



the
VEGAN RESET

WEEK ONE: NUTRITION
DAY SIX:
SOY & GLUTEN

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What is Soy?

Soy comes from the soybean. That's right, it is a bean, not a chemical. In fact, it has been a dietary staple for many generations all over the globe. In its whole foods form, it is an amazingly healthy food. Soy milks that use organic, whole soy beans only bring you health benefits. The same goes for Organic Tofu and Tempeh. Here is where soy becomes a problem: Soy crops are the most heavily sprayed food crop in the United States; 95% of all soy crops are genetically modified. It is important that when purchasing soy products, they be certified organic. Additionally, because soy is such a prolific crop, its derivatives are used in at least 75% of all processed and packaged foods in supermarkets, in the form of soy lecithin, or soy protein isolate, etc. These ingredients are a processed (or an un-whole) form of soy. The abundance of those forms of soy in so much of our foods is what begins to adversely affect our health.

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What is Gluten?

Gluten is the protein in wheat, barley, and rye.

Gluten itself isn't the problem in this nouveau gluten-free craze. Though it isn't conclusive, it seems as though the hybridization of American wheat to make it chewier and less dense has turned the molecule into something that has become much harder to digest through the years. Individuals who have inflammatory responses to eating things such as bread and pasta, are not imagining their symptoms. The problem is that there isn't enough conclusive information to make a definitive conclusion about the pluses or joys of gluten.