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The China Study: Startling Implications for Diet, Weight Loss and Long-term Health

T. Colin Campbell, Ph.D.
Thomas M. Campbell II, M.D.
BenBella Books

In 2006, T. Colin Campbell published this now famous and popular book. Raised as a dairy farmer, Campbell became a science researcher. Setting out to improve the health of poor children in the Philippines, Campbell found that children on a high protein diet had higher rates of liver cancer. This began a long series of investigations into the effects of diet and health. Feeding milk protein to lab rats, Campbell the dairy farmer was most surprised to find that the high milk protein diet increased cancer rates. It is from this narrow start that Dr. Campbell began promoting the benefits of a whole food, plant-based diet.

My diet recommendations: eat mostly vegetables with some animal protein. My feeling is that Campbell's all vegan diet without any processed foods may be a little low on protein for athletic and active people. Still, his points are good and science based.

I recommend this modern classic.

Robert P. Goldman, MD