



The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet: Key Takeaways, Analysis & Review

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Please note: This is a companion to the book and not the original book.

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
- Important people
- Key takeaways
- Analysis of key takeaways
- And much more!

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