

[IMAGE]

## Keeping Bones Strong with SOY

Why include soy in your diet? According to the Food and Drug Administration, consumption of 25 grams of soy protein daily may reduce the risk of cardiovascular disease, and recent research suggests other benefits.

Recent animal experiments provide evidence that soy can also influence bone density, although the authors of this study from the *American Journal of Clinical Nutrition* believe they are the first to examine this potential association in women nearing menopause. Sixty-nine women were randomly assigned to receive soy protein isolate or whey protein for 24 weeks, and bone mineral density (BMD) and bone mineral content (BMC) were measured before and after treatment.

**Results:** Bone loss was observed in the control group but not in the soy group. The authors note that these results could translate into a decreased lifetime risk of osteoporosis, and suggest that soy supplementation could prove an effective alternative for hormone replacement therapy in postmenopausal women.

Soy milk, soy cheese, soy burgers and tofu are popular soy products, but the most convenient source may be soy protein isolate, a powder that can be mixed into drinks or combined with different foods. Your doctor of chiropractic can provide you with more information on soy and other foods key to a healthy diet and lifestyle.

### *Reference:*

Alekel DL, St. Germain A, Peterson CT, et al. Isoflavone-rich soy protein isolate attenuates bone loss in the lumbar spine of perimenopausal women. *American Journal of Clinical Nutrition* 2000: Vol. 72, pp844-52.

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