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Thomas Campbell, MD, is an instructor of clinical family medicine at the University of Rochester School of Medicine and Dentistry. He coauthored The China Study, which sold more than a million copies and inspired the 2011 documentary Forks over Knives. He also is director of the T. Colin Campbell Center for Nutrition Studies, a nonprofit organization in Ithaca, New York, which promotes optimal ...

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The Simple ...

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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