

I can understand where your friend is coming from with her concerns as there remains quite a bit of controversy behind the soy issue. However, in doing my own due diligence in searching for my own truth, below is what I have found. I might also add that I no longer have any thyroid issues and take no medications and do use the Complete mix 5 days/week. In my opinion, hypothyroidism and the avoidance of "goitrogenic" foods is the least of an individual's concerns.....we should be focusing on all the other dietary and lifestyle choices we make that lead to hypothyroidism. ☺

Soy does have goitrogenic (a substance that induces formation of a goiter) compounds that tend to bind iodine, and may lead to hypothyroidism...this is what some of the anti-soy people are touting to get people not to consume soy. However, the research is showing that it takes very large doses of isoflavones to send your thyroid into shutdown by blocking thyroid peroxidase enzymes and stimulating anti-thyroid antibodies. Complete has only 24 mg of isoflavones; but due to this controversy, I choose not to mix mine in soy milk but rather water, juice, almond or rice milk. The American Foundation of Thyroid Patients has reviewed the current medical literature on soy and thyroid health and now recommends Soy for all members.

Three recent, well-designed human studies have shown that soy protein does not harm thyroid function. Another recent study concludes that high soy food consumption is associated with a reduced risk of thyroid cancer. Researchers concluded, "Our findings suggest that thyroid cancer prevention via dietary modification of soy and/or phytoestrogen intake in other forms may be possible but warrants further research at this time." The FDA has also rejected claims that soy adversely affects the thyroid due to lack of evidence. In Asian countries, where consumption of soy is 10 to 100 times higher than in America, no higher occurrence of hypothyroidism occurs.

If you are taking thyroid medication, simply monitor your levels as normal with your own physician. I suggest that thyroid medications be taken at a different time of the day than soy foods to maximize absorption of the medication. Hypothyroidism is very common among women due to aging, therefore your physician should check your thyroid yearly regardless of your diet. About 10% of American women have undiagnosed hypothyroidism.

No upper limit of soy protein or soy isoflavone toxicity levels has been determined for humans. Asian cultures have consumed soy heavily for thousands of years without any documented adverse effects. In fact, Asian countries have some of the lowest rates of cardiovascular disease and cancers in the world.

Based on animal data, one wouldn't be able to eat enough soy protein to cause any harm. However, I do not recommend use of soy isoflavone pills because little is known about their safety, and it is possible to consume 1000's milligrams of soy isoflavones per day with pills (and in my opinion, this is way too much). In summary, **based on new human studies, soy protein is not only safe for the thyroid, but may promote healthy thyroid tissues.** The FDA, American Heart Association, and leading health experts recommend that Americans eat more soy protein to lower their cholesterol, protect their hearts, and reduce menopausal symptoms. New research shows that eating soy is associated with stronger bones, reduced menstrual disturbances like PMS, and improved breast, endometrial, colon and prostate health. Studies also show soy helps you lose weight by blocking storage of fat.

I wish your friend well in her journey to Improving Health Naturally,
Carol Watson RN, ND