Dr. Kaayla T. Daniel
AVAILABLE FOR INTERVIEW

Because it’s time to learn the truth about soy that scientists know, that you need to know and the food industry has tried to suppress . . . .

“Kaayla Daniel blows the lid off nutritional dogma. Soy is NOT a miracle food.”
—Dr. Joseph Mercola,
Founder of the world’s leading natural health and dietary website, Mercola.com

“Anyone in America who is interested in safe, healthy nutrition must first 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 lay person, this is science writing at its best.”

-- Larry Dossey, M.D.
Author of Healing Beyond the Body, Reinventing Medicine and Healing Words
Top nutritionist Kaayla T. Daniel, PhD, CCN tells your audience the truth about soy that scientists know, that you need to know, and that the soy industry has tried to suppress.

- Soy is not a health food
- Soy is not the answer to world hunger
- Soy is not a panacea
- Soy has not even been proven safe.

Hundreds of epidemiological, clinical and laboratory studies link soy to malnutrition, digestive problems, thyroid dysfunction, cognitive decline, ADD/ADHD, reproductive disorders, even heart disease and cancer. Most at risk are babies given soy formula, vegetarians who eat soy as their main source of protein and adults self medicating with soy foods and supplements. Dozens of respected scientists have issued warnings stating that the possible benefits of eating soy should be weighed against proven risks.

Dr. Kaayla Daniel has the facts your audience needs to determine which studies are valid, which justify hope, which are mere hype – and why.

CONTACT:
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Kaayla T. Daniel, PhD, CCN is The Naughty Nutritionist™ because of her ability to outrageously and humorously debunk nutritional myths. She earned her PhD in Nutritional Sciences and Anti-Aging Therapies from the Union Institute and University in Cincinnati, is certified as a clinical nutritionist (CCN) by the International and American Association of Clinical Nutritionists in Dallas, and serves on the Boards of Directors of the Weston A. Price Foundation and Farm-to-Consumer Legal Defense Fund. In 2005, Dr. Daniel received the Weston A. Price Foundation's Integrity in Science Award.

Dr. Daniel’s book The Whole Soy Story: The Dark Side of America’s Favorite Health Food, has been endorsed by leading health experts, including Drs Russell Blaylock, Larry Dossey, Nicholas Gonzalez, Joseph Mercola, Kilmer McCully, Doris J. Rapp and Jonathan Wright.

Dr. Daniel has been “media trained” by Joel Roberts in Los Angeles, and has been a guest on the Dr. Oz Show, NPR’s People’s Pharmacy, ABC’s View from the Bay, and Discovery Channel’s Medical Hotseat. She has been quoted heavily in the media, including Washington Post, San Francisco Chronicle, London Observer, London Guardian, Toronto Globe & Mail, Vancouver Sun, Bon Appetit, Alternative Medicine, Townsend Letter, Mat und Helse (Norway), Men’s Health, E, Glamour, First for Women, Woman’s World, Utne Reader, EnergyTimes and other publications. Online, she has been featured prominently as an “Inner Circle” expert on www.mercola.com, the world’s leading dietary and natural health website. Dr Daniel has also spoken at numerous professional conferences, including BoulderFest, Wise Traditions and the National Association of Nutritional Professionals (NANP).

Based in Albuquerque, NM, Dr. Daniel is a nutritionist in private practice, the mother of two children, and enjoys playing the organ, ballroom dancing, firewalking, hiking and yoga.
1. How can you say that soy is NOT a health food?

2. Didn’t the FDA carefully look at the evidence before approving a soy/ heart disease health claim?

3. Is there any evidence that soy causes heart disease, and that the FDA will soon retract the soy/heart health claim?

4. Is it true that you filed 3 protests with the FDA, stopped a soy–prevents–cancer health claim and cost the soy industry $4 billion?

5. Don’t Asians eat lots of soy and therefore have lower cancer rates?

6. Might soy be useful as a pharmaceutical drug?

7. What people are most at risk from eating soy?

8. Does soy formula cause attention deficit disorder? Is that why you testified before the California Public Safety Committee to make it illegal except by prescription?

9. Why have the Israeli Health Ministry, French Food Agency and German Institute of Risk Assessment all issued strong warnings against soy formula and soy foods?

10. How can soy infant formula be so dangerous? Didn’t JAMA publish a study back in 2001 proving it was safe?

11. Couldn’t soy at least be good for midlife women? Isn’t it an all-natural hormone replacement therapy that stops hot flashes and prevents osteoporosis?

12. Is soy contributing to America’s epidemic of hypothyroidism?

13. Is that a true rumor about soy dampening the libido?
EXPOSING THE TRUTH ABOUT SOY
THE CONTROVERSIES

The Whole Soy Story
The Dark Side of America’s Favorite Health Food

Is soy the miracle food for the new millennium or is it a hard-to-digest protein that has been linked to malnutrition, digestive distress, thyroid dysfunction, cognitive decline, infertility, birth defects, reproductive disorders, immune system breakdown, even heart disease and cancer? Learn the whole soy story, the true soy story, including:

- How much soy Asians really eat
- The differences between old-fashioned and modern soy products
- Why the Israeli Health Ministry has issued warnings and the French Food Agency will soon require warning labels
- Why top scientists warn that the possible benefits of soy are outweighed by proven risks
- Which populations are at special risk.

