

Natural Healing Express Weekly

Column Volume 14 Super Foods: Soy

This week we will continue our series on Super Foods mentioning in more specific detail Soy and its various health benefits.

SOY-Soy is a fantastic and versatile protein that comes in a variety of forms. Since there seems to be a bit of a misconception about what types of foods contain soy, I thought we would begin with a short list. Soy protein is included the following: Tofu; which comes in regular, silken, baked and smoked varieties, Miso, Edamame, Soybeans, Soynuts, Tempeh, Soymilk; which comes in several varieties by brand, flavor, and fat content, cultured soy yogurt, soynut butter, soy flour, soy pasta, soy protein powder and soy drink mixes. Soy protein will vary according to the serving size and type of consumption.

Health benefits include the Vitamins folate and choline, Minerals calcium, potassium and selenium. Soy also includes the phytonutrients isoflavones, phytic acid, essential fatty acids and lignans, but the best and greatest benefit from soy is protein and fiber.

So, the greatest health benefits to Soy include:

Soy provides the highest quality cholesterol free meatless protein available in the market today.

Soy reduces high blood cholesterol levels, provided one eats at least 25 grams a day in conjunction with a diet low in cholesterol and saturated fat. It also reduces blood pressure.

The isoflavones help to protect and maintain bone strength, therefore reducing the risk of osteoporosis. They also assist in breaking up free radicals which reduce the risk of cancer, primarily including breast and prostate and they stabilize blood sugar and reduce insulin resistance which is great news for those demonstrating disharmony in the diabetic realm.

Soy is a good source of choline, a vitamin B like compound important for pregnant women to help insure proper fetal brain development.

This week's recipe affords for some choices. To consume the 25 grams of soy protein recommended for cholesterol reduction, here are three ways to get it.

Three quarters cup canned black soybeans on a salad and one quarter cup soynuts as a snack or

1 cup edamame as a snack and 8 ounces of soymilk on cereal or

A smoothie made with 1 ounce of soy protein powder and fruit.

Next week we will further discuss the SuperFoods Spinach and Sweet Potatoes.

We will be having an article soon on alkalinity in the body, including water sources.

Also, we are very pleased to announce we will be opening a second location in Illinois at 840 W Meadows Drive in Freeport, Illinois at the Iron T Junction. We will be opening on December 16, 2011. Come see us. As always, we welcome your questions and comments.

Natural Healing Express 815 990 8732, Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Susan Schafer or like Natural Healing Express