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Thread: [Ever heard of Soy Lechitin? Soy in general!](#)

T e s s e r a c t - September 20, 2013, 5:06 pm

Attention all HF Men Users (who care about their Health, more specifically testosterone levels):

Soy is not good for (males), females, eat up. Period, no other way to put it. Unless you like man-boobs and lower testosterone levels. I used to eat soy beans like no tomorrow back before ninth grade and now suffer from Gynecomastia from this. Now I do 150 pushups daily to compensate for it, other than the fact I was obese. As of right now I am not fat and I am fairly fit. [i]"Soybeans are a complete protein source and a dietary staple in many cultures. Soy contains phytoestrogens called isoflavones that may mimic the activity of the hormone estrogen in your body. The effects of soy isoflavones on human estrogen levels are complex. Soy is safe for everyone to consume in moderation and can have a modest effect on estrogen levels." ([source](#))

If you eat soy, begin eating in moderation and decrease to nothing. Nuts are an excellent substitution, and as health 101: read nutrition labels for Soy Lechitin, which has a 1,000,000,000,000 PPM (parts per million) of soy in it. Call me paranoid, but I like my muscles, my male body and masculinity overall.

Shidoshi - September 21, 2013, 6:07 am

Soy protein also multiplied androgen receptors, so if you want to keep your hair, stay away from it. ?

Vile Soul - September 22, 2013, 2:27 am

It is bad for all. it increases estrogen in women which is a high cause of cancer among women i do not suggest eating it to any one period. but i agree men should stay away from it unless you want man titties.

LVXVRY - September 22, 2013, 2:54 am

what about soy milk is that bad to D:

T e s s e r a c t - September 22, 2013, 8:43 am

(Sep 22, 2013 02:54 AM)LVXVRY Wrote: ([CITE](#)) what about soy milk is that bad to D:

Yes, soy milk is included in this as well. Soy beans, soy anything is not good for you and there is enough research and Internet articles web wide to convince you not to eat soy. Soy is in a lot of product and this includes even your 100% plain old loaf of whole wheat bread. Be aware of what you eat.

LVXVRY - September 22, 2013, 12:42 pm

im going back to porn and regular chocolate milk

360 - September 26, 2013, 6:33 pm

It's in whey protein. It's a necessary evil, I think it aids mixability. The inclusion rate is so damn low though.

T e s s e r a c t - September 26, 2013, 7:24 pm

True, but honestly, I would much rather stay away from soy products just because they are in everything as a "natural" preservative - the other day at Albertsons I could not find ONE single product that didn't have soy in it; except a plain ol' bag of peas....

360 - *September 26, 2013, 11:31 pm*

Yeah, you have to be careful. I try to stay away from soy as much as possible, it's the reason I have never touched soy milk as a full cream milk alternative. I'm not sure how much you need to ingest to really see any noticeable difference over time (I'd say it would be quite a bit) but still, I'm not running the risk of gyno!