

[IMAGE]

## Reduce Cholesterol with Soy Protein

Differences in rates of cardiovascular disease and associated deaths between Pacific Rim (Japan, Malaysia, Thailand, etc.) and Western countries have been attributed to differences in diet. With many Asian populations in Pacific Rim countries consuming 30-50 times more soy protein than their Western counterparts, it has been suggested that the isoflavones naturally present in soy products may account for these differences.

Previous evidence supports the notion that isoflavones reduce the risk of cardiovascular disease by regulating cholesterol levels. To further investigate this potential relationship, a nine-week trial involving 156 men and women compared the effects of isolated soy protein vs. casein (milk) protein on plasma lipid/lipoprotein concentrations. Subjects were all diagnosed at baseline with moderate hypercholesterolemia (high cholesterol) and received either 25 grams of milk protein or 25 grams of soy protein (with 3, 27, 37 or 62 mg of isoflavones) daily.

**Results:** Compared with milk protein, isolated soy protein with 62 mg of isoflavones lowered total cholesterol and low-density lipoprotein cholesterol (LDL - the "bad" cholesterol). These reductions were even greater in patients with higher LDL levels. Furthermore, the soy protein appeared to provide these benefits without depleting high-density lipoprotein levels (HDL - the "good" cholesterol).

The soybean has been cultivated and consumed in China for more than 5,000 years. If you haven't yet incorporated soy into your diet, what are you waiting for? To find out more about the many benefits of soy, and to discuss a comprehensive nutrition and wellness program that's right for you, schedule an appointment with your chiropractor.

### *Reference:*

Crouse JR III, Morgan T, Terry JG, et al. A randomized trial comparing the effect of casein with that of soy protein containing varying amounts of isoflavones on plasma concentrations of lipids and lipoproteins.

*Archives of Internal Medicine* 1999; Vol. 159, pp2070-76.

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