

Soy: Fart Away Your Risk For Breast Cancer and Hot Flashes



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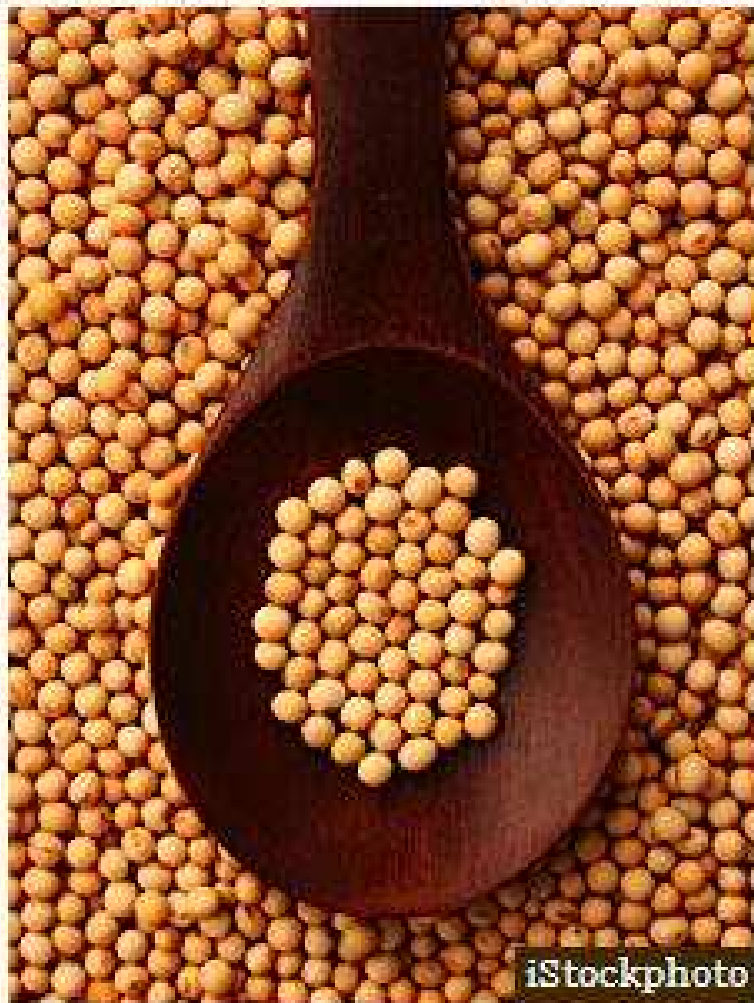
3:00PM, Friday July 11th 2008

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From tofu to chocolate milk, soy has been sweepin' the nation. In addition to helping lactose intolerant freelance writers enjoy a bowl of Cinnamon Toast Crunch cereal every now and again, the lil' bean is chock full of calcium, protein, fiber, iron, zinc, and magnesium, plus it's the only vegetable that can give you amino acids. But the nutritional goodies are just the tip of where the health benefits begin for us ladies. According to new studies, soy will fend off hot flashes from the 'pause (although it will not stop you from getting dragged to see [Menopause the Musical](#) with your mom who laughs waaaaaay too hard at the jokey rhymes). Soy also reduces the risk of

developing breast cancer by 18% in women with a high BMI (body mass index). Not sure how high your BMI is? Check out [this chart](#) while you chow down on a delicious Tofutti ice cream sandwich. [[Health World](#) and [Health Castle](#)]