

Dr. T. Colin Campbell - Holistic Nutrition, Academic Freedom, and the Profitability and Perils of Reductionist Science

Dr. Will Tuttle:

This is Dr. Will Tuttle, your host for The Worldwide Vegan Summit for Truth and Freedom. We now have the terrific opportunity to learn from the pioneering research and life experience of Dr. T. Colin Campbell. Dr. Campbell has been at the forefront of nutrition research for more than 40 years. His legacy, the China project, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is a Professor Emeritus of Nutritional Biochemistry at Cornell University, and has more than 70 grant years of peer-reviewed research funding and has authored more than 300 research papers. He is the co-author of the best-selling book, *The China Study*, establishing on a solid scientific foundation that a whole food plant-based diet provides optimal nutrition. In a subsequent book, *Whole*, Dr. Campbell demonstrates how far scientific reductionism has gotten off-track and reveals the elegant wonders of the true holistic workings of nutrition.

Dr. Campbell is the founder of the T. Colin Campbell Center for Nutrition Studies, offering claim certificate educational programs in plant-based nutrition, and through his work, he has improved the diets of millions and transformed many of our fundamental beliefs about nutrition, disease, and medicine. And Dr. Campbell is renowned for his pioneering research in *The China Study*, which really shows that a whole food plant-based way of eating is the foundation for health, as I was saying, and that really when we're starting to eat dairy products and meat and eggs, even though he was raised on a farm and it started out as a research trying to prove that we need to eat a lot of protein and animal foods to be healthy, he was honest enough to follow where the research actually led in the Philippines and then in China, and to publish his work against the tremendous amount of resistance in the academic community.

And so, this is a man who is renowned for his courage and his willingness to question the official narratives about nutrition and really about science in general. And at a very inspiring, young 87 years of age, we talked recently on the phone and [Madeline 00:02:42] thought he sounded like he was about 35 years old, so you must be doing something right, Dr. Campbell, and it's really an honor to have you. Could you just say a few words about your research more recently, since I think everyone is familiar with the wonderful research in *The China Study*, in *Whole*, your newer work, and the importance of a more holistic approach to nutrition?

Dr. T. Colin Campbell:

Yeah, I'd be happy to, and thank you very much for those very kind remarks that you just made. Yes, I did *The China Study* and, as you said, many people will know that more or less. But in any case, what I came to become aware of is that the subject of nutrition has been examined, I think, not correctly over for a long period of time. We tend to think of nutrition as the effect of individual nutrients, one by one, each one presumably, on one biochemical mechanism, to produce a certain kind of outcome, that's the kind of thought process that has existed for a long time. It still does, unfortunately, in the profession. And what I've learned, and this was primarily from my being a biochemist examining the inner workings of cells... A cell is a basic unit of

biology, sometimes we say, and the cell is made up of an extraordinarily complex bunch of stuff, from mitochondria to nuclei, to microsomes, et cetera, et cetera, et cetera.

And in the cells, each cell is sort of like a universe, and we have about a hundred of those universes in our body, each one doing their thing. And what I came to become aware of was that there's an enormous complexity of mechanism, reactions that are changing every nanosecond. They're doing something. And in my own research, what I found, there was no such thing as a single mechanism to account for the effect. In my case, I have to do with the effect of the animal protein. And what I learned was that there was this amazing sort of symphony of reactions that were quickly adjusting, quite frankly, as I say, within nanoseconds of time, adjusting to the environment, using the resources it had available to it to do its job.

And then, on top of that, these cells, each with their special purpose usually, also were communicative with each other, instantaneously within an organ, and the organs are talking to each other. The whole concept of this dynamic occurring on a continual basis, as I'm sitting here speaking, we're talking-

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

... all of this is going on, and it's like a symphony. And I was fortunate, I might just say this at a side, one of the lectures I gave on the cruise that you and I have been on, there was a gentleman who came up to me after one of my lectures when I mentioned the word symphony. It turned out he was a renowned cello player, one of the best in the world, if not the number one. He was a child prodigy and Leonard Bernstein with him at the time.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

And he got so caught up in this, he liked that metaphor, and so I liked the metaphor.

Dr. Will Tuttle:

That's a great metaphor.

