



Subscribe to the FREE Daily Newsletter. Enter e-mail [input] [SUBSCRIBE]



with a twist™



- lime.com | tv | radio | mobile | podcasts | community | shop | local

- FOOD | HEALTH | GREEN HOME | BALANCE | PLANET | LIVE THE CHANGE

INFLAMMATION IS SWELL.

TRUE FALSE

newchapter.com

Home » Blogs

# The Green-Eyed Momster

Worried about Soy? Posted by Belinda Miller on January 22, 2008 - 11:16am.

Print Comment E-mail

My four year old daughter Georgia and I were at a play date when she was offered some milk. She accepted, and swigged a big gulp. She made a face, glared at the offending Mommy, and asked accusingly, "Is this COW milk? I don't LIKE cow milk!" Now, when someone asks her if she wants milk, she politely — if warily — asks, "Is it cow milk or soy milk?" I have to explain that she isn't lactose intolerant — just generally intolerant!



Georgia has been drinking soy milk since she was weaned off breast milk at around two years old. I gave it to her because it's what we always had around the house, and she was old enough that I wasn't worried about allergies. I had switched to soymilk long before she was born, when, after years of drinking gallons of milk, I started feeling mistrustful of my cool, white, liquid friend. I started learning about bovine growth hormone and Monsanto, and, all of a sudden, milk just didn't feel so wholesome. Since then, I'll use a little RBST-free cow's milk for coffee and tea and cooking now and again, but I just can't enjoy a tall glass the way I used to. We tried Georgia on cow milk from time to time, but she never took to it the way she liked the soy. I trusted that she was getting the same amount of calcium, if more added (not naturally occurring) sugar, and didn't really think much else about it.

Until last week, when my pal "The Doctor-to-Be" told me she wasn't giving her one year old soy milk — not because of allergies, but because her pediatrician had concerns about soy being an estrogen mimic. Naturally, I started to worry, and scurried to do some research. Thanks to the wonders of the Internet, the first story I stumbled across was an alarming exposé: the Dark Side of America's Favorite Health Food. Laden with conspiracy, hidden agendas and accusations lobbed at "soy apologists," it made for a harrowing read. I was horrified — how could I be so stupid? Why didn't I know any of this? Due to phytoestrogens, soy might make Georgia start menstruating sooner, and if she were a boy it could lower her sperm count. The calcium in soy milk might not be absorbed as well as dairy, so her bones could be withering away. Her thyroid could be completely out of whack.

But wait a minute! I gathered my senses, remembering how quick I am to worry when Georgia's health is at stake. That's why I spend 300% more on organic chicken! So while I am of the belief that we Americans are in the bad habit of championing a new nutritious ingredient only to immediately turn around and try to make some sort of salty, fried snack out of it, soy probably isn't the demon I was ready to believe it might be. Though the "Dark Side" article did give me pause, several other dependable folks relieved my mind, including Dr. Weil, my reliable source for evenhanded information (haughtily disparaged in the Dark Side article). After absorbing their more trusted advice, I don't think soy is a ticking time bomb that will affect Georgia's fertility, and I trust her bones are growing fine. (If you read the anti-soy article, make sure you go to the responses section, where many of the author's facts are disputed.) I know from past anxiety-driven Internet searches that the web is full of articles to support my worst fears. But I try to balance those fears with instinct, and the feedback of reputable sources, doing my best to feed my family a varied, healthful diet that fits in with my environmental concerns, without getting too nuts.

My verdict? I think we can continue to enjoy our soy hot chocolate (fair trade, yum!) and tofu (well, enjoy might be too strong a word for tofu) without worry.



Topics: Food healthy diet parenting soy The Green-Eyed Momster

monthly yogadvd.com Bringing you the world's best yoga teachers in the comfort of your own home.

Thank you for this by Maya622 on January 23, 2008 - 1:59pm I've been a vegetarian for almost ten years now, and I recently started reading bad things about soy as well. I agree that a healthy, balanced diet is the best way to eat, and I can't wait to pass this along to my soy-skeptical roommate.

Login or register to post comments



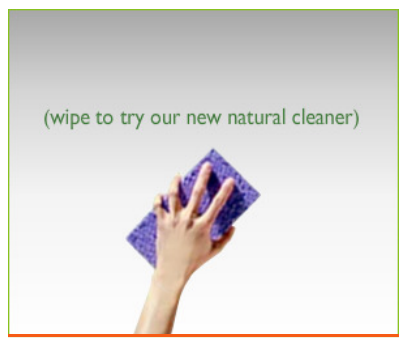
Search articles, videos and members [input] [SEARCH]

LIME.com The LIME Network

### USER LOGIN

[input] [input] [Log in] [Remember Me] [Request new password]

JOIN LIME NOW It's free



### TODAY'S MOST POPULAR

- LIME Video Highlights
Need a mid-day escape?
Meditation Room
Cleanse Crazy
Alchemistas of Clean
Kombucha-Yourself
Stay Tuned... LIME Radio becomes LIME Podcasts
Garbage In, Art Out
03\_10\_08
LIME Podcast Guide

