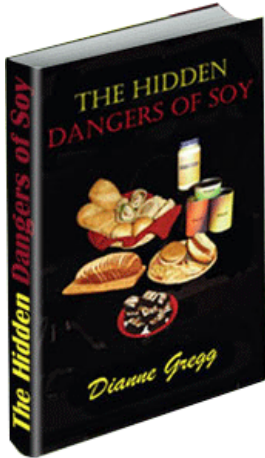


Dianne Gregg - Media Page



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Media Release/ Intro:

Dianne Gregg is the author of *The Hidden Dangers of Soy*. Dianne wrote this book after nearly dying because of soy.

SOY MAY BE KILLING YOU...and you don't even know it!

Most people believe that soy is healthy. But, with obesity, thyroid problems, osteoporosis, and many health problems on the rise, you may want to reconsider.

In this interview you learn:

- WHY removing soy from your diet can eliminate nausea, bloating, weight gain, and the increase of tumors in cancer survivors.
- WHY you should stop feeding infants soy formula that can disrupt reproduction development, and reduce allergy risks.
- THAT 60% of the foods on the grocery store shelves contain some form of soy. Know what to look for when it's not listed on the label.
- THAT soy can cause thyroid damage, infertility, menstrual problems, hair loss, digestive problems, early puberty in girls, and breast in boys.

Sample Questions:

1. How did you discover your soy allergy?
2. Which of the soy food products on the market would you say are the worst?

3. Many American's are convinced that soy is the "cure-all" for menopause symptoms, osteoporosis, cancer, and heart disease. What would you say to the large group who still believe soy is a health food?
4. What prompted the industry to incorporate soy into so many products?
5. Are there some types of soy that are acceptable?
6. With soy being added to so many U.S. food products, what advice do you have for consumers who are looking to avoid soy, but don't know where to start?
7. How long did it take you to notice the difference in your health?
8. You say in *The Hidden Dangers of Soy* that soy has not been proven safe and more studies need to be done because we are the guinea pigs. What are some of the most serious side effects that can result from consuming soy?
9. How is *The Hidden Dangers of Soy* being received by your readers?
10. How has this soy allergy affected your life?

Extro:

To learn more about why we should eliminate soy and instantly receive soy-free recipes, newsletters, and food alerts contact Dianne Gregg at her website www.hiddensoy.com

Detailed Bio:

Dianne Gregg, author of *The Hidden Dangers of Soy* decided to write this book after developing a severe allergy to soy that nearly killed her. She learned the truth behind this supposed health food. "The Hidden Dangers of Soy" is the culmination of her efforts to educate others on the issue in hopes more will avoid soy's underreported—yet widely researched—negative health impacts. She has appeared on numerous radio shows and seen on CBS4 (Miami).

Listen to Dianne on the radio Tuesdays, 4-5pm EST where she interviews experts and authors in the health and wellness industry.

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