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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!

Soy Foods for better health

By Dr. Donald A. Miller

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Soyfoods aid longevity. Although a few authors dispute this, most literature found on the reputable internet sources show that traditional soyfoods, especially those with live cultures, correlate with reduced risks of various diseases without negative side effects. But the maximum benefit comes from using soy foods to replace a large fraction of the diet normally occupied by high sources of saturated fats.

In other words, don't just add soymilk and soy shakes, soy based artificial cream toppings to your diet. Instead, replace 30 to 60 percent of your red meats with tofu, miso, tempeh, edamame, and so forth. Also use baked, broiled, or grilled chicken, fish, and other foods that are not fried.

Soy Beans are unique in the plant world, in that they provide all of the "essential" amino acids (proteins) and fatty acids that the human body can not make, plus numerous "plant hormones" that protect against various ailments, such as cancers, diabetes, heart disease, memory loss, menopause, osteoporosis, PMS, stroke.

* Diet with FACTS, not Fat-Burner MYTHS. *

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Dairy in Diet

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Dairy foods are a great source of calcium and some vitamins and minerals. But seek out the low fat versions for good health. Powdered milk has no fat, yet much calcium. Also, powdered milk has far fewer germs than pasteurized bottled milk.

Diets in Asia and other parts of the world are low in dairy products, yet those countries have large populations, mostly healthy if they have enough to eat.

In fact, many adults of Asian descent lack the enzymes needed to digest dairy foods. Often, milk and cheese, etc., are replaced by soy foods.

If soy milk is used in place of dairy milk, high calcium foods or supplements are needed in diet. Also, most purchased soy milk contains sweeteners, which is not good.

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