### MEET NEW PEOPLE



Terra Morena (View Profile)
Interests: i love Grigori, healthy perspectives, good food, holistic living, ethnic jewelry, mexico, morocco, africa, african diaspora, Fellini the puppy, healthy cooking, holistic health, art, massage therapy, alternative medicine, weight management, imagination, innovation, authenticity, organic produce, herbs, ethnic culture, moving the body, exercise, artisans, juicing, bikram, consciousness, the spirit world, reiki, chakras, auras, colors, nutrition, green, hiking, the beach, water, women, children, men, chocolate, world music, ethnic music, spirituality
Inspiration: My mother, the spirit world, love, family, the Dalai Lama, Virgin Mary, people of the world who aren't "plugged in" and who live happy, fulfilled lives without the use of digital technology...the women of the world who rise up against injustices against women and children-in the name of humanity...

More new members | Create your profile

### TOP TOPICS

- Rodney Yee Deepak Chopra exercise fitness
organic health yoga nutrition Ditch
It! planet meditation Green Holiday Stuff
We Like global warming Videos food
Natural Beauty & Fashion Reduce, Reuse, Remodel
Live the Change balance
more topics

**know yourself**

by [lorylean](#) on January 23, 2008 - 4:02pm

The main thing I have learned about soy; and all other foods, actually- is that you have to know your own body and whether how it makes you feel is right for you. I cannot tolerate soy products in the least, but some of my children like them, and my mother in law couldn't live without her soy milk. Another main consideration is moderation. We tend to be an all-or-nothing society, when the reality is that most things are ok for us if we don't overindulge. I don't use or eat chemicals, preservatives, artificial anything or processed sugars, but if I am out, or someone offers me something, chances are I'm going to get some. Just living exposes all of us to undesirable elements, so we have to do what we can or feel we should, and continue to live full and active lives. I don't stress over every little element, but I am scrupulous where I can control my environment, and my children and I have benefitted greatly in our health and well being because of it. Educate yourself, make choices, and then follow through, but be willing to keep learning and refining!



[Login](#) or [register](#) to post comments

**Cat killer!**

by [NewGirl](#) on January 23, 2008 - 4:20pm

Did you read the last response (click on responses in the article above) from the woman who thinks soy is dangerous because it killed her feral cats' kittens or made the cats ill? Umm...how about the fact that cats shouldn't eat soy! Or dog food for that matter.... No matter what the issue, you can always find "studies" that support or dispute pretty much anything. I think common sense is the most important issue when deciding what to feed your family and what not to. And also don't automatically believe everything you read on the internet! Thanks for the article!



[Login](#) or [register](#) to post comments

**Moderation, yes!**

by [BelindaMom](#) on January 23, 2008 - 6:47pm

I agree, moderation is key. There are a lot of processed soy junk foods out there, just because it's soy doesn't make it beneficial! And yeah, feeding the cats soy dog food and then blaming soy when the cats die?! That was quite a letter. Thanks for your comments.



[Login](#) or [register](#) to post comments

**Organic soy**


by [cbsunshine](#) on January 24, 2008 - 4:22pm

There is a dark side of soy - conventional soy is most likely a GMO and that is what is in almost everything packaged. There is [organic](#) soy like in Silk soy milk that our family uses. Just because it says soy does not make it so- Not all soy is created equal :) Check out the report on GMO's I did last month. [www.SunshineOrganics.net](http://www.SunshineOrganics.net)



Namaste.

[Login](#) or [register](#) to post comments

|   |  |   |   |  |
|---|--|---|---|--|
| <p><b>ARCHIVES</b><br/> <a href="#">Videos</a><br/> <a href="#">Articles</a><br/> <a href="#">Blogs</a><br/> <a href="#">Features</a><br/> <a href="#">Glossary</a><br/> <a href="#">Meditation Room</a><br/> <a href="#">Sitemap</a></p> | <p><b>ABOUT LIME</b><br/> <a href="#">About Us</a><br/> <a href="#">Contact Us</a><br/> <a href="#">Disclaimer</a><br/> <a href="#">Terms of Use</a><br/> <a href="#">Privacy Policy</a></p> | <p><b>PARTNERSHIPS</b><br/> <a href="#">Advertise with us</a><br/> <a href="#">Our Advertisers</a><br/> <a href="#">Join the LIME Network</a></p> | <p><b>LIME FEEDS</b><br/> <a href="#">LIME RSS</a><br/> <a href="#">Newsletter</a><br/> <a href="#">Best of Web</a><br/> <a href="#">News Feeds</a></p> | <p>Buy LIME gear and more in the <a href="#">LIME Shop</a></p>  |
|---|--|---|---|--|

© 2008, Life Balance Media LLC, all rights reserved.  
 LIME, the LIME logo, "healthy living with a twist" and "Live the Change" are trademarks of Life Balance Media LLC.