Isoflavone from Soy Battles Cancer

According to a review article from the National Cancer Institute in the US, and research at Children’s University Hospital, Heidelberg, Germany, genistein, a plant-based isoflavone, delivers a one-two punch to cancer cells by reducing their ability to form new blood vessels and by attacking the cells reproduction mechanism. Without a growing blood supply, and unable to make new cells, the cancer slowly shrinks and dies.

Genistein & Isoflavones

Of the various isoflavones found in soy, none have been studied as extensively as genistein. According to these studies, genistein has been found to have the following benefits:

• acts as a powerful antioxidant, protecting cells from free radical attack, radiation and chemical pollutants
• acts as an anti-estrogen by blocking the uptake of estrogen
• may reduce the symptoms associated with menopause and be helpful in preventing bone loss
• inhibits platelet aggregation and thrombosis, helping to prevent strokes, heart attacks and atherosclerosis
• exhibits strong anti-inflammatory properties, and therefore may be useful in treating arthritis, bursitis and rheumatic diseases*

*from “Isoflavones and the New Concentrated Soy Supplements” by Phillip N. Steinberg