



FRESH LIVING

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In studies and research, sprouted red clover contains isoflavones along side with Estrogen receptor β (ER β). The phytoestrogen in the plant allows for the body to suppress any cancer activities, especially breast cancer activities in women (1) (2). To explain further, there are 2 Estrogen receptors: ER α and ER β . The ER α causes most problems such as breast cancer (75%) (1). The activation of ER α allows that to happen, while ER β reduces that activity, which red clover sprouts provides. In a study of soybean and its products, the phytoestrogens in that “is strongly connected with lower breast cancer incidence” (1). Studies show that the next runner up from soy products with almost the same concentration of isoflavones and phytoestrogen is red clover sprouts, which many do not know about. The flower of red clover is often used in many Asian traditional medicines thanks to its many benefits; however, the sprout itself is a denser and more concentrated source.

Red Clover Sprouts

In addition to the great benefits it has for women’s health, there are studies that show that red clover sprouts help with menopause and its symptoms such as hot flashes (3). Studies has shown that red clover sprouts also helps with the intensity and frequency of hot flashes. In the tests provided, all show a decrease in the frequency and intensity. Not only does red clover sprouts help with hot flashes, but it also helps with night sweats (3).



Another compound in red clover sprouts is Lutein, a carotenoid. Carotenoids are known for being an important vitamin for our daily lives, but they are also important due to its abilities to help lower risks for developing most age-related chronic degenerative diseases and some cancers (2). Red clover also has antioxidant properties because of its high content and rich source of bioactive compounds (1)(2).



All things considered, there is a need for alternative dietary supplement for women in menopause and post menopause.

Women seek other healthier and more natural options to alleviate the stress and damages when they go through that cycle. The isoflavones and the phytoestrogen that red clover provides, allows women to have that boost for their bodies to lower the risks of osteoporosis, atherosclerosis, and even breast cancer. It is worth investigating and investing in the several benefits of red clover in either supplements or in addition to our daily diets. Red clover is not just limited to women, men can benefit from the vitamins and antioxidants it provides.



References

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