

Nature Made Soy Natural... So it can Make us Healthy

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An Amazing Natural Remedy.

To many, the soybean is called “health insurance in a pod” for good reason. Soy derived from soybeans contains rich amounts of protein, iron, B vitamins, calcium, zinc and including twenty different amino acids. Soy is cholesterol-free and low in saturated fat. Because soy is also high in isoflavones content, it can prevent illness and promote good health. Although isoflavones are not essential nutrients, they may help reduce the incidence of several diseases by supporting optimal health.

Isoflavones are a class of water-soluble phytochemicals, which are compounds found only in plants (phyto means plant). These isoflavones are a type of phytoestrogen, or plant hormone, that can attach at special sites in the human body where naturally occurring estrogen typically attaches. With the weaker estrogenic effects of soy isoflavones at these sites, isoflavones can support necessary needed levels of human estrogen and also block real estrogen from attaching to estrogen receptors. This action potentially reduces some of the risks of excess estrogen by essentially fooling the body into thinking that it has plenty of estrogen while still providing benefits that help an individual to avoid various diseases. Soy contains many individual isoflavones, but the most beneficial are genistein and daidzein.

Each of these isoflavones can occur in two different types based upon chemical structure. These are isoflavone glycoside or isoflavone aglycone or free isoflavone. This second type is predominant in fermented soy products and because this free isoflavone form is the most pure form of isoflavones, believed to be more effective than other forms.

The scientific literature is replete with articles discussing therapeutic uses for soy and in most cases its positive effect. Studies and clinical tests have been completed for soy and its contribution to health in many different areas:

Cholesterol reduction, buildup of arterial plaque leading to atherosclerosis, menopausal symptoms (hot flashes and vaginal dryness), osteoporosis (both bone building and bone breakdown-bone mineral content and bone density), ageing skin (fine wrinkles, linear wrinkles and skin elasticity), cyclic mastalgia (breast pain associated with menstruation), menstrual migraine headaches, improved effec-

tiveness of *in vitro* fertilization (female infertility), blood sugar control, PMS, brain function, prevention of breast and uterine cancer in women, prevention of prostate cancer in men and reduction of buildup of abdominal fat.

As with any natural product or ingredient, concerns about possible ill effects have been investigated and evaluated in numerous observational and clinical studies. Most studies have been observational and the possible ill effects are extremely individualized in humans and with each isolated report of an ill effect it cannot be ruled out that it was more of an allergic reaction. In those publications where an ill effect was noted and discussed yet another similar study could not validate that soy was the cause.

The health benefits of soy as shown in scientific studies far outweigh the random reports of ill effects. ***Nature made soy natural...so it can make us healthy.***

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