

Studies Have Shown That:

1

4 OUNCES A DAY OF SOY PROTEIN A DAY DECREASES HOT FLASHES BY 50%

2

EATING MORE PLANT BASED FOODS ALSO DECREASES HOT FLASHES.

3

PHYTOESTROGENS (NATURAL ESTROGEN IN PLANTS LIKE SOYBEANS) HAVE ANTI-ESTROGEN EFFECT IN THE BREAST AND PRO-ESTROGEN EFFECT ON THE BONE (MAKING BONES STRONGER AND NOT INCREASING RISK OF BREAST CANCER).

4

PLANT BASED SOY PROTEINS DECREASES THE RISK OF OVARIAN/ENDOMETRIAL CANCER .

5

PLANT BASED SOY PROTEINS INCREASE BONE STRENGTH IN POSTMENOPAUSAL WOMEN. 1 GLASS OF SOY MILK OR 1 SERVING OF EDAMAME OR SOY BEANS A DAY DECREASES NUMBER OF BONE FRACTURES IN POSTMENOPAUSAL WOMEN.

Sources:

Michael Gregor – nutritionfacts.org