

# T. Colin Campbell, PhD

Professor Emeritus in Nutritional Biochemistry  
Cornell University

For more than forty years, Dr. T. Colin Campbell has been at the forefront of nutrition research. His legacy, The China Project, is the most comprehensive study of health and nutrition ever conducted. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has more than seventy grant-years of peer-reviewed research funding and authored more than 300 research papers and coauthor of the best-selling the book, *The China Study: Startling Implications for Diet, Weight Loss and Long-term Health*. Campbell has lectured extensively around the U.S. and beyond since the book's publication, especially in medical schools and professional venues. He is encouraged that so many primary care physicians, who often have little or no formal training in nutrition, are now enthusiastically embracing plant-based nutrition as the premier medical specialty, not just of disease prevention but for disease treatment and health maintenance.



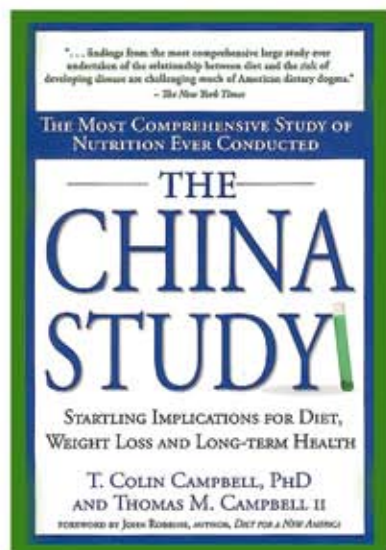
Campbell's principal scientific interests, which began with his graduate training in the late 1950's, have been the effects of nutritional status on the causation of cancer and long term health.

## Research Focus:

- Relationship of diet, nutrition and chronic degenerative disease etiology
- Nutritional effects on carcinogen and foreign compound metabolism
- Aflatoxin/liver cancer relationships
- Risk assessment and chemical toxicity

## Current Activities:

- Lectures in the US and internationally
- Writing of his next book, the sequel to *The China Study*
- The T. Colin Campbell Foundation, his educational nonprofit offering acclaimed online courses in plant-based nutrition



## The China Study

Released in 2005, *The China Study*, a publishing phenomenon, has sold almost 800,000 copies as of January 2012 with sales continuing to increase. The paperback version consistently appears in the top 100 on Amazon. Drawing on the project findings in rural China, but going far beyond those findings, *The China Study* details the connection between nutrition and heart disease, diabetes and cancer. The report also examines the source of nutritional confusion produced by powerful lobbies, government entities, and opportunistic scientists. The New York Times has recognized the study (China-Oxford-Cornell Diet and Health Project) as the “Grand Prix of epidemiology” and the “most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease.”

# Media Appearances

## T. Colin Campbell, PhD

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### Television

- Larry King Live
- Extra!
- Bill Maher

### Films and Documentaries

- Forks Over Knives
- PLANEAT
- A Delicate Balance
- Healing Cancer from Inside Out

### Lectures to Venues of Medicine

- Memorial Sloan Kettering Cancer Center
- School of Medicine, Loma Linda University
- Grand Rounds, Albert Einstein College of Medicine
- JAM Institute of Medical Education and Research
- College of Medicine, Florida International University
- World Nutrition, Health and Disease Conference 2009, Singapore
- New England College of Osteopathic Medicine
- McDougall Health Conferences, Santa Rosa, CA (several)
- Philadelphia College of Osteopathic Medicine
- Loyola College of Medicine, Chicago
- University of Chicago Medical Center
- University of Rochester School of Medicine
- Cleveland Clinic, Cleveland
- Cleveland Clinic, Wooster
- Rochester Academy of Medicine
- University of Buffalo School of Medicine
- Roswell Park Memorial Institute for Cancer Research, Buffalo, NY
- St. Johns Hospital Grand Rounds, Detroit
- Johns Hopkins School of Public Health
- New Jersey College of Medicine, Newark
- University of Central Florida College of Medicine
- Institute of Functional Medicine, Tampa
- National Health Association, Ft. Lauderdale, FL
- Physicians Committee for Responsible Medicine, Washington
- University of Colorado School of Medicine, Given Institute, Aspen
- Prostate Cancer Research Institute, Los Angeles
- Buck Institute for Age Research, Marin County
- Alexandria Physicians Conference, Alexandria, LA
- New Orleans Dental Conference
- Lifestyle Medical Training Program, Sulfur, OK
- North Texas Health Science Center, Ft. Worth
- American College of Lifestyle Medicine, Roanoke, VA
- Cardiovascular Disease Prevention Conference, Coral Gables, FL
- Bastyr Center for Natural Health, Seattle
- McGill University Faculty of Medicine Grand Rounds, Montreal
- University of Toronto Faculty of Medicine, Toronto
- Emory University School of Medicine, Atlanta
- Duke University School of Medicine, Durham, NC
- University of Maryland School of Medicine, Baltimore



