

## Soy for Breast Enlargement

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Soy is one of the most controversial products today. It is known for being high in estrogen, which seems to automatically make it a good ingredient for breast enlargement pills and creams. But is it really effective?

There is a popular belief that soy products can enlarge woman's breasts and there are many supplements and breast enlargement pills based on soy that are feeding this belief. However, I would like to give a word of caution here.

Yes, it is true, soy is high in isoflavones - chemicals similar to our bodies' estrogen. And it is true that our bodies sometimes react to soy's isoflavones. But it is important to know that medical researches have found dangerous components in soy.

Soy products got their bad reputation a couple of years ago, when researches carried out on mice and rats have shown that a certain component extracted from soy causes growth of estrogen-dependent tumors. These findings triggered big disputes in scientific world and scared many people consuming soy products on a daily basis. But further researches clarified that "when the whole food is consumed you get a very different effect than if you consume the concentrated constituents individually", according to University of Illinois food science and human nutrition professor William Helferich. Only raw soy and its products (e.g. flour) were found to have positive effects on health. You can read more about this research here.

So, for someone who wants to enlarge their breast size using soy, I would suggest to avoid any chemical pills or supplements which feature "soy extracts". You do not know what exactly was extracted and the real amount of isoflavones you will receive, since labels can be misleading sometimes. A better choice would be introducing some raw soy food in to your diet. This will be a much healthier option for your breasts, as natural soy can protect against cancer.

As to the question whether or not soy can enlarge breasts, I would say that maybe in some cases it can, but the vast majority of Asian women, for whom soy is a staple food, prove that it is a rare case.

Source: Science Daily