

**SOY'S ROLE IN
WOMEN'S HEALTH**



Great News!

You probably already know soy for its role in heart health. Now, research from a recent international scientific meeting suggests even more reason for women to add soy to their diets.

Breast Cancer

New evidence suggests that soy consumption as a teenager may help reduce cancer risk later in life.

Menopause

Soy may help alleviate hot flashes, particularly for women who experience at least five per day.

Osteoporosis

Research shows soy may help prevent bone loss, a condition that leads to increased risk of fractures.

424 2ND AVE W • SEATTLE, WA 98119

With new data on the health benefits of soy emerging regularly, perhaps it's time to share the news about this lean protein with your readers. For expert interviews, photography and recipes, please contact Craig Handzlik at Craig.Handzlik@publicis-usa.com.

Want to learn more about soy and health?

Please visit:
www.talksoy.com

