Revival Products Reveals a Powerful Way to Lose Weight with Soy

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Revival Products Inc., a company based in Kernersville, NC, has revealed that a powerful way to lose weight with soy is possible because it allows a person to get the necessary nutrients while lowering calorie intake. Many popular diets tend to limit the intake of essential nutrients, which can result in poor long-term health. In contrast, the weight loss soy diet provides the nutrition that is required for healthy and optimal dieting, while also recognizing the value of exercise. Brisk walking for about 30 to 45 minutes per day for six days a week is often recommended. This exercise when combined with the weight loss soy diet was proven in their clinical trial, which showed that dieters were able to lose an average of 26 pounds in 16 weeks, plus belly fat loss of approximately 25 percent.

Suzanne Tabor, President of Revival Products Inc., says, ?Many of the popular diets today restrict essential nutrients. They might be low in carbohydrates, fat, protein, or low in some combination of these three macronutrients. A diet plan like this can be unbalanced and might not provide you with optimal nutrition. This can result in poor long-term health. Meanwhile, our weight loss soy diet lowers calories, which is an essential part of every diet plan, but it does not restrict any nutrients. This allows you to get all the nutrition you need for healthy and optimal dieting, making our weight loss soy diet a powerful way to lose weight.?

In addition, there are certain benefits from soy protein that are not available from a diet plan that doesn?t include soy. For instance, soy contains a high quality protein that has all the essential amino acids that are necessary for human nutrition. The soy foods used in the weight loss diet also have a low glycemic index, which means that they will not cause blood sugar spikes, which can result into type 2 diabetes. It also means better appetite control and less hunger cravings.

Soy protein is also good for the heart because according to the FDA, consuming 25 grams of soy protein everyday, as part of a diet that is low in cholesterol and saturated fat, may decrease the risk of heart disease. Furthermore, it has been reported that soy protein may provide several health benefits, such as support for younger-looking hair, skin and nails, and lean muscle mass. A soy protein diet may also help in reducing hot flashes resulting from menopause.

Studies have indicated that soy products may help in relieving hot flashes and other discomforts that may accompany menopause. One such study is a peer-reviewed investigation performed at The Johns Hopkins Hospital and published in the Journal of Endocrinological Investigation. Results indicated that Revival Soy may help in reducing hot flashes naturally. The study found that women had less hot flashes and night sweats, compared to their initial baseline levels. The reduction was approximately 40 percent in a span of 12 weeks.

Thus, also available from Revival Products are shakes for menopause. It is important to note that soy is not a substitute for prescription or hormone replacement therapy. However, many studies have shown that it may help in reducing the discomforts of menopause, including hot flashes.

Established as Revival Soy in 1998, Revival Products Inc. had the goal of developing a line of protein bars, shakes and snacks that would take advantage of the positive health effects of soy while also providing a delicious way to diet. Dr. Aaron Tabor was able to obtain a patent for the process that he developed on how to extract the most beneficial part of soy and adding this to the different kinds of Revival Soy products. He also started clinical trials to obtain scientific proof of the health benefits derived from the products. So far, they have completed 20 such clinical trials that have been finished or are still ongoing.

Those who would like to learn more about the soy products can visit the Revival Products website, or contact them on the telephone or through 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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