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## Does soy consumption offer a protective element against the risk of developing breast cancer?

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Based on a theoretical foundation of the Five Elements and Yin/Yang theories, a literature review was conducted to investigate whether soy consumption offers a protective element against the risk of developing breast cancer, with a particular focus on the Asian and Asian American population. Other areas explored included the impact of soy consumption on age, pre- versus post-menopausal status, and other risk elements, including the type and quantity of soy consumed,  life stressors and diet. Of the 30 articles retrieved, results determined soy offers a protective mechanism against breast cancer when consumed during childhood or adolescence, but primarily for those of Asian origin. Additionally, soy consumption offers a protective mechanism against relapse for those with one incidence of breast cancer, however this is only evidenced in premenopausal women. Other risk elements included death of a spouse, death of a friend or other family member, and generalized life stress. Increased consumption of a Western diet high in meats and fats were also evidenced as a risk factor promoting breast cancer. The majority of articles were cohort or informative/narrative articles, which detracted from a high evidentiary ranking score, however, consistency across and between findings was viewed as a mitigating factor, yielding strong levels of reliability, and validity of findings herein. Implications and recommendations based upon the theoretical foundation and Traditional Chinese Medicine included generalized recommendations for counseling on diet and maintaining a balance, to support for treatment and prevention of breast cancer based upon organic needs of Traditional Chinese Medicine, with specific attention to the Kidney, Liver, and Spleen organ systems.

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