

nature's tonic



A bean bag of HEALTH

HEALTHY SOY

- a) It is an important food for diabetes management. It helps in controlling blood sugar for effective cholesterol management.
- b) It is a nourishing and important body building food, especially for children in their growing stage.
- c) It corrects hormonal problems like PCOS in ladies.
- d) Helps improve bone density as it is a good source of calcium.
- e) Being anti-oxidant rich, soyabean helps in effective cancer prevention.
- f) Being a rich source of linoleic and linolenic acids (unsaturated fatty acids), it helps in maintaining a healthy and younger looking skin.

Courtesy: Aishwarya Rajan, Delhi-based nutritionist

Soyabeans are one reason why you should not turn up your noses at beans. With unmatched health benefits, it is slowly climbing up the popularity charts. asiaSpa takes a look at its qualities.

By: Soumya Jain

It is estimated that India is set to have a record soyabean production in 2008, which will augment exports to other countries. While soyabean may become the reason for India's economic boost, it definitely does amplify your health, beauty and wellness quotient. Soyabean contains all the three micronutrients as well as fibre, vitamins and minerals. It also provides essential amino acids needed by the human body.

Soya facts

Soyabean is very rich in nutritional components. Every 100gms of soyabean contains about 36.5 gms of protein. It has a low content of saturated fatty acids and high content of unsaturated fatty acids, making it an ideal bean. "Soyabeans are a storehouse of lean protein, good fats and vitamins," says Aishwarya Ranjan, a Delhi-based nutritionist.

"Soyabean has been rightly named the Golden Bean, as along with its rich nutritional composition, it also has therapeutic benefits. The special therapeutic

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Pic Courtesy: MGM Grand Spa, Las Vegas, USA

components are isoflavones and phytoestrogens. Isoflavones are believed to reduce a wide array of chronic degenerative diseases like obesity, cardiovascular disease, osteoporosis, diabetes and cancer," says Ishi Khosla, Clinical Nutritionist and Director, Whole Foods. Soyabean is definitely a good diet supplement for women in their pre and post menopausal phases.

Healthy beans

"Worldwide, several international agencies recognise soyabean as a source of complete protein. A complete protein is a storehouse of all the essential amino acids that is required by the human body. Therefore, soyabean is a great source of protein, especially for vegetarians," says Aishwarya.



SOYA IN SPA TREATMENTS

Ultimate Moisture Renewal Manicure (50 minutes)

This anti-ageing hand treatment is formulated with renewing ingredients such as ceramides, lacto, soy proteins and hyaluronic acid to firm and tone the skin. You will feel revived and remarkably relaxed as this treatment also features a 'recovery touch' massage to help improve skin texture and moisturise.

Courtesy: Bellagio Salon and Spa, Las Vegas, USA

Botinol Facial (75 minutes)

It is a clinical, non-invasive spa treatment using the latest technologies and breakthroughs in active ingredients to work as a wrinkle corrector. With ingredients from five peptides and antioxidants such as alpha lipoic acid and soy isoflavone, it redensifies, smoothes and relaxes the skin, visibly reducing the appearance of expression lines and preventing the appearance of new ones.

Courtesy: MGM Grand Spa, Las Vegas, USA

Chai Soy Mud Mask (50 minutes)

First, a spicy, aromatic, herbal scrub prepares the skin for the Chai Soy Mud Mask. The body mask, rich with minerals, soy, proteins and spices, is then applied to detoxify and revitalise the skin. After removal, a full body lotion is applied by which the skin's beautiful radiance comes through.

Courtesy: Spa Mandalay, Las Vegas, USA

Soya Milk Protein Hair Spa

This treatment nourishes the scalp and gives hair a softness, smoothness and resistance to breakage.

Soya Protein Body Spa

This nourishing spa treatment stimulates the body to fulfill its natural function of detoxifying and eliminating toxins. It nourishes the body to give a fresh glow and younger looking skin. A must-spa for tanned and under nourished skin.

Courtesy: Cleopatra Spa, Chandigarh, India

The Maya Ubud Resort and Spa, Indonesia, uses fresh soyabean oil as the massage base in all its treatments. The oil has less fat and helps to maximise the absorption of carried essential oil. It is a rich natural source of vitamin E and lecithin. Vitamin E, with its natural anti-oxidant properties, helps prevent cell damage that contributes to the ageing process by destroying collagen and elastin fibres that support the skin.

