

Soy & Breast Cancer Script

People used to think that soy can increase a woman's risk for breast cancer. Soy has isoflavones in it. Those isoflavones are called "phytoestrogens."

Estrogen is a hormone that can increase a woman's risk for breast cancer. The thought was that if there are "phytoestrogens" in soy, then that phytoestrogen can increase your estrogen levels. That would raise a woman's risk for breast cancer.

As time went by and there was more research, we learned that the opposite is true.

Those phytoestrogens in soy actually block the estrogen receptors on cancer cells. They make it harder for estrogen to increase your risk of breast cancer.

Now we think that having a moderate amount of soy in your diet is actually helpful. Having 2 to 3 servings of soy a day is safe.

Examples would be tofu, edamame, soy milk, and tempeh. These are the most common ones that you would find in the grocery stores.

Soy is fine. It will not increase your risk for breast cancer.

If anything, it can help reduce your risk for breast cancer.

So, don't fear soy!