



# The Whole Soy Story: The Dark Side of America's Favorite Health Food

*Kaayla T. Daniel*

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**The Whole Soy Story: The Dark Side of America's Favorite Health Food** Kaayla T. Daniel

A groundbreaking expose that tells the truth about soy that scientists know but that the soy industry has tried to suppress. Soy is not a health food, does not prevent disease and has not even been proven safe. Epidemiological, clinical and laboratory studies link soy to malnutrition, digestive problems, thyroid dysfunction, cognitive decline, reproductive disorders, even heart disease and cancer.

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