
Subject: Laut einer Studie: 3x pro Woche Soja können AGA zu 77% verhindern
Posted by [Norwood-packt-das-an](#) on Tue, 04 Oct 2022 22:08:14 GMT

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Studie:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7109385/>

Zitat:

"A case-control study with 354 randomly selected Taiwanese males and matched controls evaluated the efficacy of isoflavone-rich soybean drinks in AGA. A self-administered questionnaire was given to participants to collect information on lifestyle factors such as eating habits. Frequent consumption of soybean drinks (3 days per week) was associated with a 77% decrease in the risk of AGA. It was concluded that it may provide protective effects against moderate to severe AGA. Frequent consumption of coffee, dairy milk, and cheese did not show any protective effect"

In Kombination mit Cayenne-Pfeffer

kam es bei 65% der AGA-Probanden sogar zu einer

Umkehrung der Glatze mit Neuwuchs. Studie:

<https://www.sciencedirect.com/science/article/abs/pii/S1096637407000639>