

Soy Found to be 'Unfit for Human Consumption' and What the Industry Never Told You About it

The epidemic of heart disease began in the mid-twentieth century, after butter and traditional oils were replaced in our diets by the new "healthier" vegetable oils. Leading the health-destroying parade was researcher, Ancel Keys. He is known as the father of the Lipid Hypothesis. Keys cherry-picked statistics to create an international study of heart disease, and presented it to medical publications to prove that natural saturated fats cause heart disease. For Keys' research, the term "international" meant using only the results from the 7 countries which yielded the conclusions that he wanted. He even titled his original paper, "The Seven Countries Study".