
Subject: Sojaprotein-Studie bezüglich DHT

Posted by [Norwood-packt-das-an](#) on Sat, 27 May 2006 23:12:33 GMT

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http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=15735098&dopt=Abstract

Subject: Re: Sojaprotein-Studie bezüglich DHT

Posted by [Der_mit_dem_Haar_tanz](#) on Sun, 28 May 2006 00:00:15 GMT

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und dazu hab ich auch eine:

soja + grün tee

Soy phytochemicals and tea bioactive components synergistically inhibit androgen-sensitive human prostate tumors in mice.

Zhou JR, Yu L, Zhong Y, Blackburn GL.

Nutrition/Metabolism Laboratory, Department of Surgery, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA, USA. jrzhou@caregroup.harvard.edu

Although high doses of single bioactive agents may have potent anticancer effects, the chemopreventive properties of the Asian diet may result from interactions among several components that potentiate the activities of any single constituent. In Asia, where intake of soy products and tea consumption are very high, aggressive prostate cancer is significantly less prevalent in Asian men. The objective of the present study was to identify possible synergistic effects between soy and tea components on prostate tumor progression in a mouse model of orthotopic androgen-sensitive human prostate cancer. Soy phytochemical concentrate (SPC), black tea and green tea were compared with respect to tumorigenicity rate, primary tumor growth, tumor proliferation index and microvessel density, serum androgen level and metastases to lymph nodes. SPC, black tea and green tea significantly reduced tumorigenicity. SPC and black tea also significantly reduced final tumor weights. Green tea did not reduce final tumor weight, although it tended to elevate ($P = 0.14$) the serum dihydrotestosterone (DHT) concentration. The combination of SPC and black tea synergistically inhibited prostate tumorigenicity, final tumor weight and metastases to lymph nodes in vivo. The combination of SPC and green tea synergistically inhibited final tumor weight and metastasis and significantly reduced serum concentrations of both testosterone and DHT in vivo. Inhibition of tumor progression was associated with reduced tumor cell proliferation and tumor angiogenesis. This study suggests that further research is warranted to study the role of soy and tea combination as effective nutritional regimens in prostate cancer prevention.

Subject: Re: Sojaprotein-Studie bezüglich DHT

Posted by [Haar-in-der-Suppe](#) on Sun, 28 May 2006 09:30:35 GMT

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die studie von 2007 kenn ich schon...

Was ich komisch finde, bei der studie von Der_mit_dem_Haar_tanz, dass Grüner Tee alleine DHT anhebt

Subject: Re: Sojaprotein-Studie bezüglich DHT

Posted by [Norwood-packt-das-an](#) on Thu, 01 Jun 2006 22:31:54 GMT

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Haar-in-der-Suppe schrieb am Son, 28 Mai 2006 11:30die studie von 2007 kenn ich schon...

Was ich komisch finde, bei der studie von Der_mit_dem_Haar_tanz, dass Grüner Tee alleine DHT anhebt

Du meinst wohl DHT SENKT, oder?

Subject: Re: Sojaprotein-Studie bezüglich DHT

Posted by [Gast](#) on Thu, 01 Jun 2006 22:32:59 GMT

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Er meint "komisch".

Subject: Re: Sojaprotein-Studie bezüglich DHT

Posted by [Norwood-packt-das-an](#) on Fri, 02 Jun 2006 22:42:34 GMT

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Grüner Tee hebt doch kein DHT an. Wo hast Du diesen Blödsinn gelesen?

Subject: Re: Sojaprotein-Studie bezüglich DHT

Posted by [pilos](#) on Fri, 02 Jun 2006 22:46:12 GMT

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ab-2007-volles-haar schrieb am Sam, 03 Juni 2006 00:42Grüner Tee hebt doch kein DHT an.

Wo hast Du diesen Blödsinn gelesen?

