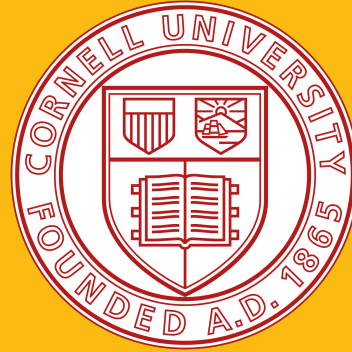


T. Colin Campbell

Who is he?



- Full name: Thomas Colin Campbell
- Nationality: American
- Age: 83 years old (until 2017)
- Occupation: Nutritional biochemist
- Education: Ph.D. in biochemistry, nutrition, and microbiology at Cornell University
- Notable work: *The China Study* (2005)

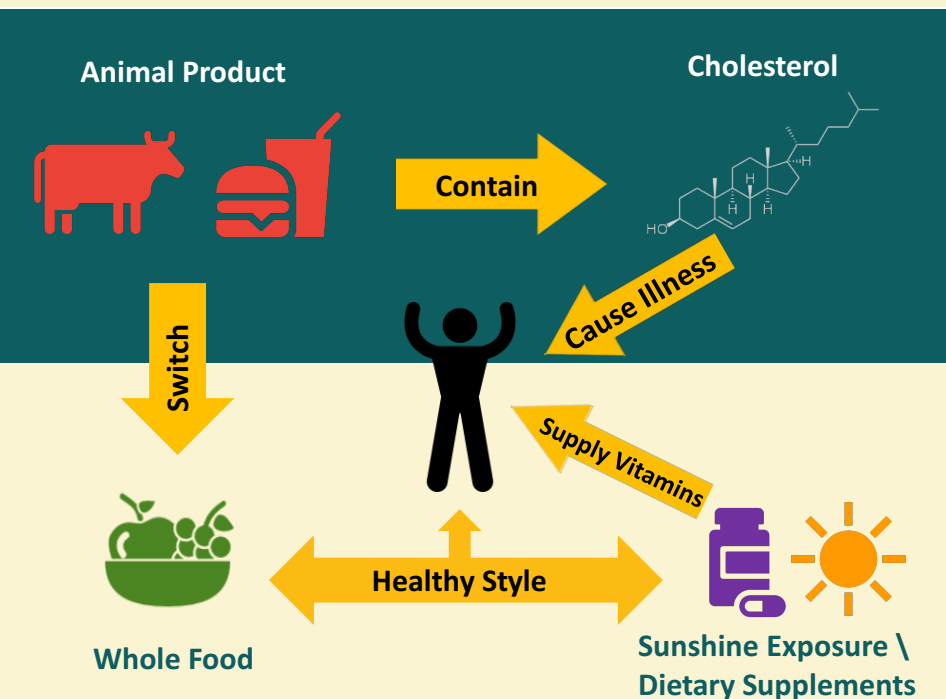
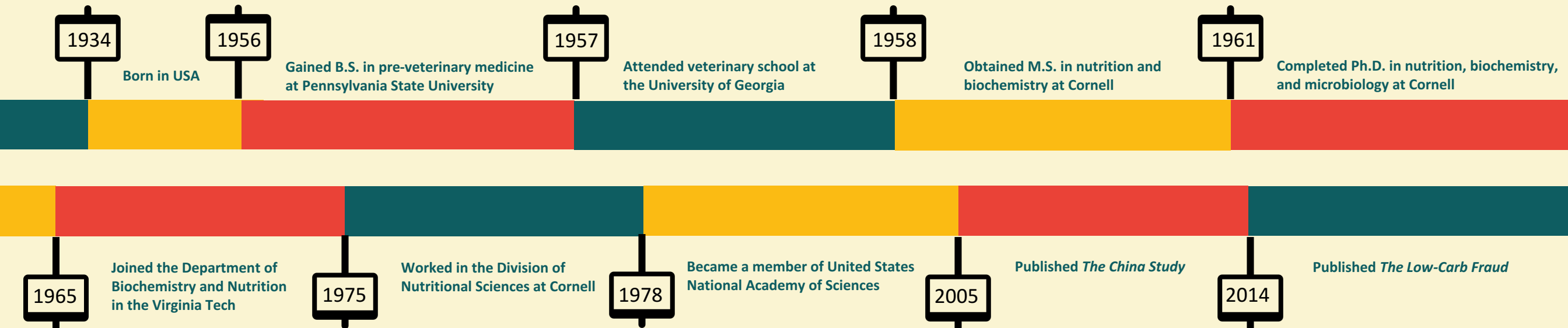
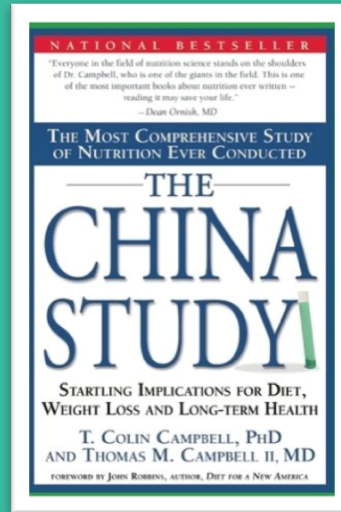


Campbell studied under Clive McCay at Cornell for his M.S. McCay was a biochemist as well as a professor of animal husbandry at Cornell. ("T. Colin Campbell," 2017) McCay's great achievement was the influence of nutrition on aging. He proved that caloric restriction increases the life span of rats by experiment. ("Clive McCay," 2016) In 1961, Campbell gained his Ph.D. in nutrition, biochemistry, and microbiology at Cornell. Today, he is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University.

The China Study is a book by T. Colin Campbell and his son Thomas M. Campbell II, which concludes consumption of a low-fat, plant-based diet can prevent and reverse a wide variety of chronic degenerative diseases. (Campbell et al., 1998)

The book is based on the 20-year China-Cornell-Oxford Project. It looked at mortality rates from cancer and other chronic diseases from 1973-1975 in 65 counties in rural China. ("The China Study," 2017)

The study indicates that a diet comprising a variety of good-quality plant-based foods yields the lowest disease rates. In order to fully prevent coronary artery disease, plasma cholesterol must be maintained well under 150 mg/dL.



plant-based Foods VS Animal-based Foods

Campbell, Lange and Root (1997) had done experiments on rats to determine the factors influencing the shift in AFB dose-response between AFB-DNA adducts and GGT foci. Weanling rats were killed in 2 hours after the first AFB dose at the soonest.

Aflatoxin B1 (AFB) is an incredibly potent carcinogen as well as a common contaminant in a variety of foods including animal feeds. ("Aflatoxin B1", 2017)

Based on numerous experiments and studies, Campbell advocates a low-fat, whole foods, plant-based diet.

However, market-driven economies favor the superficial research strategy of the present day because specific products can be sold. Those who make a profit from poultry try to hide these research results and have their own proposed health claims.

The majority of consumers accept this paradigm easily. As to research scientists, sometimes they bow to approval and funding of research. (Campbell, 1996)



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