

SOY AND WEIGHT LOSS | PROVEN HEALTH BENEFITS

The benefits of soy protein have been widely publicized in recent years. Yet most Americans rarely eat soy-based foods. Many people are convinced that soy protein weight loss programs require too much time and effort. However, adding soy to a daily diet is a simple and rewarding task that promotes good health in both women and men.

Today, American women are struggling to stay healthy due to high stress combined with poor nutritional choices and inactivity. Consequently, many women are experiencing increased levels of serious illnesses such as heart disease, diabetes and cancer. Many forms of these diseases are easily preventable with a healthy lifestyle.

With sharply declining estrogen levels, many women are finding it more difficult to maintain their trim figures. Consuming soy can help women improve their health and lose weight.

Soy helps people lose weight and maintain a healthy weight. For example, the Japanese are one of the thinnest, healthiest people in the world. Their diet primarily consists of soy and fish combined with a very low intake of animal and dairy fat.

A large number of research studies support claims that eating soy can result in lower weight. Soy is a great source of low-fat protein, is a high-quality source of protein, and can help build lean muscle mass.

Besides the widely-known benefits of soy, there are several other positive effects of soy and soy consumption.

Eating soy helps one feel fuller for longer periods of time. Recent studies have shown that soy sends

earlier than other foods. This reduces snacking between meals and eating as a whole.

Soy is a naturally low-carb food, and as a result, is the perfect substitute to any protein-based weight loss plan. In addition to being low-carb, soy has been shown to have a low glycemic index, which means it does not cause a rapid increase in blood sugar after consumption. Having stable blood sugar leads to fewer hunger cravings and less eating. The results are real and beneficial to everyone.

Soy also helps reduce cholesterol, lower the risk of heart disease, improve breast and endometrial health, and greatly reduce the effects of menopause symptoms. In addition, studies have shown positive benefits to bone, joint, hair, skin and nail health. Others have reported improvement in energy, stamina and enhanced workouts.

Soy can do more than provide safe and healthy weight loss. Soy can have similarly magnificent effects on men's health as well. Evidence from over 40 studies suggests that a diet rich in soy protein plays a substantial role in the promotion of a healthy prostate. In fact, geographic areas with the highest soy consumption exhibit the lowest mortality rates from prostate cancer.

Given soy's numerous heart, prostate, colon, weight and muscle benefits, men can benefit from the addition of soy to their diets. The FDA, American Heart Association and leading health experts recommend that Americans eat more soy to lower their cholesterol and protect their hearts.

The time to start is NOW!

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