

# Soy Milk

Oh, Soy, you **wonderfood!** What are you doing to me!?

- improving insulin regulation
- aiding in **weight loss**
- **strengthening bones**, nails, skin, and hair
- forging a healthier heart

## Could Soy Solve Menopause?

Why yes, it can and does! **Soy has proven effective at reducing both how often and how severely women experience hot flashes and night sweats.** And it's 100% safe.



So why is Soy such a superfood?

- It contains the *phytonutrients* called **isoflavones**
- It is high in **antioxidants**
- It is packed with **omega-3** fatty acids
- It is the most perfect source of **vegetable protein**

Menopause can do a number on your heart as well. However, if you have at least 25 grams of Soy product per day, your risks of heart complications go down significantly. The inflammation associated with heart problems is reduced as well!

## But what about my bone density?

It's true that **menopause can reduce a woman's bone density by 20%**. At least if you're not consuming lots of Soy.

**Soy can help you build bone density through menopause.** A healthy and carefully planned diet goes a long way to feeling great.

You're careful to make sure your finances are in order for your later years, so why not be just as careful with your body?

## Soy Helps with PMS

Soy is known to help erratic patterns, and to limit the impact PMS has on your life. It can stabilize mood changes, lessen breast tenderness, and alleviate headaches.

## Open Your Heart to Soy Protein

Why? Because

- it lowers your cholesterol
- it improves your ratio of good to bad cholesterol
- it reduces the risk of heart disease
- it lessens symptoms of heart disease

Eating just 25 grams of Soy protein a day is enough to **reduce inflammation caused by heart problems.**

## Soy and Weight Loss

One of the many magical properties of soy is that it helps you lose weight.

It is high in protein and low in carbs, which means that it is low on the glycemic index. It helps keep your weight down!

Want to get rid of those cravings? Your blood sugar and insulin levels will be stabler, so you feel fuller longer. **And less and less calories get stored as fat!**

Japanese studies have shown that 30 grams of Soy a day for a month is enough to strengthen your thyroid. And a healthy thyroid means higher activity levels. It'll be **easier to burn that fat off.**

## Soy and Cancer

The American Society of Clinical Oncology has done research that shows that **isoflavones found in Soy may be the best protection against breast cancer.**

While it works best if your diet is high in Soy during childhood or the teenage years, it works its magic even on the eldest of women as well.

## Why do we use non-GMO Soy Milk?

Organic Soy has far more glyceollin—a compound that suppresses cancer—than do genetically modified Soy beans.

Pesticides seem to reduce Soy's efficacy as a cancer fighter, so we go the extra mile to be certain your drink is doing everything it can to help your body be healthy.

## So how can you get those 20 mg of Soy in your diet?

It's quite easy actually!

Because we use only the highest quality Soy Milk, one 20 oz. Intelligence Smoothie or Strawberry Lite Delight a day is enough. Or come in in the morning for a Matcha Shot and have another before the trip home! **You'll feel great day to night, and from your youth to your golden years.**

TIP: To get even more from your Soy, take a digestive enzyme supplement. You'll break down much more of the sugar and protein that you're drinking.