



**The China Study: The Most Comprehensive Study
of Nutrition Ever Conducted and the Startling
Implications for Diet... by T. Colin Campbell &
Thomas M. Campbell, II | Key Takeaways,
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The China Study by T. Colin Campbell and Thomas M. Campbell, II is primarily focused on the results of an enormous survey of diet and mortality that T. Colin Campbell conducted in 65 Chinese counties.

Campbell was the son of farmers who ate a largely animal-based diet. When he began studying nutrition, he worked under the assumption that the typical American diet of dairy and meat products was ideal. However, after Campbell participated in a nutrition improvement program in a region in the Philippines where children had a high incidence of liver cancer, he began to have doubts. Campbell read studies that helped him make the connection between protein consumption, the carcinogen aflatoxin, and liver cancer. Plant proteins were significantly less correlated to liver cancer growth after aflatoxin exposure...

This companion to The China Study includes:

- Overview of the book
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