



Whole: Rethinking the Science of Nutrition

T. Colin Campbell, Ph.D.
with Howard Jacobson, Ph.D.
BenBella

In 2006, T. Colin Campbell wrote *The China Study*. It was a big hit and discussed his research on what constitutes a healthy diet. To his surprise, his promotion of a plant-based diet was met with huge opposition and backlash by the U.S. food industry. Dr. Campbell's 2013 book *Whole* defends his views about healthy eating. Additionally, it is a critique about medical research and how medical information and misinformation is spread throughout the United States. Like Richard Ablin Ph.D. (*author of The Great Prostate Hoax*), Campbell is also a Ph.D. who spent a long career doing basic medical research. Like Ablin, Campbell states at the beginning of the book -- now that he is old and retired, he can tell the truth without fear of losing his job.

I feel *Whole* should be under the category, Healthy Eating as well as American Medicine (*addressing problems with the American medical system*). Campbell talks about what reductionism means in science and the problems of applying it to biology. Like the scientist that he is, Campbell is very detailed and thorough. The main text is just under 300 pages — I think he could have made his points in 150. If you want to really understand how good research and science is done, this is a great book. If you want to take home a message about healthy eating, don't eat too much dairy. It may increase cancer, heart disease and dementia. He recommends a whole foods plant-based diet.

One criticism I have of his research: Dr. Campbell fed lab rats milk protein. From this, he concluded in *The China Study* that eating meat causes cancer. Possibly so, but his research was mostly about milk protein.

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