

Search eHow Food

**Meal Planning   Entertaining   Cooking Skills   Drinks**This Season: *Grow. Cook. Eat.*[Sign In](#) or [Join](#)[Home](#) » [Food & Drink](#) » [Herbs & Spices](#) » [Dry vs Fresh Spices](#) » [Side Effects of Soybeans](#)

## Top 5 To Try

[Side Effects of Soy Protein](#)[Lecithin's Effect on Cholesterol](#)[Side Effects of Saponins](#)[What Are the Effects of Soy Milk on Constipation?](#)[Isoflavones Effect on Breast Tissue](#)

## Side Effects of Soybeans

By [Artesia Peluso](#), eHow Contributor updated: January 15, 2011Like **1**

0



Learn about the side effects of soybeans.

Soy products originate from a species of legume native to East Asia called soybeans. Unlike most beans, soybean are considered a complete protein because it's rich in amino acids. While in recent years the [Food](#) and Drug Administration has given the stamp of approval for [foods](#) and products high in soy protein, other components of the bean have come under question for its part in common everyday side effects and its risk to increase breast cancer.

### Purine

Purine, a naturally occurring substance, can be found in [foods](#) that have a high concentration of protein, such as soybeans. Although soybeans contain moderate amounts of purine, purines can cause the medical condition gout to worsen. Persons with this condition should have a low intake of foods that have moderate to high levels of purine.

### Isoflavones

Isoflavones are a weak form of estrogen that is present in soy. When ingested into the body in large doses, isoflavones act as a drug and start to effect the hormonal balance within the body. Some studies have shown that a consistent high intake of isoflavone might increase the risk of breast cancer.

### Oxalate

Oxalate is a naturally occurring compound that is commonly found in plants, seeds and nuts. Research conducted at the Washington State University in Spokane tested more than a dozen varieties of soybeans and found the legume to be high in oxalate, which under high intake binds with [calcium](#) in the kidneys to form kidney stones. High ingestion of soy products is especially dangerous for those who have a history of kidney problems.

### Mild Side Effects

Soy allergies are not common. However, people with soy allergies are often plagued by stomach aches, constipation and diarrhea after they ingest soy products.

**The Hormone Doctor** [www.taylormedicalgroup.net](http://www.taylormedicalgroup.net)

Eldred Taylor, M.D., hormone expert and author on hormone therapy!

**Soy Food Estrogen Myths** [SoyNutrition.com](http://SoyNutrition.com)

Get the Latest Research and News on the Effect of Soy &amp; Estrogen Levels

[Print](#) [Email](#) [Share](#)

**Slow PC? Pop-ups? Crashing?**

Live experts at Norton can help you 24/7

**CALL NOW (877) 503-6822**

[LEARN MORE](#)

The leader in virus removal

### Related Ads

[Dangers Soy Protein](#)[Side Effects](#)[Estrogen from Soy Milk](#)[Soy Foods Menopause](#)[Soy Protein in Soy Milk](#)[Soy Thyroid](#)

### Related Articles & Videos

[Side Effects of Saponins](#)[Isoflavones Effect on Breast Tissue](#)[What Are the Effects of Soy Milk on Constipation?](#)[Lecithin's Effect on Cholesterol](#)**Consumer Reports**

EXCELLENT



VERY GOOD



GOOD



FAIR



POOR

**IT'S EASY TO SEE THE RIGHT CHOICE.**

Ads by Google

Yes

No

**Treat Gout in 48 Hours** [www.advancedhealthchoices.com](http://www.advancedhealthchoices.com)  
Fast, no side effects - all natural 95% consumer approval: "It works!"

**Estrogen Imbalance?** [www.womentowomen.com](http://www.womentowomen.com)  
Estrogen balance is different for everyone. We can help, naturally.  
Ads by Google

## References

[The New York Times: Health Guide: Soy](#)

[Science News: Too Much Soy Could Lead to Kidney Stones](#)

[BNet: Soy: Health Claims for Soy Protein, Questions About Other Components](#)

Photo Credit: ripe soybeans image by Carbonbrain from [Fotolia.com](http://Fotolia.com);

[Print](#) [Email](#) [Share](#)

[Read Next Article](#)

Like 1 0

## Comments

Like One person likes this. Be the first of your friends.



Add a comment...

Post to Facebook

Posting as Artesia Jasmine Peluso (Not you?)

**Comment**

Facebook social plugin



[The Effects of Taking Soy Isoflavones on Men](#)



[How to Reduce the Side Effects of Botox](#)

[More](#)



### Today's Top How To



[How to Prevent a Fire in a Home](#)

### Featured How Tos



[How to Landscape on a Small Budget](#)

### eHow of the Day



[How to Celebrate Earth Day in Your Community](#)

### Others Also Viewed

[Sulfites Side Effects](#)

[Benecol Side Effects](#)

[Aspartame Side Effects](#)

[Side Effects of Aspartame](#)

[Which Diet Drinks Do Not Contain Aspartame?](#)

Search eHow Food



[About eHow](#)

[How to by Topic](#)

[How to Videos](#)

[Sitemap](#)

Copyright © 1999-2011 Demand Media, Inc.  
Use of this web site constitutes acceptance of the eHow [Terms of Use](#) and [Privacy Policy](#). en-US