Although high doses of single bioactive agents may have potent anticancer effects, the chemopreventive properties of the Asian diet may result from interactions among several

components that potentiate the activities of any single constituent. In Asia, where intake of soy products and tea consumption are very high, aggressive prostate cancer is significantly less prevalent in Asian men. The objective of the present study was to identify possible synergistic effects between soy and tea components on prostate tumor progression in a mouse model of orthotopic androgen-sensitive human prostate cancer. Soy phytochemical concentrate (SPC), black tea and green tea were compared with respect to tumorigenicity rate, primary tumor growth, tumor proliferation index and microvessel density, serum androgen level and metastases to lymph nodes. SPC, black tea and green tea significantly reduced tumorigenicity. SPC and black tea also significantly reduced final tumor weights. Green tea did not reduce final tumor weight, although it tended to elevate ($P = 0.14$) the serum dihydrotestosterone (DHT) concentration. The combination of SPC and black tea synergistically inhibited prostate tumorigenicity, final tumor weight and metastases to lymph nodes in vivo. The combination of SPC and green tea synergistically inhibited final tumor weight and metastasis and significantly reduced serum concentrations of both testosterone and DHT in vivo. Inhibition of tumor progression was associated with reduced tumor cell proliferation and tumor angiogenesis. This study suggests that further research is warranted to study the role of soy and tea combination as effective nutritional regimens in prostate cancer prevention.

Subject: Re: Sojaprotein-Studie bezüglich DHT
Posted by [Foxi](#) on Sat, 03 Jun 2006 10:05:40 GMT
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@Pilos
Also Grünen Tee meiden oder?

Foxi

Subject: Re: Sojaprotein-Studie bezüglich DHT
Posted by [zagq](#) on Sat, 03 Jun 2006 10:16:36 GMT
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DHT ist gut für dich Foxi

Du beschwärst dich doch immer dass du schwabbelig wirst...DHT macht dich ripped und muskulös

Subject: Re: Sojaprotein-Studie bezüglich DHT
Posted by [Foxi](#) on Sat, 03 Jun 2006 10:36:02 GMT
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Aber mehr DHT mehr Haarausfall oder?
bzw.mehr Arbeit für Fin

Foxi

Subject: Re: Sojaprotein-Studie bezüglich DHT
Posted by [Figaro03](#) on Sat, 03 Jun 2006 10:45:30 GMT
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wollt ihr raten, was ich mir gerade zum Essen gekauft habe...
Es ist kein grüner TEE... denn den habe ich schon...

<http://www.kochmeister.com/kb/86>

Subject: Re: Sojaprotein-Studie bezüglich DHT
Posted by [Figaro03](#) on Sat, 03 Jun 2006 11:17:05 GMT
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Nein, kann man so nicht sagen, Foxi.

Grüner Tee erhöht das SHBG (sexualhormonbindende Globulin). MÄnner mit vorzeiter Alopezie haben da anscheinend einen niedrigen Spiegel.
ist übrigens auch gut für Frauen, die unter Alopezie leiden oder in den Wechseljahren sind.
(zumindestens eben theoretisch)
Das ganze kann man hier nachlesen:
<http://www.hairlosstalk.com/newsletter/article259.htm>

Klinische Studien zu grünem Tee gegen Haarausfall gibt es nicht,
man müsste es selbst ausprobieren.
Allerdings sagen Studien, dass es den Typ I der Alpha Reductase hemmt (Finasterid hemmt Typ II)
Nachzulesen hier:
<http://www.hairlosstalk.com/newsletter/article259.htm>

Und hier sind die Studien dazu:
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=7575552&itool=iconabstr&query_hl=2&itool=pubmed_docsum

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=16495654&itool=iconfft&query_hl=2&itool=pubmed_docsum

WARum trotzdem mehr DHT entstehen soll, ist mir insofern momentan nicht klar.

Es gibt allerdings ne Studie an Alopezie-Mäusen , und bei denen sind durch grünen Tee Haare nachgewachsen

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=16173333&itool=iconabstr&query_hl=5&itool=pubmed_docsum

Subject: Re: Sojaprotein-Studie bezüglich DHT
Posted by [zagq](#) on Sat, 03 Jun 2006 11:21:11 GMT
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ob mehr DHT mehr HA auslöst....hmmmm...

glaube ich aber nicht.

ich futter DHT jeden morgen zum Frühstück
und deswegen ist mir kein einziges haar mehr ausgefallen

Subject: Re: Sojaprotein-Studie bezüglich DHT
Posted by [Haar-in-der-Suppe](#) on Sat, 03 Jun 2006 16:25:36 GMT
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also gibt es doch einen 5aR-TypI Hemmer (weil viele oft danach gefragt haben)
Vielleicht ist es wie bei Fin, dass wenn TypII geblockt wird, sich TypI erhöht, beim Grüntee halt andersrum