

Bust Belly Fat with Soy Protein



by Julie O'Connell Seamer

A daily soy shake may prevent and reduce big bellies in post-menopausal women, research suggests. A study by the University of Alabama in the US showed that women receiving daily soy shakes (containing 20 grams of soy protein and 160mg of soy isoflavones) experienced reductions in their subcutaneous abdominal fat.

Given that excess abdominal fat has been associated with increased inflammation and oxidative stress, both of which are risks of cardiovascular disease and diabetes, this trial suggests significant health benefits of soy protein.

Whilst the mechanism behind the apparent benefits of isoflavones on fat cells and tissue is not well understood, animal studies have suggested that the isoflavone genestein may offer benefits by decreasing lipoprotein lipase messenger RNA levels, which reduces the build up of fat cells. Alternatively isoflavones may affect adipocytes by gene regulation.

Researchers concluded that their trial suggested a new dietary option for the prevention of abdominal adipose tissue gain that occurs after menopause.

Time to reach for the blender and make another soy smoothie?!
Always look for protein powders that have minimal additives, are organically sourced and/or ideally NOT made from genetically modified soy.

For further tips on practical management of peri-menopause and other hormonal changes come see me in clinic - we have a great deal of resources readily available to support you.

reference:

C.K. Sites, B.C. Cooper, M.J. Troth, A. Gastaldelli, A. Arabshahi, S. Barnes, '[Effects of a daily supplement of soy protein on body composition and insulin secretion in postmenopausal women](#)', *Fertility & Sterility*, Dec 2007, Vol 88, issue 6, 1609-1617