

Revival Products Reveals Soy Diet Plan for Losing Weight

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Revival Products Inc., based in Kernersville, North Carolina, has announced that they have published a blog post describing how a soy diet can be an effective way to lose weight. The article is titled, “Weight Loss Soy Diet: A Powerful Way to Lose Weight,” and explains how Revival Products’ [soy diet plan](#) does not restrict essential nutrients, unlike many of the popular diets. They want to point out that many of the diet plans limit the consumption of certain nutrients. For example, they may be low in fat, carbohydrates or protein, or low in some combination with these three macronutrients. These unbalanced diet plans may result into poor long-term health.

Suzanne Tabor, President of Revival Products Inc., explains, “While our weight loss soy diet lowers calories, which is an essential part of every diet plan, it does not restrict any nutrients. This allows you to get all the nutrition you need for healthy and optimal dieting, making our weight loss soy diet a powerful way to lose weight. This weight loss soy diet also recognizes the importance of exercise to any diet plan. Since exercise is initially difficult for many of us, briskly walking for 30–45 minutes per day for 6 days each week is a great way to start. This combination makes our weight loss soy diet so powerful that dieters using soy protein in our clinical trial lost an average of 26 pounds in 16 weeks, including excellent belly fat loss of about 25%.”

In addition, the use of [soy shakes for weight loss](#) can provide extra benefits that can be obtained from soy protein. These are benefits that people will not get from diet plans that don’t include soy. Soy is an important component of a person’s diet because it is a high quality protein that contains all of the essential amino acids that are needed in human nutrition. Furthermore, the soy foods used in the diet plan have a low glycemic index, which means that they will not cause sudden blood sugar spikes, like those caused by high glycemic foods. The result is less hunger cravings and better control of one’s appetite.

The FDA also has shown that soy protein is heart healthy. Studies have shown that consuming 25 grams of soy protein every day, as part of a diet low in saturated fat and cholesterol, may be able to decrease the risk of heart disease. Soy protein also has other health benefits, such as younger-looking hair, skin, and nails; lean muscle mass support; and reduction of menopause hot flashes.

There are three basic reasons why a soy diet plan can help people lose weight. First, soy protein helps in making the person feel full and satisfied. Second, soy protein has a low glycemic index. And third, soy protein is a complete protein because it contains all 9 essential amino acids.

The soy diet plan by Revival Products makes use of either their protein bars or protein shakes. The plan is to consume a protein bar or protein shake with 20 grams of protein once or twice a day with a multivitamin instead of a standard meal for the purpose of decreasing overall calorie intake. For snacks, the Revival Baked Soy Protein Chips and other protein snacks can be used to increase protein intake.

Meanwhile, the soy products from Revival Products can also be used for reducing menopause symptoms, such as hot flashes and night sweats. A published and peer-reviewed study at the Johns Hopkins Hospital revealed that Revival Soy may be able to decrease hot flashes naturally. It was also found that with daily Revival Soy intake, women experienced substantial decreases in hot flashes and night sweats, as compared to their starting baseline levels. The decrease was almost 40 percent in just 12 weeks.

Those who are interested in the use of [soy shakes for menopause](#) or for weight loss can check out the Revival Products website or contact them through the phone or via email.

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