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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Lose Weight With Soy!**

**By Kim Beardsmore**

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The humble soybean boasts some extraordinary benefits. This nutritional powerhouse has stayed under wraps for too long. Apart from being the only vegetable protein with all 22 amino acids essential for our health and well being, the humble soybean has many other virtues...including an excellent foundation for fast, safe weight loss program.

According to Dr David Heber in "The LA Shape Diet" women who are on a weight loss program, need about 100 grams of protein per day to fight against hunger and to build their best personal lean muscle shape whilst still losing weight. Without the appropriate level of proteins in a low calorie diet, people and women in particular, risk losing 1 pound of muscle for every 4 pounds of weight lost!

Dr Heber recommends soy-protein shakes or soy-protein fruit smoothies as a safe and healthy way to achieve fast and permanent weight loss. Apart from the wonderful health advantages of soy, this a safe protein source without the unwanted cholesterol and saturated fats that accompany animal protein sources and sabotage low calorie weight loss programs.

Read on to discover some other wonderful benefits of this incredible this food source.

1. Soy contains health enhancing isoflavones. Isoflavones are compounds found only in plants which have strong antioxidant properties. hese compounds repair, and help prevent damage to cells caused by pollution, sunlight, and normal body processes. Free radicals can easily cause harm to the immune system, whose cells divide often. They may also be responsible for some of the changes of aging.
2. Reduce risk of heart disease. Soy's protein and isoflavones lower LDL cholesterol and decrease blood clotting, which reduces the risk of heart attack and stroke. In one study, people who drank a "milk shake" containing 25g of soy protein for nine weeks experienced, on average, a 5% reduction in LDL cholesterol. And people with the highest LDL levels experienced a 11% drop. (For each 10% to

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15% drop in the LDL level, the risk of a heart attack decreases 20% to 25%).

3. Protection against cancer. Soy's soluble fiber protects the body from many digestive related cancers, such as colon and rectal cancer. While its isoflavones may protect the body from many hormone related cancers, like breast, endometrial (uterine) and prostate cancer. Isoflavones act against cancer cells in a way similar to many common cancer-treating drugs.

4. Counter the effects of endometriosis. The isoflavones in soy products may help to offset the action of the body's natural estrogen, which is often responsible for instigating the monthly pain, heavy bleeding and other symptoms of endometriosis.

5. Protect against prostate problems. Eating soy products may protect against enlargement of the male prostate gland. The size of the prostate gland tends to increase with age, causing various types of urinary difficulties, including frequent nighttime awakenings.

6. Guard against osteoporosis. Soy's protein enhances the body's ability to retain and better absorb calcium in the bones, while its isoflavones slow bone loss and inhibit bone breakdown, which helps prevent osteoporosis. There is evidence to suggest that isoflavones may also assist in creating new bone.

7. Control symptoms of menopause and perimenopause. Soy's isoflavones help the body regulate estrogen when this hormone is declining or fluctuating, which helps alleviate many menopausal and PMS symptoms. Research has shown that soy isoflavones can reduce menopausal hot flashes in women.

8. Help control diabetic conditions and kidney disease. Soy's protein and soluble fiber help regulate glucose levels and kidney filtration, which helps control diabetic conditions and kidney disease.

What an incredible little bean!

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Kim is successful a wellness mentor. She has been assisting people achieve excellent health through cellular nutrition. See what you can do today to take control of your weight. Visit:

**"Trying" To Lose Weight? Don't!**

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Are you trying to lose weight?

If you are, STOP!

Funny thing to say coming from someone that wants to help you lose all the weight you want, right?

Actually, there's a good reason.

You see, you can't try to lose weight. Don't believe me?

OK, let's use an example. Look around where you are sitting right now and find a small object. Perhaps a pen, envelope or book. Got it?

Now, try to pick it up. Go ahead.

Is it in your hand? If it is, well, then you didn't try, you actually picked it up. If it's not in your hand, you didn't.

Simple, right?

There's no middle ground in doing. You can't "try" to do anything, it's a fallacy. You either do it, or don't do it.

The same applies to losing weight (or anything else for that matter). Saying that you'll try gives your mind fuzzy instructions, and it will return fuzzy results, results that aren't what you really want. It also gives you a "way out" if you don't achieve the goals you set out to reach.

You see, your subconscious mind doesn't interpret your directions, it just goes to work following them as complete truth. When you say you'll "try to lose weight", it will "try" to follow your instructions, which we now know is impossible.

What in fact you want, (if you really do) is to lose weight. To feel better. To have more energy. To overcome health challenges. To look great.

Now, if you say you want to lose weight and are not successful, or continue to use language that includes words like "try" or "we'll see" or "maybe", perhaps you're wired backwards.

What does that mean? Well, maybe you say that you want to lose weight, but your mind says it doesn't. Somewhere along the way you gave your mind instructions that it's too hard, or impossible, to lose the weight you want. Perhaps you're more comfortable where you are now, but know that it's the right thing to say that you want to lose weight.

If this is the case, ask yourself what beliefs you hold that are at odds with what you want. For example, "it's too hard to lose weight", "it's impossible to lose weight", "I can't lose weight because I'd have to exercise all the time", "I'll lose my friends if I lose weight", "I can't lose weight because I've always

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failed".

Ask yourself if in fact they are true. Are they making your life easier, or more difficult? Do these beliefs serve you or harm you?

Then, replace the old beliefs with new ones. Positive, confident statements about how you want to look and feel.

The best way to lose weight is to avoid saying you'll "try" to lose weight, and say you "will" lose weight. See yourself at your ideal weight. Imagine how great you look and feel. Use positive language and give your mind specific instructions like "I'm now happily at my ideal weight of (number of pounds) weight" or "I now happily choose to wear a size (your ideal size)".

Watch your language and self talk closely and avoid using "try". It may take constant attention at the beginning, but after a short time, you'll get used to keeping your language positive, upbeat and confident.

Your weight loss results will follow immediately, depending on how confident, committed and persistent you are in applying these exercises. The more confident, committed and persistent, the faster your results will appear.

You CAN do it!

Mark Idzik is a health coach with a national clientele who helps his clients lose weight, feel better, overcome health challenges and make better health choices. Get his 37 free tips to guaranteed weight loss by visiting: <http://www.Everyday-Weight-Loss.com/?src=try#tips>

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