Revival Products Shows How People Can Lose Weight with Soy

August 18, 2021

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Revival Products Inc., a company based in Kernersville, NC, has shown that it is possible to lose weight with soy. A substantial number of research studies support claims that consuming soy protein may help people lose weight, when combined with a healthy diet and exercise. This is because soy is a great source of high quality protein that can help a person build lean muscle mass. Soy protein can also provide energy from calories and branched-chain amino acids.

Suzanne Tabor, President of Revival Products Inc., says, ?You can lose weight with Revival Soy protein by simply enjoying our Revival protein that contains 20 grams of protein or Revival protein bar once or twice a day with a multivitamin. Just remember to consult with your physician first if you plan to use Revival proteins bars or shakes as a meal replacement. And it is important to remember that using Revival shakes and protein bars as a person?s only nutritional source is not recommended.?

Regular exercise, such as taking a walk, is also advisable. When feeling hungry, it is recommended to consume protein foods. And it is a good idea to eat at least five servings of fruits and vegetables, which will provide antioxidants. It is also recommended to only consume complex carbs and whole grains as source for

carbohydrates. Fat intake should be decreased and smaller portions eaten. For snacks, Revival Soy Protein Chips can be consumed.

The Revival soy products work by decreasing food cravings and ensuring that there is no rapid rise in blood sugar levels. First of all, this is because soy protein can help a person feel full and satisfied. Recent studies have demonstrated that protein can help people feel less hungry and can also help them feel fuller for a longer period of time. Thus, there is less tendency to snack late at night and in between meals. Second, soy protein has a low glycemic index, which means that it will not cause a rapid increase in blood sugar levels. And finally, soy protein is the only type of plant protein that is complete because it contains all of the nine essential amino acids in the appropriate balance to meet the body?s requirements. It is also a kind of protein that has less calories and fats compared to many meats.

Meanwhile, women can also consume the Revival shakes for menopause. Scientific studies have shown that soy has the potential for decreasing hot flashes that come with menopause. Demographic studies have shown that only about 10 to 20 percent of women living in Asia, where the diet contains a significant amount of soy, experience hot flashes when they are in their middle age. On the other hand, about 80 to 90 percent of Western women experience hot flashes. Studies over the last 20 years have indicated that soy may help in relieving mild discomforts that are frequently linked with menopause.

A new menopause study that was published in 2010 in Brazil confirmed the possible benefits of dietary soy to relieving mild common discomforts related to the natural progression of menopause, such as hot flashes. Of course, it is always recommended to consult with a physician with regards to managing midlife transition with dietary supplements, prescription medications, and lifestyle changes.

It should also be noted that consumption of dietary soy may provide more energy; boost heart health; enhance bone health; and improve the skin, hair and nails. After reviewing several human clinical studies on soy and cholesterol, the FDA found that diets that are low in cholesterol and saturated fat and includes 25 grams of daily soy protein may decrease the risk of heart disease. Long-term daily consumption of Revival soy protein combined with 1,000 to 1,300 milligrams of calcium a day may support healthy bones through the replacement of lost calcium. And soy consumption may also contribute to healthier nails, hair, and skin through the provision of high quality protein.

Those who are interested in knowing more about Revival soy products can check out the Revival Products website, or contact them through the phone or via email.

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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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