Women's Health Library

# The Benefits of Soy

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**Additional Recommended Supplements for Optimal Health…**

**Foundation of Health:**

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D or**
- **Liquid Cal-Mag-Zinc**

**Weight Loss and Diet:**

- **Soy-Spirulina Protein Powder**

**These supplements may be purchased on our store:**

**FreedomFromMenopause.com**

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Soy isn't just hidden away at the health-food store any more. These days it's found in all kinds of products at the grocery store: tofu is right there on the shelf in the produce department, and crisp green edamame (fresh, unfermented soy beans) are making a splash as healthy snacks.

There's a good reason why soy is popping up all over. Researchers are increasingly convinced that soy may offer significant benefits to peri-menopausal women. Studies have linked it with decreases in breast cancer, heart disease, and osteoporosis.

A new study done at the University of Illinois suggests that there is something special about the structure of soy that can boost metabolism – lab rats given soy lost weight without skipping a meal or logging extra time on the stationary wheel.

Soy is a protein low in saturated fat – by this virtue alone it ought to be considered as a dietary alternative to fatty animal proteins, and certainly chosen over sugary, nutrition-devoid snacks. "Proteins are more satiating than carbohydrates and fats," says Dr. Mark Messina, a leading nutritionist who has devoted much of his career to studying soy, "I'm impressed with the versatility of soy." He continues that the soy protein is a high-quality protein and most Americans don't consume enough.

This beneficial bean contains special proteins and isoflavones (plant estrogens) that lower cholesterol and support your immune system. It helps prevent bone loss and relieves other effects in post-menopausal women. Because of its unusual isoflavone (a compound with hormonal properties similar to estrogen) content, soy has specific benefits for women that are just beginning to be understood. "Post-menopausal women lose quite a lot of bone in their spines," says Messina.

According to a 2006 study published in the European Journal of Nutrition, osteoporosis affects about one in three post-menopausal women. Hormone replacement therapy has been one of the most effective treatments for bone loss, but it also comes with increased risks for cancer and other serious diseases; soy, according to the study, has a correlation with decreased bone loss without associated cancer risks. Some women also find relief from hot flashes with soy.

Researchers from Vanderbilt University and the Shanghai Cancer Institute think soy may have the power to reverse genetic defects that leave some women at higher risk of developing endometrial cancer.

A Dutch study showed that soy's benefits were greater for women who added it to their diets during the peri-menopausal period. Women who jumped on the soy bandwagon in the 60's and 70's showed little improvement in bone density. Here again, prevention is likely to be far more effective than trying to improve your health after it has begun to decline.

Most doctors agree that a single serving of soy per day is beneficial. Now it is easier than ever to add soy to your diet and lose weight at the same time. Chocolate ***Soy-Spirulina Protein Powder*** is a great tasting meal replacement for your health *and* weight loss too!

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