- U.S. National Cancer Institute (NIH), Bethesda
- Moncton Hospital, Moncton, NB
- Fred Hutchinson Cancer Center, Seattle
- Peking Medical Union, Beijing
- Many other health, wellness, and medical conferences

### Public Lectures

- The Learning Annex
- Kripalu Center for Yoga and Health
- Cornell University
- Urban Zen
- Vegetarian Summerfest
- Holistic Holiday at Sea Cruise
- Society for Scientific Exploration
- University of Pennsylvania, Wharton School
- Food Studies Institute Conference
- Institute for Integrative Nutrition
- Princeton University
- Stanford University
- Michigan State University
- Brigham Young University
- University of Richmond
- University of Alabama, Birmingham
- University of North Carolina
- University of Kansas
- Northern Illinois University
- Pennsylvania State University
- Boston University
- University of Virginia
- Louisiana State University, Baton Rouge
- Utah Valley University, Orem, UT
- Yale University
- Harvard, University
- U.S. National Institute for Environmental Sciences (NIH),  
Research Triangle Park, NC
- University of Guelph, Guelph, ON
- University College, London, UK
- University of Western Ontario, London, ON
- University of California, Berkeley
- Arizona State University, Tempe, AZ
- University of Minnesota, St Paul
- Jiao Tong University, Shanghai
- National Institute of Nutritional Sciences, Shanghai



# T. COLIN CAMPBELL FOUNDATION

Scientific Integrity for Optimal Health



**Course Developer:**  
T. Colin Campbell, PhD

Jacob Gould Schurman  
Professor Emeritus

Nutritional Biochemistry  
Cornell University

The ***Certificate in Plant-Based Nutrition*** considers the topic of nutrition both as a science and as a component of the practice of medicine. It introduces medical professionals and the public to the vastly underestimated ability of properly executed nutrition to maintain health and prevent disease, while fostering a mindset of critical thinking and scientific inquiry.

The program was created by one of Cornell University's most distinguished researchers, Dr. T. Colin Campbell, PhD. and presents a forward-looking view of nutrition that Dr. Campbell developed during his more than 40 years experience in experimental research and 20 years in public policy.

The program consists of three online, two-week courses, each containing approximately eight-hours of learning: **Nutrition Fundamentals, Diseases of Affluence, and Principles in Practice.**

Students participate on discussion boards and enjoy the supervision of a trained instructor. The cost of an individual course is \$415, with a program discount applied when students register for all 3 courses at once. **19 PRA Category1 CME credits, 19 Category I CHES credits, and 1.8 CEUs are offered upon completion of the 3-course program.**

*The lifesaving information contained in this online course series includes compelling examples of the effect of a plant-based diet on chronic disease. This before and after photo of this artery is just one example.*



## Guest lectures by the best in the field:

- Brendan Brazier - *Plant-Based Diet & Elite Athleticism*
- Antonia Demas, PhD - *Nutrition in the Public Schools*
- Caldwell Esselstyn, MD - *Reversing Heart Disease*
- Doug Lisle, PhD - *Obesity & The Pleasure Trap*
- John McDougall, MD - *Nutrition in the Medical Clinic*
- Bruce Monger, PhD - *Coastal Eutrophication & Overfishing*
- Jeff Novick, MS, RD, LD, LN - *Food Labeling*
- David Pimentel, PhD - *Environmental Impact of Our Diet*
- Pamela Popper, ND - *Nutrition and Corporate Wellness*
- Alona Pulde, MD, LAc & Matt Lederman, MD - *What About Supplements?*



Features interviews with Jon Hinds, trainer and former Brazilian Jujitsu gold medalist at the Pan-American games, and other top athletes who are improving performance on a plant-based diet.

## What are people saying about the courses?

Dr. Campbell's research and teachings, founded in solid science, have opened my eyes. -*Marc R. Katz, MD*

Skepticism runs high when promoting a plant-based diet, so this program has also brought me much needed credibility. - *Katherine Lawrence*

The info in this course is addictive!!!!!!!!!!!!!!  
- *Jim Schweidenback, DDS*

The information in the course has had a powerful impact on my life, I'm seeing results, and sharing with others. This is the truth I've been wanting so badly. - *Paula Harris*

I feel truly privileged to be a part of this course at a time when we can use the knowledge to make a real difference in the world. - *Jessica Stone*