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## Magic bean? Soya could help to fight two cancers... and all it takes is a dash of sauce with meals

By [Daily Mail Reporter](#)

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Soya could boost the battle against prostate and breast cancer, scientists believe.

The potential health benefits of the bean have been highlighted in two separate studies.

In one, researchers from Northwestern University, Chicago, found that one pill a day of genistein, a natural isoflavone chemical in soya, seemed to slow or stop the spread of prostate cancer.



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**Studies: Soya could help in the battle against breast cancer and prostate cancer the two studies have revealed**

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Although it was tested on a small group of only 38 men, scientists say the results could lead to the first non-toxic treatment that prevents cancer cell movement.

Professor Raymond Bergan said: 'The first step is to see if the drug has the effect that you want on the cells and the prostate, and the answer is yes, it does.'

'If this drug can effectively stop prostate cancer from moving in the body, theoretically a similar therapy could have the same effect on the cells of other cancers.'

'This could be the first therapy for any cancer that is non-toxic and targets and inhibits cancer cell movement.'

In the second study, of almost 1,300 women, researchers from the University at Buffalo, New York, showed isoflavones from soya can reduce the risk of developing breast cancer.

Researcher Anne Weaver found those with the highest isoflavone intake had a 30 per cent lower risk of an invasive breast tumour and a 60 per cent lower risk of a low-grade tumour.

Ms Weaver and colleagues evaluated 683 women with breast cancer and compared them with 611 healthy women.

She said: 'Like most dietary studies, these findings are not definitive and need to be considered in the context of further follow-up and confirmation.

'Still, we definitely saw a reduction that deserves further investigation.'

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