

The Healing Nutrients

Soy

Top Ten Benefits of Soy

1. **Antioxidant:** Soy food contains antioxidants - compounds that protect cells from damage caused by usable oxygen molecules called "free radicals". Free radicals are believed to be responsible for initiating many forms of cancer as well as premature aging.
2. **Breast Cancer:** A major study in Singapore revealed that women who eat soy foods are at a lower risk of developing breast cancer than those who don't. Asian women, who typically eat a soy-based diet, have much lower levels of breast cancer than Western women do. Test tube studies and those involving laboratory animals have shown that compounds in soy can inhibit the growth of cancer cells.
3. **Cholesterol Lowering:** Scores of studies from around the world attest to soy's cholesterol lowering properties, especially for people with high cholesterol levels.
4. **Colon Cancer:** A recent U.S. study showed that American who make soybeans and tofu a regular part of their diet had significantly lower rates of colon cancer than those who didn't eat soy.
5. **Hip Fractures:** Hip fractures owing to osteoporosis are a major problem among elderly women in the United States. Preliminary studies suggest that soy may help retain bone mass which may be a reason that Japanese women have half the number of hip fractures that US women do.
6. **Hot flashes:** Half of all menopausal women in the United States complain of hot flashes, a problem that is so rare in Japan there's not even a word for it. Some researchers believe that special compounds in soy called phytoestrogens may help Japanese women stay cooler.
7. **Immunity:** Studies show that soybean peptides can boost the immune system, helping the body to fight disease.
8. **Kidney disease:** Soy protein is easier on the kidneys, the main filtering organ of the body, than animal protein is. Soy may slow down or prevent kidney damage in people with impaired kidney function.
9. **Lung cancer:** Several studies have linked soy consumption to lower rates of lung cancer.
10. **Prostate cancer:** A major study of Japanese men in Hawaii found a direct correlation between consumption of tofu and lower rates of prostate cancer. Studies of soy compounds have shown that they can inhibit the growth of prostate cancer cells in laboratory cultures.