

Soy smart health : discover the "super food" that fights breast cancer, heart disease, osteoporosis, menopausal discomforts, and estrogen dominance

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Abstrak

Drawing on the author's collective experience of over 75 years, this book accurately and easily breaks down the latest soy research, details how using soy can markedly improve your health, and includes dozens of delicious, easy recipes guaranteed to make you a soy lover! no matter how much you may have heard about soy, this book will provide answers to all your questions concerning soy's health benefits, safety and proper use