

Nutrition **UPDATE**

Flax And Soy Improve Health And Nutrition

(NAPSA)—There is good news for women experiencing the discomforts of menopause and who want a natural alternative to Hormone Replacement Therapy (HRT). Flaxseed and soy are said to not only ease common menopausal discomforts such as hot flashes, but also to promote healthy hearts for both men and women, and provide the body with the essential fatty acids it needs.

A Boston-based natural foods company offers a convenient way to add flax and soy to the diet. The all-natural ingredients in Zoe Foods Flax & Soy Granola and Bars offer many nutritional and health benefits from phytoestrogens, fiber, protein, and omega-3 fatty acids.

The original Flax & Soy Granola took a unique route to market. “Our granola is based on a recipe my mother developed to help reduce her menopausal hot flashes,” said Tori Stuart, founder and president of Zoe Foods. “My mother’s physician’s advised her against using HRT because she was at high risk for breast cancer. After extensive reading and discussions with physicians, she learned that flaxseed and soy are both natural ways to control fluctuating levels of estrogen. Since she couldn’t find a product that blended these two ingredients, she made her own. The frequency and intensity of her hot flashes lessened and menopause no longer interferes with her life.”



Soy and flaxseed in the diet may help reduce hot flashes.

Stuart’s mother and father both enjoy sitting down to a healthy breakfast of flax and soy granola.

The granola and the bars contain naturally sweetened blends of dry-roasted soybeans, ground flaxseed, grains and fruit. Research shows that incorporating flaxseed and soy into the diet may improve heart health by reducing blood cholesterol and may minimize menopausal hot flashes. Ground flaxseed also contains soluble and insoluble fiber that can help maintain a healthy digestive system. A diet high in fiber (FDA recommends 25-30 grams per day) and low in saturated and trans fat can help promote cardiovascular function.

Flax & Soy Granola is available with Cranberries and Currants or Almonds and Oats, and Flax & Soy Bars come in Chocolate and Apple Crisp.

More information is available by visiting www.zoefoods.com.