Birth Control for Babies
Why Soy Infant Formula is a Formula for Disaster

It’s alarming but true that parents who feed their infants soy formula are unwittingly giving them hormonal equivalent of three to five birth control pills per day. The figures come from the Swiss Federal Health Service, and the Israeli Health Ministry, French Food Agency and British Dietetic Association have also warned against the use of soy formula. Learn why soy formula has been linked to:

- Premature puberty in girls
- Delayed puberty in boys
- Feminization of boys, including gynecomastia
- Lifelong thyroid and reproductive system problems
- Attention deficit and hyperactivity disorder.
**Sex and the Soybean**

*Why “Real” Men and Women Don’t Eat Soy*

Did you know that tofu was traditionally used in Buddhist monasteries to help monks maintain their vows of celibacy? That in Japan, women take revenge on unfaithful spouses by increasing the amount of soy in their diets? It’s a scientific fact that when soy consumption goes up, the naughty behavior goes down! Dr. Kaayla Daniel will discuss:

- How the plant estrogens in soy interfere with testosterone production, reducing the sex drive of men – and women.
- How soy foods contribute to thyroid damage, and low energy.
- The link between soy foods, reproductive system damage, infertility and birth defects.
- How soy can cause vulvodynia, a painful condition that makes sex difficult if not impossible for women.
- Why the Israeli Health Ministry warns that soy should not be on the menu for couples who want to “be fruitful and multiply.”
- Why soy is the answer for politicians with the zipper problem.
- Top foods to increase your libido.

**Soy and Cancer**

*High Hopes and Hype*

Soy protein and soy isoflavone supplements are heavily promoted as “miracle cures” for cancer. With cancer rates at an all-time high and cancer the second leading cause of death in the United States, the idea that a simple natural food could save lives sounds like very good news indeed. Dr. Daniel will reveal:

- Why the studies on soy and cancer are inconsistent and contradictory.
- How soy can contribute to, cause or accelerate the growth of cancer.
- The shocking fact that soy isoflavones are listed as carcinogens in chemistry textbooks.
- How modern soy processing methods create nitrosamines and other carcinogens.
- Why the Israeli Health Ministry, French Food Agency and Cornell University's Center for Breast Cancer and Environmental Risk Factors have all warned that soy poses risks for women who’ve been diagnosed with or have a family history of breast cancer.
**The Sound of Soy**  
The Flatulence Factor

Soy is an incomparable gas producer, the King of Musical Fruits. Vegetarians and other heavy soy-food eaters experience so much abdominal bloating, rumbling and flatus that soy is the butt of a great deal of bathroom humor. Even the soy industry has conceded that the “flatulence factor” must be overcome if Americans are ever going to enjoy soy. Learn all about:

- Tests on rats, dogs, college students and other animals
- Containment devices such as “gas tight pantaloons” and odor-absorbing cushions and panties
- Fraternity house recipes for maximum gas production
- How the soy industry is trying to give status to flatus.

**Shortening Life**  
The Dangers of Soy Oil, Hydrogenation and Trans Fats

The National Academy of Science’s Institute of Medicine concluded recently that the only safe level of *trans* fat is zero, and that people should consume as little trans fat as possible. As of January 2006, the FDA required *trans* fatty acid content to be listed on food labels. Learn:

- Why soy oil is usually hydrogenated and is favored for the manufacture of margarines and shortenings
- What foods are likely to contain *trans* fats and how much *trans* fats Americans really eat
- How the vegetable oil industry tarnished the image of natural saturated fats such as coconut oil
- The link between hydrogenated oils and heart disease, cancer, obesity, diabetes, immune disorders birth defects, infertility vision problems, allergies, attention deficit and hyperactivity disorders and senility
Full of Beans
The Promotion of Soy

A few decades ago soy foods were thought of as “hippie foods” or “poverty foods.” So how, then, did soy foods turn into an upscale “health food” with sales rocketing from $800 million in 1992 to $4 billion today? Learn:

- How top-gun marketers revamped the lowly soybean’s image
- Why the soy dreams of Hitler, Mussolini, Henry Ford and others are coming true
- How the collusion of the FDA and the soy industry led to a soy protein health claim that doubled soy consumption in the United States
- How soy industry dollars have corrupted scientific research.

ADDiing It Up
Soy Formula + Manganese Toxicity = Attention Deficit Disorder + Crime

Infants on soy formula take in 50 to 80 times more manganese per day than infants who are breastfed or given cow’s milk formula. This can adversely affect the developing brain and nervous system, leading to learning disabilities, attention deficit and other behavioral disorders and even violent tendencies. Dr. Daniel discusses:

- Why the essential mineral manganese is toxic in excess for infants
- Why the California Public Safety Committee may make soy infant formula illegal for babies under 6 months of age except by prescription
- How soy formula is contributing to the epidemic of ADD/ADHD and other behavioral disorders and learning disabilities
- Why soy formula may hold the answer to a lot of crime.
**Soy Allergies**
The Soy–Free Challenge

In just a few short decades, soy has become one the top eight allergens, and many experts believe it will soon be in the top four. Soy appears in more than 60 percent of foods in the marketplace and nearly 100 percent of fast foods. The threat is so serious that Food Allergy Initiative Group succeeded in passing legislation that now requires manufacturers to clearly state on the label whether a product contains soy. Learn:

- Why soy allergies are on the increase
- Why GM “Frankensoy” beans are more allergenic than conventional and organic soybeans
- Where the soys are . . . and how to avoid them.
- The little known soy/peanut allergy connection
- Who is most at risk
- How parents can protect children who are at risk.

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**Soy and Heart Disease**
The Heart of the Matter

The 1999 FDA soy–prevents–heart–disease health claim catapulted soy sales from under a billion dollars a year in 1999 to more than $4 billion just a few years later. Don’t bypass the opportunity to learn:

- Why the American Heart Association and the European Food Safety Authority agree there is no basis for this health claim.
- Why soy does not lower cholesterol reliably or consistently
- Why vegetarian and high-soy diets may raise homocysteine levels
- How soy can cause or contribute to heart arrhythmias and cardiomyopathy.

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