



Reliv Makes Soy Simple

Throughout my career, I've held that soy is one of the most important and powerful nutrients available to us. And now, even after decades of study, researchers continue to find new benefits for this amazing superfood.

In this issue of *Science & Health Today*, we look at some of the

latest clinical findings regarding soy and disease prevention. Researchers saw results with a significant intake of soy — up to 40 grams a day. The good news is that Reliv makes it easy to quickly ratchet up your daily soy consumption, along with a wide variety of other key nutrients. Here's just an example of the soy protein contained in a single serving of Reliv products:

Reliv Now® and Reliv Classic® – 7 grams each

Reliv Now® for Kids – 5 grams

Simplicity® – 10 grams

SoySentials® – 10 grams

ProVantage® – 13 grams

Relivables™ Fortified Soy Milk – 6 grams

Plus, one serving of CardioSentials® packs 1.5 grams of cholesterol-busting phytosterols derived from soy.

Two Reliv shakes a day put you in control of your health and vitality. What could be simpler?

To Your Health,



Dr. Carl W. Hastings

Reliv Vice Chairman and Chief Scientific Officer

The Latest Updates on Soy's Health Benefits

- A new study shows that consumption of a wide variety of soy products is associated with reducing the risk of developing the lung disease COPD (Chronic Obstructive Pulmonary Disease) and other respiratory symptoms. The flavonoids in soy foods may act as an anti-inflammatory agent in the lung.
- Soy isoflavones can lower diabetes and heart disease risk. Eating soy foods has been shown to lower cholesterol, decrease blood glucose levels and improve glucose tolerance in people with diabetes.
- Study results published in the *Journal of Nutrition* showed people with diabetes who consumed 40 grams of soy protein isolate per day for 57 days had significant reductions in both LDL (bad) cholesterol and the ratio of LDL to HDL (good) cholesterol, compared to people who consumed the same dose of milk protein.
- In postmenopausal women, the phytoestrogens in soy may slow bone loss. In addition, many soy foods are high in calcium and contain magnesium and boron, which work together with calcium for better bone health.
- New studies show that soy may help reduce cancer risk — including breast cancer risk in premenopausal women.
- Soy helps improve mood, memory and other mental functions in women and men.

Breaking Up the Risky Relationship Between Cancer and Cholesterol

Science review findings published in the *European Journal of Clinical Nutrition* show phytosterols, derived from plants such as soy, have potential in inhibiting cancers of the stomach, lung, ovaries and breast.

Phytosterols activate an enzyme called caspase that plays a key role in programmed cell death. Phytosterols' role in helping to prevent cancer by increasing caspase activity may actually be twofold, and lowering cholesterol is part of the equation.

High cholesterol can decrease the activity of caspase, which means fewer cancer cells die. Phytosterols are scientifically proven to reduce cholesterol, which is a heart disease risk factor. Numerous studies have reported that daily consumption of 1.5 to 3 grams of phytosterols can reduce total cholesterol levels by 8 to 17 percent. So by consuming phytosterols to lower cholesterol, you're improving caspase function — and you're improving your heart health.



Soy Can Help Lower Risk of Premenopausal Breast Cancer

According to new data published in the *American Journal of Clinical Nutrition*, high intakes of soy during adolescence may reduce the risk of breast cancer before menopause by 40 percent. In addition, premenopausal breast cancer risk was reduced by 59 percent in adults with the highest soy protein intake, and by 56 percent in adults with the highest average isoflavone intakes.

Researchers concluded that women who consumed a high amount of soy foods consistently during adolescence and adulthood had a significantly reduced risk of breast cancer before menopause.

Put Your Mind on Soy

Soy can be beneficial for both men and women's cognitive and mental functions.

Researchers found soy isoflavones may improve cognitive function and mood, including depression, in post-menopausal women. This may be due to soy's weak estrogen-like actions responsible for some mental functions. Soy may be a better option for psychological symptoms than hormone replacement therapy, which can increase risk of breast cancer and heart disease.

For men, soy can be better than a string tied around your finger. Soy isoflavones, taken daily, have been shown to boost men's mental function and memory. The men who took daily supplements of soy isoflavones in the study did significantly better in tests of their working memory and cognitive processes. Scientists reported their findings in the *British Journal of Nutrition*.

Sources:

For a complete list of references for this issue, please view the special addendum posted on the *Science & Health Today* web page, www.reliv.com >> The Products >> articles & research >> Science & Health Today.