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After Soy Nearly Killed Her, Woman Pens Book Warning Others about Dangers of Supposed Health Food

Author Dianne Gregg issues an eye-opening rebuke of the purported health benefits of soy in “The Hidden Dangers of Soy,” a must read for anyone concerned about their health.

Colorado and Atlanta, GA – It’s been hailed as a “super food,” with benefits touted for such medical maladies as heart disease, cancer, hot flashes, and osteoporosis. But a new book from author Dianne Gregg is throwing cold water onto the conventional thinking about soy—and serves as a wake-up call for anyone who’s concerned about what they’re putting in their body.

“The Hidden Dangers of Soy,” just released by Outskirts Press and now available through the author’s Web site at <http://www.hiddensoy.com>, presents shocking information about the possible side-effects of soy, which Gregg shows is more poison than health food in its Western incarnation.

The book chronicles Gregg’s heroic personal journey to unravel a series of mysterious health maladies that culminated with a life-threatening hospital episode in 2003. While the doctors remained puzzled with her symptoms, Gregg began to suspect her supplementation of soy—a regimen she had begun at the behest of received wisdom about the food’s many advantages. She began to eliminate soy from her diet. And, miraculously, her condition improved.

The realization that Gregg had developed a soy allergy sparked a long-term research effort looking into soy, with Gregg scrutinizing the proof behind many of the soy boosters’ claims. What she found was a bombshell: far from a “super food,” there is substantial evidence showing soy could actually cause a host of health woes, including early puberty, infertility, thyroid disease, increase of tumors in cancer survivors, and osteoporosis. And the dangers are not limited to those with an existing soy allergy.

Gregg discovered peer-reviewed research shows a variety of factors unique to soy that could be to blame. Among them: Several naturally occurring compounds that are toxic to humans and animals are present in soy. Called “anti-nutrients,” these toxins prevent the body from fully breaking down nutrients and target specific organs, cells and enzyme pathways. The governments of Britain and New Zealand were concerned enough about soy to issue official guidelines discouraging parents from using soy formula unless recommended by a doctor.

In this heavily sourced yet eminently readable book, readers will also learn:

-- What peer-reviewed, published studies *really* say about soy’s supposed and much ballyhooed “benefits.”

-- The aliases by which soy is known on ingredient lists, and the hidden financial basis for its ubiquity in the food industry.

-- Research showing why parents should stop feeding infants soy formula, which can disrupt reproductive development and increase allergy risks.

-- Alternative ingredients and soy-free recipes that taste great.

-- Compelling testimonies from others affected by soy—and how they kept it out of their lives.

A must read for anyone concerned about their health, “The Hidden Dangers of Soy” is now available through Ingram, Baker & Taylor, Amazon.com, barnesandnoble.com, and the online bookstore of Outskirts Press, at outskirtspress.com/store.php.

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About the Author: After developing a severe allergy to soy that nearly killed her, Dianne Gregg 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. Gregg is also an award-winning commercial photographer, whose work has been heralded by major publications, including *The Atlanta Journal-Constitution*. She lives in the Atlanta area with her family.

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