Courtesy: Maya Ubud Resort and Spa, Indonesia



Beauty with soya

Soybean doesn't only help in keeping us fit and healthy, it also helps in preserving our beauty. Says Aishwarya, "Soybean oil helps in treating damaged and wrinkled skin as it is rich in fatty acids."

Fatty acids are essential in maintaining the healthy balance of the skin. Anti-oxidants such as vitamin E and vitamin B complex present in the oil help to restore the natural glow apart from preventing wrinkles, caused by pollution and stress.

It is because of this reason that many cosmetic companies are today recognising the value of soyabean and including it in their products.

Spa Soya

According to Reeta Juneja, spa consultant, soyabean is used extensively in spas, especially in Indonesia, where it is cheap and used in its natural state. "Soyabean is beneficial to our skin since it detoxifies, cleanses and moisturises it. Oil and milk derived from it are excellent moisturisers as it is very high in protein and contains vitamins C, A, E. It is an effective cleanser and helps lighten blemishes on the skin and is easily absorbed and suited to all skin types," Reeta explains.

Soybean is highly recommended in spa cuisines. Reeta, however, puts up some caution points. "Soyabean based dishes like Tofu salads are staple in spa cuisine. Nonetheless, a small percentage of the population - below 1 per cent - is allergic to soyabean. So it's best to put a note or disclaimer next to the description of such dishes." She further explains that because of the high levels of oestrogenic isoflavones, young children should not be given soybean. Also, raw mature soyabeans should be avoided. It contains phytates that prevent mineral absorption and enzyme inhibitors that block the key enzymes needed to digest protein. Reeta advises to consume limited quantities of fermented soyabean in the form of curd or tofu and avoid serving soya milk or soya ice cream and other such products.

Soya Wisdom

Recent research has proved that excessive soyabean intake has been known in certain cases to have posed adverse effects to one's health. Aishwarya advises that always consult a health practitioner to understand how much should be one's correct intake according to one's body requirement. She further concludes, "Consume this bean and its defatted products like nutrella, soya flour and tofu.

FORMS OF SOYABEAN

Edamame

It is usually taken as a snack or used in vegetable meals and soups. They contain significant quantities of vitamin C which is absent in soyabean.

Soy Milk

Soy milk found in market is usually flavoured and fortified with vitamins and calcium. It is free of lactose and thus, a good alternative for those intolerant to lactose.

Tofu

Tofu lowers the risk of heart diseases as it reduces the level of 'bad' LDL cholesterol and maintains the level of 'good' HDL cholesterol.

Tempeh

It is a rich source of proteins, minerals, soy isoflavones (53 mg isoflavones per 100g) and saponins. It is also a generous source of calcium, B-vitamins and iron. In addition, tempeh is a good source of monounsaturated fats and contains no cholesterol.

Miso

Miso soup reduces the risk of getting breast cancer. It, however, contains a lot of salt. It is not readily available in market but can be found in health shops and oriental shops.

Shoyu

Shoyu is a soy sauce, which is a dark brown liquid made from soybeans that have undergone a fermentation process. Shoyu also contains a lot of salt and should be used sparingly to flavour dishes.

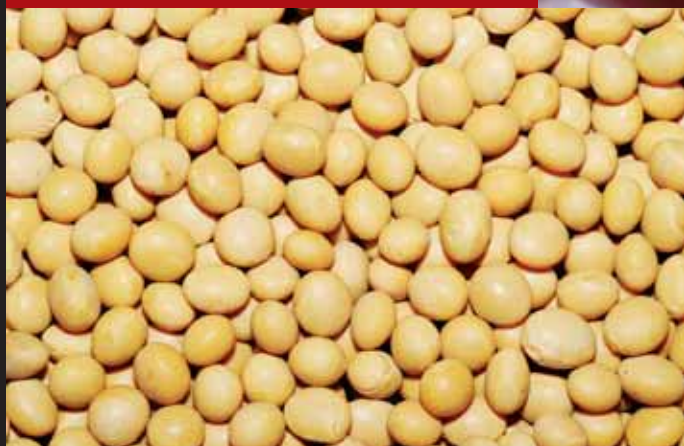


Soyabean oil

Soybean oil is a very healthy food ingredient. The high smoke point of soybean oil allows it to be used as frying oil.

Soy proteins

Soy protein has been used as an ingredient in a variety of foods such as salad dressings, soups, vegetarian foods and meat imitations.



Substituting some of non-vegetarian meals with soya products would be good source for vitamins and lean protein, so become soy smart today! 