Revival Products' Soy Shakes Are Known For The Benefits They Offer During Menopause

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Revival Products, a manufacturer of natural doctor-formulated soy products, is encouraging women who are going through menopause to check out its range of products that many of its happy customers all over the world say help tremendously with menopausal hot flashes and night sweats.

The company?s products were designed and formulated by Dr. Aaron Tabor to help his mother Suzanne Tabor ease the discomforts caused by menopause. He used his research acumen to solve the problem and found evidence amongst several demographic studies that revealed that only about 10-20% of women living in Asia experienced hot flashes during menopause. The doctor surmised that this could be due to the nature of the Asian diet that is rich in soy which has been regularly consumed in different parts of the continent for a long time.

Though soy is readily available in the United States too, it is not that widely consumed and is reserved for niche products or used as a trace ingredient in some products. To add some perspective to the discrepancy, the US is the biggest soybean producer in the world as it produces about 73 million tons per year. However, on average, a United States citizen consumes around 80 grams of soy per year. This happens to be less than

the amount of soy consumed by a person in Japan in one day.

Dr. Tabor recognized soy as one of the key factors due to which menopausal discomforts were mitigated in women from Asian countries. Armed with this knowledge, he encouraged his mother to consume soy but she was not keen on doing so due to its chalky texture and flat taste. He decided to formulate a custom mixture that retained the isoflavones in soy, one of its most important ingredients and the biggest reason behind its ability to help women during menopause, but got rid of its otherwise unpalatable taste and texture. He succeeded in creating such a product and thus was born Revival Soy, one of the country?s most popular soy supplement companies that offers a range of soy products such as soy shakes for menopause, soy protein bars, soy protein shakes, and more.

A recent menopause research study that was undertaken by the Department of Obstetrics and Gynecology, State University of Campinas, Campinas, SP, Brazil, compared the effectiveness of a soy shake or a placebo on menopausal discomforts in 60 Brazilian women between the ages of 40-60 years who had become postmenopausal. The soy shake used in this randomized, double-blind, placebo-controlled study was given in two portions per day and provided a total of 24 grams of protein and 90 milligrams of isoflavones (53 milligrams in aglycone equivalents). Study volunteers received the placebo or shake daily for 16 weeks. Changes in somatic (e.g. hot flashes) menopause discomforts were measured with the Menopause Rating Scale at the beginning and end of the study. 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%).

The company also makes a ton of other products that serve different purposes for women who might not be going through menopause and just need a product to incorporate the goodness of soy in their daily diet. The company makes soy protein bars for weight loss since soy performs two critical functions that can help a person lose weight. It helps reduce hunger cravings and ensures that there is no rapid rise in blood sugar levels. Soy helps provide energy since it is abundant in the right kind of healthy calories and branched-chain amino acids. It also has a low glycemic index which makes it a perfect source of nutrition for those suffering from diabetes.

Readers can head over to the Revival Soy website to find out more about how incorporating soy in one?s diet can help with menopausal discomforts, weight loss, heart health, energy production, hair, skin, and nail health, and bone health.

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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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