Renton, WA

Women should be more afraid of the marketing of soy products than of using low-dose bio-identical hormones. Kaayla Daniel does a thorough job in presenting the risk factors associated with high-dose supplements and soy food products. No woman should take this book lightly, especially if she is interested in maintaining her health.

Larrian Gillespie, MD

Author of *The Menopause Diet, The Goddess Diet and The Gladiator Diet*