Miso Soup Consumption* linked with up to 50% Reduced Risk of Breast Cancer*

A study reported in the Journal of the National Cancer Institute showed misos’s preventive effects against breast cancer increased with daily consumption and concluded that “Consumption of miso soup was inversely associated with the risk of breast cancer.”

Researchers at Japan’s National Cancer Center found that women who had three bowls of miso soup daily reduced their incidence of breast cancer by 40% compared with those who had only one bowl daily, and by 50% compared to those who had less than one bowl daily.

The eating habits of 21,852 Japanese women aged between 40 and 59 were tracked for 10 years from 1990 to 1999, according to their findings published in the online edition of the U.S. based Journal of the National Cancer Institute.

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10 Scientifically Researched Benefits of Miso*

1. Contains all essential amino acids, making it a complete protein.
2. Stimulates the secretion of digestive fluids in the stomach.
3. Restores beneficial probiotics to the intestines.
4. Aids in the digestion and assimilation of other foods in the intestines.
5. Is a good vegetable-quality source of B vitamins (especially B12).
6. Strengthens the quality of blood and lymph fluid.
7. Reduces risk for breast, prostate, lung and colon cancers.
8. Protects against radiation due to dipilo-colonic acid, an alkaloid that chelates heavy metals and discharges them from the body.
9. Strengthens the immune system and helps to lower LDL cholesterol.
10. High in antioxidants that protects against free radicals.