Revival Products Discusses Soy Protein Weight Loss Shakes And Their Effect On Hot Flashes And Night Sweats

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Kernersville, North Carolina based Revival Products is reaching out to the community to share a new blog post where they discuss how soy protein weight loss shakes can help reduce hot flashes and night sweats. This is part of the company's campaign to raise awareness of the benefits that these natural alternatives can bring to people suffering from everyday ailments.

"Hot flashes and night sweats are a common occurrence among older women dealing with menopause symptoms. While the discomfort and inconvenience that these symptoms bring can rarely be avoided, recent studies have shown that certain treatments, diets and, in this case, protein shakes can help," states Suzanne Tabor of Revival Products. She adds, "While many women deal with these symptoms at some point in their lives, very few manage to find any sort of relief to their menopause discomfort. This is a constant struggle among all women past a certain age, though we firmly believe that these symptoms can be lessened greatly through a specific diet and with the correct natural medicine."

While soy is not widely known as a therapeutic or medical herb by any stretch of the word, Revival Product

states that the positive effect that this can have in lessening menopausal symptoms is significant. They refer to the results of demographic studies which revealed that only about 10 to 20% of women living in Asia, where the diet is rich in soy, experience hot flashes during mid-life. This is in marked contrast to the approximately 80 to 90% of Western women who experience hot flashes.

Tabor states, "These are no recent findings, as research over the last 20 years or more has suggested that soy can help relieve the mild common discomfort associated with menopause. These findings had barely been taken seriously until now. As natural medicine begins to make a comeback and grow in acceptance, we find it is being discussed more."

The efficacy of soy and soy shakes on reducing menopause effects has only been further explored over the years. Recently, a new menopause research study compared the effectiveness of a soy shake or a placebo on menopausal discomfort in 60 Brazilian women between the ages of 40-60 and had become postmenopausal. Study volunteers received the placebo or shake daily for 16 weeks. Subjects were closely monitored throughout this period of time while they continued to live their regular lives. Any changes in somatic menopause discomforts were measured with the Menopause Rating Scale at the beginning and end of the study.

By the end of the 16 weeks, the study investigators reported that improvements were observed in hot flashes in all groups of postmenopausal women. However, improvements were substantially greater in the soy shake group (about 50%) compared to the placebo group (about 30%). This further reinforced the possibility of using shakes for hot flashes against menopause symptoms, confirming the benefits of dietary soy in women suffering from such mild yet common discomfort.

The Revival Products shakes have led to several success stories that back up the efficacy of their products. These are highlighted on their website, where the company shares comments and inspiring stories from customers who had their lives positively impacted by their soy protein shakes. One of their most recent comments on this space, written by Amie H., states, "I started getting into soy to help with my husband?s weight loss regime. I started to use it. Not only have I enjoyed the shakes, bars and nuts, Revival Soy has helped me lose all of my pregnancy weight. As a matter of fact, I weigh less now than I did before I got pregnant. It has also helped my husband lose the 15 lbs he needed to lose to qualify for entry into the Army. Revival?s soy bars are also great on the run. I never miss a meal with Revival soy."

The company's website offers more details on Revival Products. Interested parties may reach out to Suzanne Tabor to follow up on any further inquiries as well.

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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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