

Revival Products Inc. Explains The Role Of Soy Shakes For Menopause Relief

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Kernersville, North Carolina based Revival Products Inc. has recently issued a public advisory on the effectiveness of their patented soy protein shakes in reducing adverse symptoms during each stage of menopause.

Soy is rich in isoflavones, a form of plant estrogen (phytoestrogen) that is proven to alleviate menopausal symptoms, including hot flashes, night sweats, mood swings, lack of focus, fatigue, and sleeplessness. A number of clinical studies suggest that isoflavones effectively help to address the sudden estrogen drop in a woman's body during menopause.

Revival Products Inc. was founded by Dr. Aaron Tabor and his mother, Suzanne Tabor, to initially help her during her own menopausal transition. Twenty years later, they have sold more than a million soy-based products, including [soy shakes for menopause](#), soy bars, protein chips, soy pasta, soy coffee, etc., and have already helped more than 600,000 women worldwide.

As noted on the company's website, their patented Revival Soy Shakes are naturally concentrated to provide the same amount of isoflavones that can be found in 6 cups of soy milk. They also explain that their shakes are made from real ingredients such as cocoa, vanilla, strawberries, peaches, and a variety of nine other flavors.

"Our patented Revival Soy Shakes are not sold in any other stores in the US. We have a stringent manufacturing, distributing, and Quality Assurance (QA) process to ensure that our products meet the FDA's criteria for heart-healthy soy foods. We also offer low-carb versions of our products to suit all dietary needs, as well as three sweetener options consisting of fructose, sucralose, and unsweetened. Additionally, our shakes are made from certified genetically-pure soy (non-GMO) with certified isoflavone levels. We offer products that are clinically proven to have a low-glycemic index, are gluten free, lactose free, and vegan friendly," says Suzanne Tabor.

Menopause is a natural part of a woman's life. During the three stages of menopause, namely perimenopause, menopause, and post menopause, the body will start to slow down its production of hormones such as estrogen and progesterone until all eggs are depleted and fertility declines. The perimenopausal stage normally lasts for 3-5 years and occurs to women around their forties. During this period, they will start to experience irregular menstrual cycles coupled with perimenopausal symptoms, including hot flashes, insomnia, night sweats, elevated heart rate, mood swings, depression, anxiety, vaginal dryness, and urinary issues. During this stage, women are often still capable of getting pregnant, and birth control methods are recommended until after a year following the last menstrual bleeding.

Meanwhile, the actual menopausal stage, on average, happens to women around 51-52 years old. Technically speaking, this stage is reached when menstrual bleeding has not occurred for at least one full year. Moreover, women are still expected to experience the same symptoms during the

perimenopausal stage, but the intensity of each will significantly vary. Finally, during the post-menopausal stage, there is an increased risk of heart disease, stroke, osteopenia, and osteoporosis, due to the continuously decreasing level of estrogen in their body.

There are many ways to address and manage the symptoms that are associated with menopause. Women who still have their uterus will find that a combination of hormone therapies including administering estrogen and progestin (a synthetic type of hormone) are recommended. Meanwhile, the administering of estrogen alone is usually prescribed for those who have had their uterus removed. Another viable option is to administer progesterone by itself. However, a number of studies show that it can cause some side effects, including mood swings, headaches, breast tenderness, and vaginal bleeding. "It is highly recommended that a medical professional be consulted before doing hormone therapy, since there are many ways these hormones can be reintroduced to the body. Most importantly, only a qualified gynecologist is capable of choosing the hormone that will best suit your specific needs," Suzanne Tabor said.

Those who wish to try a more natural approach to address their symptoms may consider Revival Products' [shakes for menopause relief](#). More information about their wide variety of soy products, including soy bars, protein chips, soy pasta, soy coffee and soy-based supplements can be found on their website. They even offer a 100% Satisfaction Guarantee to their customers, and allow exchange and refund for the unused portions of their products within 30 days of purchase.

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