

## Soya Protein-

If you are having a trouble getting rid of your belly fat, we have a news for you. There are certain compounds called 'oestrogenic compounds' that cause your body to store excess fat. These compounds have been proven to be dangerous for both- men and women. In women, they can affect the balance of the hormones oestrogen and progesterone, which in turn causes metabolic issues. The result is, excess belly fat. In men, having excess oestrogenic compounds can lead to an accumulation of stomach fat that just will not go away. It can also lead to cancer and other diseases.

What causes this overload of oestrogenic compounds? Believe it or not, the culprit is "Soya". The food industry actively promotes soya as a health food, saying how much healthy your body would be if you consumed it regularly. However, this is an outright lie. Soya contains some of the highest levels of pesticides among agricultural products. It is also a high source of phytoestrogens. The processing of soya milk involves too many oestrogen mimicking hormones and acids that create a havoc in a man's or a woman's body. If you consume a lot of soya, you will quickly find yourself suffering from hormonal imbalances. It's best to avoid soya milk especially the one available in tetra packs. Soya milk prepared at home from completely organic soya beans is good go. But the processed soya products like the soya chunks, granules, soya milk are some foods that we need to be careful of.