Dr. T. Colin Campbell:

But that's really what it's about, or a great art, the same thing, Renaissance art, that kind of expression that it's able to deliver. So, I like to think of nutrition as, when you think of it this way, now all of a sudden, someone called it systems thinking. It's sort of analyzing. I call it a good science, a very scholarly science. You just have to sort of rearrange our brain cells a little bit and think about how can we think about complexity. And unfortunately, we look at one thing at a time, as I mentioned and you mentioned. One thing at a time, oftentimes, there's information out of context.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

And when we put a nutrient in a pill, or something like that, we might get the opposite effect, in fact, or it doesn't do anything. And so, what really matters is the whole food, and the whole food that I'm talking about and you're talking about is only the food from plant sources-

Dr. Will Tuttle:

Right, right.

Dr. T. Colin Campbell:

... which is exactly the opposite, as you said, from where I started my career. I encountered trouble along the way. I was going on the third rail, and my colleagues didn't like that. And so, they attempted to do some things that were unheard of at the time, but I had academic freedom. And had I not had academic freedom, I would not be sitting here talking today.

Dr. Will Tuttle:

Wow. Can you say something about that? That's very interesting. You were publishing, writing and researching, and you were at Cornell University.

Dr. T. Colin Campbell:

Well, at the time, my first position for a tenure was at Virginia Tech-

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

... Department of Biochemistry, working with a wonderful man, by the way, who arranged for me to work with him in the Philippines on a project there. But in any case, somewhere along the line and when I was about 33 or 34, I guess it was, it did not turn long after I had joined the faculty, I earned academic tenure. He thought a lot of me, and so I got academic tenure. Now, it turns out at least more than 50 years ago. So I've had the blessing, in a sense, or privilege to be able to feel like I can say what I wanted to say.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

And the academic tenure is so important, Will. There are some formal studies that have been made on that, particularly between the period of 1980 and 2010, 30-year period; 1980, there was about 70% of all the faculty in the country had tenure, or were on tenure tracks, then 30 years later, it had dropped to 30%.

Dr. Will Tuttle:

Oh, I see.

Dr. T. Colin Campbell:

And the individual who was largely responsible, that was John Paul Stevens, who ends up on the Supreme Court. He was a Nixon appointee, and he had a document that I've subsequently learned about, where he said that, "We need to bring academics under control." And so, I saw some of that dynamic going on behind the scenes and it's not unintentional, this disappearance of academic tenure. And I'm really, really distressed about that because I'm not saying that just because I'm an academic and so forth, I'm concerned about my colleagues, my younger colleagues, but maybe more so I'm concerned about our society.

Dr. T. Colin Campbell:

If we can't look to academia and give the opportunity to people sitting there who are charged with the responsibility of looking at things carefully, if we can't do that as a society, where are we going to get our information other than privileged or self-serving organizations? And that's what's happening right now. I spent about 20 years, intensive years actually, in policy development in Washington and other areas, especially in London and Beijing. And I saw it firsthand, in a sense, what goes on behind the curtain, being on expert panels-

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

... and then working on stuff and giving testimony before Congress and stuff. And it was difficult, it was difficult, and now it's even worse.

Dr. Will Tuttle:

Yeah. So what you're saying is that there's a deliberate attempt to reduce the possibility for people who are in academia and the science community, basically, and researchers to actually get to the truth, if it went against the official narratives that were wanting to be held in place by the powerful economic forces. Many of them are corrupt by the money and they've been able to work together with a lot of governmental agencies to take control and capture those governmental agencies. And then, basically, if anyone speaks out, they know that if they do, they're going to probably lose their job.

Dr. T. Colin Campbell:

Absolutely.

Dr. Will Tuttle:

So you've been lucky to be able to actually keep tenure the whole time so you could actually speak up, and now you're retired. So, it's such a tragedy because what you're saying is that it's the general population who is suffering because of this, the society itself and the young people.

Can we translate that not only to nutrition, which is so important because we see the tremendous profits that the pharmaceutical and medical industry make from people who are sick from eating

animal-based foods, which you've been trying to expose that really and you've gotten a lot of grief for doing that, but also maybe, just in general, the pharmaceutical industry's grip on the narrative and the medical industry's grip on the narrative in general, and how it may be affecting what's going on today in the world with the whole pandemic that we're facing and all of the loss of freedom perhaps of speech that's happening?

