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The Campbell Plan - From the co- author of The China Study

The Campbell Plan: The Simple Way to Lose Weight and Reverse Illness, Using The China Study's Whole-Food, Plant-Based Diet Thomas Campbell, T. Colin Campbell (Published in paperback as The China Study Solution.) In 2005, T. Colin Campbell, PhD and Thomas Campbell, MD co-authored The China Study.

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The Campbell Plan, based on scientific evidence presented in peer reviewed journals and the work of his father in The China Study, along with years of his own personal clinical experience, practicing as a family physician in Rochester NY through the University of Rochester Medical Center brings us information so dearly needed and yet often convoluted in mainstream media.

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