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Soy as goitrogen

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Soy product is a common meat substitute among vegetarians. However, soy has its drawbacks. One of the dark side of soy is that it is a goitrogen. The contents inside soy is not good for thyroid. In fact, American people totally do not know how to eat. The soy in vegan diet are hard to digest, but they think it is healthy; the European gourmet cheese that bugs flying out from are considered not sanitary enough; fermented soy are not considered everyday food on American dinner table. In this review, this author will discuss how to eat soy to benefit thyroid health.

Keywords: Soy, Goitrogen, Fermentation, Natto, Tempeh.

Biography

Xu Chen has a Bachelor's of Art degree in Biology, and a Master's of Science degree in Exercise Physiology from the College of St. Scholastica up in Northern Minnesota, USA. She also went to University of the Rockies, and later Ashford University for a PsyD program. Xu has published seven papers in many different international journals. Currently, Xu is a performing artist in Boston, MA, singing, dancing, and doing small talk shows among homeless shelters and museums.

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