Dr. T. Colin Campbell:

Let me say something pretty striking, I guess, for many folks. As far as our government is concerned, I consider the government to be nothing more in these days than a pawn of the corporate interest, and so it goes hand in hand. Politicians get elected because big money can help them get elected, for one thing, so they respond that way.

The whole health system, generally managed from a government point of view by the Department of Health and Human Services, as you may know, that included the NIH was funded for research as well, but in any case, the whole enterprise of health, at least as far as the government umbrella is concerned, is focused on reductionism, that's the engine that makes our health system work. We try to identify a specific disease, and each disease is different according to this narrative. We try to identify for a specific disease, for example, which mechanism is responsible for that, that's gone wayward kind of thing. And then we try to find a chemical that will block that mechanism, if we wish to do it, that's the drug industry. So the whole thing is focused on reduction as a one thing at a time.

And so, medical schools, for example, it is reflected in medical school training-

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

... because, in medical schools, not a single medical school in the United States is teaching nutrition, and there's a very fundamental reason why they don't. I think a lot of them don't even know why they don't.

But basically, nutrition is a more holistic concept. Everything is working together. And when we do that, we have marvelous effects. As you know, our colleagues, like Dr. Esselstyn, Dr. Ornish, Dr. McDougall, have shown this with their patients, in heart disease and other diseases, too. So, we live in a reductionist environment, that's what they're surviving on. And looking at one thing at a time, I went back into history and got quite fascinated with where that came from. When we're able to describe a complex of that, about one thing, then can I say, "find something very specific." If we can get intellectual property protection for that one thing, be it a nutrient or a chemical - if there's some property protection for it, now it's commercializable.

Dr. Will Tuttle:

Wow.

Dr. T. Colin Campbell:

If we own the thing for, let's say, 20 years or so, we can make a lot of money, that's the engine that is driving our healthcare system with billions and hundreds of billions of dollars, now in the

trillions even. And so, for somebody to come up and say, "hey, wait a minute, just a second, if a person just ate food, the right kind of food, and let nature take over and just sort of run the show"... Nature, she knows pretty much what she's doing, from my perspective, and she's had a long time doing it. And so, in the current problems we now have, with the pandemic especially, everything seems to be focused on in this medical model. One thing, one vaccine, okay, one virus. At first, forgetting about the fact that viruses do mutate on a routine basis.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

And so, we are stuck in this world of specificity, numbers, identity, stuff like this that just totally ignores the larger context that really offers hope.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

And I published a paper actually on a major virus last February. I had some trouble doing it because they didn't want to review my paper, but it was published in a good peer review journal. And it was based on some studies we did in China, on a virus there that I've worked on for a long time. We've worked on this from 30, 40 years ago. It was the hepatitis B virus. It causes liver cancer.

Dr. Will Tuttle:

Wow.

Dr. T. Colin Campbell:

It's the major cause of liver cancer. And so, what we learned there in the second version of The China Study that we did, those people who... This is about 9,000 people, by the way. What we learned is that, of the people consuming more plants, they were the ones that formed antibodies to the virus.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

And they did not get liver cancer, by the way. People consuming animal food, measured in different ways, people consuming animal food in contrast, and it was only 10% of what we do in the West, there's not very much, they were the ones that did not form antibodies. They retained the virus in the act of state. They got liver cancer. So it's black and white, black and white.

And so, it turns out... And then the mechanisms that are involved there, and we did some study on that, too, years ago and one of the key mechanisms, by the way, when we increased animal

protein consumption, it actually depresses the one protective mechanism we have, namely the natural killer cell activity.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

So as animal protein goes up, it represses the ability for the immune system to react. It doesn't form antibodies and it doesn't form the first-line of attack, that's the T cells, natural killer cells. It's very dramatic.

And so, I'm of the opinion, and this is why I got into some trouble, a lot of pushback, because I'm suggesting that, even though this was a hepatitis B virus, a very serious virus, it had nothing to do with the COVID virus. I don't believe that, I don't believe that for a second. Yes, the responses of different viruses will be different, as far as symptomatology is concerned, and maybe to the degree to which the effect may occur. But another study has come out in the University of Connecticut that's showing that people... And this is a difficult study to do, but they simply did a polling thing among six different countries.

