

# 1. Settling The Soy Controversy



**by Dr. Neal Barnard, President, Physicians Committee for Responsible Medicine**

Soy products are remarkably versatile. Manufacturers have found ways to turn them into soymilk, veggie burgers, hot dogs, ice cream, yogurt--you name it. One day, they'll probably turn soy into snow tires.

Because soy products are so widely consumed, some people have raised the question as to whether they are safe. The biggest question mark was whether they affect the risk of breast cancer and, for women who have been diagnosed with breast cancer, whether they would help or harm their chances for survival.

After years of research, science is weighing in. [Read what the studies show by clicking here.](#)

## 2. Power Foods on Ellen DeGeneres Show

Dr. Barnard discusses foods that help you sleep and other Power Foods on the Ellen Show. [Watch it here.](#)