



WOMEN'S HEALTH

Soy Protein: A Natural Choice For Menopause

(NAPSA)—When it comes to the menopause symptoms experienced daily by millions of women, many are now looking for natural remedies.

"I always felt in my gut that natural choices were best," said Patricia Rice, a 55-year-old nurse who began hormone replacement therapy 15 years ago.

Rice is one of many women looking for natural ways to address the hot flashes, mood swings, bone loss and heart problems commonly associated with menopause.

With all the rumors and speculation about what works and what doesn't, physicians need clinical proof before making recommendations. The highest level of confidence exists with human clinical studies and a randomized, double-blind, (placebo) controlled study is the gold standard of studies.

"It has the fewest flaws and is thus the most reliable," said Susan Love, author of *Susan Love's Hormone Book*.

When it comes to published human clinical studies for menopause-related issues, no other natural ingredient has more promise than soy protein.

"Human clinical studies show that soy protein can help lower bad cholesterol, lower blood pressure and reduce plaque build-up in arteries," says Mary Anthony, Ph.D., Wake Forest University, a leading researcher in the field. "Other human studies show that soy protein, particularly when combined with calcium and vitamin D, can reduce bone loss. These are major health issues for women as they begin menopause."

Other studies show a potential



Natural ingredients such as soy protein may be one way to treat menopause symptoms.

soy protein benefit of reduced hot flashes. A 1998 human clinical trial led by Paolo Albertazzi found a 45 percent reduction in the number of hot flashes in postmenopausal women with 40 grams of soy protein daily.

"By including soy protein with isoflavones in your diet, you get a low-fat, excellent source of protein, as well as a functional food with a range of health benefits," says Anthony. "While science may not yet have found a magic bullet, women could measurably improve their health in the menopause years through increased use of soy protein foods."

When considering the use of soy, make sure it's soy protein.

Some women have tried soy isoflavone pills, which placebo-con-

trolled clinical studies have found to have no effect on bone health or hot flashes when soy protein was absent.

Also, note that daily consumption of 25 to 50 grams of soy protein is required for optimum results, based on guidelines from the American College of Obstetrics and Gynecology.

There are many tasty ways to incorporate more soy protein in the diet, from a complete soy protein supplement such as Naturade Total Soy Menopause Relief powder and ready-to-drink

shakes, to soy protein-rich foods such as soy protein burgers, soymilk, soy protein bars, soy yogurt and soy nuts.

However, the greatest concentrations of soy protein are found in soy protein shakes (14 to 25 grams) or soy protein burgers (6 to 18 grams).

These products are widely available at major supermarkets, club stores and health food stores. Some of the best tasting items carry the Solae brand ingredient logo on the label.

Before trying any methods of menopause treatment, consult your doctor. Physicians are quickly getting up-to-date on what natural remedies are available.

For more information, call (800) 367-2880.