

SOY

WHAT IS IT?

Soy is a subtropical plant native to southeastern Asia. It is a member of the pea family (Fabaceae). Soy has been a dietary staple in Asian countries for thousands of years

Soy and components of soy called "isoflavones" have been studied for many health conditions. Isoflavones are believed to have estrogen-like effects in the body, and as a result, they are sometimes called "phytoestrogens." In laboratory studies, it is not clear if isoflavones stimulate or block the effects of estrogen or both. In recent years, isoflavones have increased in popularity as an alternative to estrogen therapy.

The amount of soy found in foods is generally considered safe (Miso, tofu, soy milk). The soy beans can be processed into soy protein which is a powder, milk, or fiber.

WHAT IS IT USED FOR?

Menopause (Possibly effective)

Hot Flashes (May be effective)

Prevent Osteoporosis (Possibly effective)

RESEARCH/STUDIES

- It is unclear if soy stimulates or blocks estrogen, or if it does both.
- Some studies claim soy helps hot flashes, other studies say it does not help.
- Consuming soy protein 20-60 grams providing 34-76 mg of isoflavones daily seems to modestly decrease the frequency and severity of hot flashes in some menopausal women.

IS IT SAFE?

Consuming soy foods is safe. Soy supplements seem safe when used short term. Long term use of dietary supplements may not be safe.

SIDE EFFECTS WARNINGS AND PRECAUTIONS

Allergic reactions

Constipation

Insomnia

Nausea

Migraine headaches

Food allergy could appear in people allergic to TREENUTS, MILK, EGGS, PEANUTS, FISH AND WHEAT-DO NOT USE IF YOU ARE ALLERGIC TO THESE PRODUCTS.

Soy may have estrogen-like effects and the potential for side effects and interactions.

THINGS TO REMEMBER

- The effects of soy in patients with breast cancer are unclear.
- Use whole soy foods instead of soy supplements contain different amounts of isoflavones and high intake could increase risk of side effects.