USANA HEALTH SCIENCES

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September 14th, 2011

Results from a recent study show that soy protein may help reduce both systolic and diastolic blood pressure in both hypertensive and normotensive individuals.

SOY PROTEIN MAY HELP REDUCE BLOOD PRESSURE

With each beat of the heart, blood is pushed through the body via arteries and veins. Blood pressure (BP) is a measurement of the force against the walls of your arteries, created by your heart and the blood it is pumping. Blood pressure is recorded in two numbers i.e. 120 over 80 (120/80 mmHG). A healthy normotensive BP is generally considered to be less than 120/80 mmHG, while anything above 140/90 mmHG is considered hypertensive. Individuals with high BP are at a greater risk of developing heart disease and kidney problems.

In a recent meta-analysis researchers sought out to determine the effectiveness of soy protein in lowering BP. The data from twenty-seven previous randomized clinical trials was compiled and analyzed as a whole. Each of the previous studies contained both a treatment group and control group that were picked at random. Treatment groups were given a diet that contained soy protein, while control groups were given a non-soy protein based diet.

The results of the study show a noteworthy decrease in both systolic and diastolic BP in the test group over the control group (a mean systolic decrease of 2.21 mmHg and diastolic decrease of 1.44 mmHg). This decrease in BP occurred in both hypertensive (high blood pressure) and normotensive (normal BP) subjects, however the decrease was greater in the hypertensive group.

In conclusion, the results of this study show that incorporating soy protein into your diet may be an important nutritional strategy for the prevention and treatment of hypertension.

Dong JiaYi; Tong Xing; Wu ZhiWei; Xun, P. C.; He, K.; Qin LiQiang. Effect of soya protein on blood pressure: a meta-analysis of randomised controlled trials. 2011. Brit J of Nutr 106(3):317-326.