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The China Study

by T. Colin Campbell, Ph.D. with Thomas M. Campbell, II

Hello Friends, Clients, and Colleagues ...

Hope you are having an enjoyable summer!

Here's the sequel to my last Leadership Letter ... and this one is also about **health**.

My friend, Mike Fremont, a retired mechanical engineer, spends lots of his prodigious energy leading Rivers Unlimited, and other conservation endeavors. For example, Mike is the "Commodore" for the recent river clean-up by hundreds of canoers and kayakers.

Mike recently gave me a book ... ***The China Study*** ... which I review for you in this Leadership Letter. I hope you enjoy the review!

Regards and best wishes,

Mel

Mel Hensey, PE, F.ASCE
Management Consulting Engineer
Hensey Associates
8220 Riversedge Cir., Maineville, OH 45039
513/919-7672, MHensey@aol.com
www.henseyassociates.com

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THE CHINA STUDY

by *T. Colin Campbell, Ph.D. with Thomas M. Campbell, II*

BenBella Books, Dallas TX, 2006

ISBN# 1-932100-66-0

This paperback costs \$16.95 US. It can save your life, prevent any form of cancer, heart disease, diabetes and more. Dr. Campbell has indeed found the fountain of wellness, if not youth. My friend Mike Fremont gave me this book. At 84, Mike still works hard, plays hard, runs marathons, and races canoes.

Here are excerpts from some reviewers of the Campbells' book ...

“... his conclusions are startling.” –R.C. Richardson, Ph.D., Nobel Prize winner and Vice Provost of Research, Cornell University

“... a ground-breaking research study ... long sought by physicians, scientists, and health-conscious readers.” –Neal Barnard, MD, President, Physicians Committee for Responsible Medicine

“Everyone in the field of nutrition science stands on the shoulders of T. Colin Campbell ... reading it may save your life.” –Dean Ornish, MD, President, Preventive Medicine Research Institute, University of California, San Francisco

“*The China Study* is extraordinarily helpful, superbly written and profoundly important. Dr. Campbell’s work is revolutionary in its implications and spectacular in its clarity.” –John Robbins, author of the best-selling books *Diet for a New America* and *The Food Revolution*.

Having read the Campbells' book cover to cover, I can only agree with these reviewers. It's well illustrated. It's humorous. It looks at health studies from 200 years ago to the present. It notes the advice of Plato.

It addresses the puzzle and riddle of why America spends so much per person on health care (**twice** that of the next closest nation) and is 38th (at best) in the health of its citizens, and falling behind.

In Chapter 3, the Campbells address the topic “Turning Off Cancer.” They explain how cancer begins, grows and spreads.

Carcinogens are all around us. Many/most are man-made, coming from industry, engines and chemicals we use. Some are airborne, waterborne, food-borne. For the most part, they are increasing.

Genes are in each of us, and are unique in each of us. But we also have family tendencies with genes that may lead toward or away from certain cancers, heart disease, diabetes, obesity, whatever.

Yet, in spite of these carcinogens and genes, which we can hardly escape, the Campbells’ study provides evidence over and over, from so many different researchers in addition to the **China Study**, that disease can be “**turned off**” without pills, supplements, surgery, or radiation.

Their study shows the key to health is profoundly simple, much as Einstein’s discovery of “Relativity” in physics. Yet it’s more important to our citizens, and all the western world than **any** technical or medical breakthrough!

The bottom line is that eating **less** than 5% animal-based protein (**including** dairy, poultry, fish, as well as "meat") by weight (measured in grams) **turns off cancer**, obesity, heart disease, diabetes, etc. And, it will help reverse all of it except diabetes.

A plant-based diet provides all the protein, vitamins and minerals we need for growth and health, with the exception of vitamin B12 (all of us) and vitamin D (for those with little sun exposure). I've tested it myself and it works!

So, why isn’t it widely known, understood and welcomed? Well, the Campbells address that question in specific detail. And that situation won’t change soon. I doubt you’ll **ever** find it in the popular press, TV news or any establishment report. Too bad.

But, you **can** get this book. If you do, I’ll bet you 10 to 1 that you’ll buy additional copies for family and friends. Thanks Mike.

*Review by Mel Hensey, PE, Management Consulting Engineer
Hensey Associates, MHensey@aol.com
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