



Revival Products Publishes Blog Post on How Soy Shakes May Be Used for Menopause Discomforts

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Revival Products Inc., based in Kernersville, North Carolina, has announced that they have recently published an article on how to use soy shakes for menopause discomforts, such as hot flashes and night sweats. The interest in the possibility of using soy as a way to help reduce hot flashes in menopausal women arose when scientists noticed that 10 to 20 percent of women living in Asia, where the diet is rich in soy, experienced hot flashes during their menopausal years. This is in stark contrast to about 80 to 90 percent of Western women experiencing hot flashes. Meanwhile, a new menopause research confirmed that dietary soy may help in relieving mild common discomforts related to the natural progression of menopause.

Suzanne Tabor, President of Revival Products Inc., says, "This new menopause research study continues to confirm the possible benefits of dietary soy for the relief of mild common discomforts associated with the natural progression through menopause. This new research study, as well as previous research, supports the role of soy protein for the relief of common menopausal discomforts, including hot flashes. Naturally, don't forget to consult your doctor on how to manage your midlife transition with prescription medications, dietary supplements, and lifestyle changes."

It should be pointed out that soy should not be considered as a replacement for prescription medication or hormone replacement therapy. Nevertheless, more than 20 clinical trials have shown that soy may help reduce hot flashes and other mild discomforts that accompany menopause. Soy consumption has been found to substantially enhance a woman's comfort and health during perimenopause, menopause, and postmenopause.

Perimenopause is characterized by the gradually declining hormone levels for women during their mid-to-late 30's to mid 40's. This is a transition period that starts eight to 10 years before menopause and marks the start of the decline of the production of hormones by the ovaries. During the final one to two years of perimenopause, there is an acceleration in the decline in estrogen production and many women start to experience various kinds of discomfort, such as hot flashes, irregular menstrual periods, lack of energy, and mood swings.

During the menopause stage, which is during the late 40's to mid 50's, the ovaries stop releasing eggs and most of their estrogen production. Thus, it is during this period that women experience the majority of menopausal discomforts. And during the postmenopausal period, which is the late 50's and beyond, the discomforts start to ease but women at this point in time suffer from an increased risk for some health conditions, like osteoporosis and heart disease.

Meanwhile, it is also possible to use soy protein for weight loss. They offer a weight loss soy diet that lowers calorie consumption but does not restrict any nutrients. This offers the advantage of getting all the nutrition that is required for a healthy body while losing weight. The weight loss soy diet that they offer also takes into account the importance of exercise when aiming for weight loss. Briskly walking for 30 to 45 minutes a day for six days a week is suggested as a good way to start exercising. With such a combination, dieters using a soy protein diet in a clinical trial were able to lose an average of 26 pounds in 16 weeks, including approximately 25 percent loss of belly fat.

Furthermore, the Revival soy diet offers the additional advantages of soy protein. For instance, soy is a high quality protein that has all of the essential amino acids needed for human nutrition. In addition, soy foods have a low glycemic index. This implies that soy will not cause any blood sugar spikes that commonly occur with high glycemic foods. This means less hunger cravings and better control of appetite.

Those who are interested in knowing more about the Revival soy products, including their bariatric friendly soy shakes, may want to check out the Revival Products website, or contact them through the telephone or via email.

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For more information about Revival Products Inc., contact the company here: Revival Products Inc. Suzanne Tabor 800-738-4825 CustomerCare@Soy.com 200 Peddycord Park Ct, Kernersville, NC 27284

Revival Products Inc.

Revival Soy is a brand of soy food and supplement products that help with many elements in health and fitness including the menopausal transition.

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