And they learned something that I learned with the other virus. People consuming more of the plant-based diet, their risk of the consequences of COVID is reduced by 73%. And, yes, the people, according to their publication, these are so-called vegetarians who are not doing everything exactly right. And I would suggest, if they go the whole way, we would receive spectacular things happening. But right now, we can't even talk about that. I'm taking some liberty here and thanks to you. Mentioning this, I would hope it doesn't hurt your program, but I'm saying something that, "Hey, if we just eat right," and that's what I can only say, "I believe the hypothesis," let's say, "that if we eat that way, we're in much better shape of resisting not only the chronic degenerative diseases we already know about, but we can actually handle the viruses, too." And the whole idea of looking into the future of how the vaccine for every virus that comes along, the variant that's produced, that's crazy.

Dr. Will Tuttle:

Yeah.

Dr. T. Colin Campbell:

That's crazy, and a lot of this comes, well, just from the fact that we don't understand nutrition. My colleagues in medicine never trained in the field, so they don't need to talk about it. The media will just absolutely reject it.

Dr. Will Tuttle:

Wow.

Dr. T. Colin Campbell:

It's a serious problem.

Dr. Will Tuttle:

So, basically, what you're saying is that, even a long time ago, you did research that show that nutrition is actually probably even a lot more powerful than any vaccine could ever be to protect people from the dangers of viruses and other diseases, and then more recently when you published your study, but there was a lot of resistance to that study. And then, during this time of the pandemic, when there's so much money, billions of dollars are being made by these... And it's well-known that these pharmaceutical industries have historically been the most criminally corrupt corporations on the planet and they have complete immunity. And so, they're repressing because there's no profit, actually, in people going out and buying rice and beans, and vegetables and fruits. There's no profit there and being healthy, but there's huge profit to be made from making people afraid.

And so, what you're saying, that you've even experienced it yourself, that your research was suppressed, and that's probably happening to a lot of other people as well. And they know that if they say something, the media will attack them, they may lose their jobs. This is really serious because people are dying and being really harmed, I think, by this.

Dr. T. Colin Campbell:

Right.

Dr. Will Tuttle:

But no one's talking about it.

Dr. T. Colin Campbell:

Can I go and make one little course correction?

Dr. Will Tuttle:

Yeah.

Dr. T. Colin Campbell:

I have to be clear about this. I basically, first off, believe that every individual has the right to choose what they want to do.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

For me, that's a sacred idea. So if people chose to agree with this or not, that's their choice. If they choose to do the vaccine, for example, that's their choice. I'm not going to enter into their personal decision, not at all, because the vaccine does, in fact... There's some evidence that they can, in fact, repress some problems that may occur. However, the argument for the vaccines have been way overextended, especially when we stop and think that so-called innate immunity. They mentioned that word from time to time, innate immunity, where you and I know what innate immunity is.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

It's what we already have. It's the natural immunity. And then, of course, it becomes, "Well, how do we get that?" And I'm saying, "we get that by just simply consuming the whole food plant-based diet," for crying out loud.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

And so, we have good evidence for that. So, I just want to make sure, I'm not going out and going to be attacking. I don't want to do that.

Dr. Will Tuttle:

Sure.

Dr. T. Colin Campbell:

Individuals for the choices they make and I'm not going to... It's their choices.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

Yeah, just leave it at that.

Dr. Will Tuttle:

Yeah.

Dr. T. Colin Campbell:

That's the basic.

Dr. Will Tuttle:

Right, right, yeah. So, this is so illuminating because it seems like our society is sort of locked into a reductionistic model and science is revered almost like a religion. You have to follow the science, but it's only a certain science. Can you say something about that? Who determines which science actually is determined to be the science that we have to follow?

Dr. T. Colin Campbell:

Yeah. I'm a great fan of theoretical science, the way it should run. And the way I usually describe it, for me, science... The activity, the process of science, for me, is almost sacred because what it is, as I say it, we all can practice science, whether we're in the profession or not, and that is we want to see things in life. We see things at which to make observations. We have curiosities, so

we want to know more about it. So the best way to know more about it is simply to create a hypothesis. We can say anything we want by the way of a hypothesis. We could say the moon is made out of cheese, if we want to, but then it behooves us then to prove the point. So we organize the hypothesis in a laboratory, for example. We organize some studies, some experimental studies, to see, well, does that work or not? And we learn more about it.

