



Aimee's Fast Facts, No. 1: "Soy Sucks"

The purpose of food is to provide our bodies fuel to function. In Chinese Medicine theory, proper nourishment – food that contributes to our daily energy, overall state of health and longevity – comes from eating naturally occurring, fresh foods: foods that are as close to their natural state as possible (like an organic apple or broccoli stalk).

My advice: Don't eat soy products. Surprised? Let me tell you why. Soy products on the whole are processed and toxic. Eating soy can give you osteoporosis, horrible gas, zero energy and hypothyroidism. It's also one of the most common food allergens. Ladies, eating soy may make your period irregular and compromise your ability to get pregnant.

What vegan-preaching soy supporters have neglected to tell you is that most soy products on the market are made from overly processed and more than likely genetically modified soybeans that have the nutritional equivalent of plastic.

Bring This With You to the Grocery Store:

Common names for processed soy derivatives you need to avoid:

Hydrolyzed Soy Protein
Hydrolyzed Vegetable Protein
Soy Flour
Soy Oil (also look for Vegetable Oil – most is actually soy oil)
Soy Lecithin (GMO especially)
Soy Protein Isolates (SPI)
Textured Vegetable Protein (TVP)

Learn more at:

www.AimeeRaupp.com