Dr. T. Colin Campbell:

This is critical; we have to be totally transparent, totally honest, and we have to be open to criticism of others, that's what the peer review system is all about. We get some results. I got results that were exactly opposite of what I thought. It was a struggle. The pushback that I was getting when we were finding out that animal protein causes cancer, and that was like swimming up Niagara Falls.

Dr. Will Tuttle:

Wow.

Dr. T. Colin Campbell:

But in any case, we have to print it out there, put it out there for others to see. And we did publish that, that's the way it works, that's a beautiful system. And I was able to honor what my father... who only had a couple years of education, by the way, an immigrant. But I was able to honor with the things he always told me, "Tell the truth, the whole truth, and nothing but the truth," that's the legacy he left for me to think about.

And so, being in science, that model of following the science in that way I just described, for transparency, welcoming criticism from the critics, anyone, and then having the open error debate about, "Okay, what have we learned here?" I don't see that happening hardly at all.

Dr. Will Tuttle:

Wow.

Dr. T. Colin Campbell:

In the public media right now, they keep talking about telling us to listen to the science, listen to the science. Well, I don't want to question the scientists they call on to comment. Yeah, they're good people, I know that, that's not the issue, but none of them are turning to nutrition. They're really more technology-oriented people.

They're good statisticians sometimes because, mathematicians, they can predict trends, that kind of thing. Yes, that's fine, so I don't want to denigrate their own reputation by any means. I just simply say that they are kind of framed in, as I was, that's why I can say what I say. I know what it's like to be living within the boundaries of thought. I also know what it's like, too, when you go into the third lane, or getting on the third rail. I know what that's like, too. So we don't have that opportunity these days, we don't.

Dr. Will Tuttle:

Yeah. So, you're aware then of the many reputable scientists whose careers have been kind of shut down-

Dr. T. Colin Campbell:

Yes.

Dr. Will Tuttle:

... because they haven't gone along with the official narrative.

Dr. T. Colin Campbell:

That's right. Then, we live in a paradigm that has quite a history to it. In our subject we're talking about here, that paradigm, in my view, is centered on the food we eat. Exercise and stress management, and all of that kind of thing, is terribly important, and we know that.

Dr. Will Tuttle:

Yeah.

Dr. T. Colin Campbell:

But just in their decision of deciding what food do we eat, that is centered on eating animals, specifically centered on making sure we get that good quality protein.

Now, we're getting right into the center of my PhD dissertation. I was promoting the consumption of more animal protein. I found out that wasn't quite right, so I had an opportunity to kind of walk through the bushes on that one. And I would say that what the center of.... Right now, for us, all of us, one recommendation I say, with a great deal of competence, don't consume animal food, number one. Number two, I have a second recommendation, try to keep things simple, try to stick with the whole food as much as one can, rather than putting refined sugar or added oil, or something like that, or the individual nutrients. Eat the whole food, stay with it, and the results we see are remarkable. You know, Will, and I know, too. It's amazing in a lot of different diseases, disease conditions, you name it. It's amazing!

Dr. Will Tuttle:

Wow, thanks, that goes right along. I'm a big fan of your work for many years, since even before the book was published. I remember hearing you lecture about your research in *The China Study*. And for me, when this whole pandemic started happening about a year and a half ago, I remember telling my friends, "Well, my worry about catching this disease is, on a scale of one to 100, it's one." I'm not worried at all because I know I'm healthy and I just don't get sick. But my concern about what this might do to our academic freedom and to the freedom of our society, it was like, on a scale of one to 100, it was 99. I was really concerned about that. And I think your experience in seeing the power of nutrition to keep us healthy, and also to see the power of the corporate narrative being controlled, it's like you're such a pioneer and a courageous person to speak out and show these two things, that it's really important for all of us to take responsibility for our health, isn't it?

Dr. T. Colin Campbell:

I appreciate that, Will. You're a doctor. I'm curious, is it good to hear it from someone like yourself? Because I'm sure that you know what I'm talking about.

Dr. Will Tuttle:

Yes.

Dr. T. Colin Campbell:

If we're going to go down that route and get that kind of training, we do get exposed to the things we've just been talking about, to think about things honestly. Do we add one additional wrinkle to it? It's not a wrinkle, it's a whole tent, and you add the whole idea of music to it. I just think that really works out really well for me.

Dr. Will Tuttle:

Music?

Dr. T. Colin Campbell:

Music, yeah.

Dr. Will Tuttle:

Wow.

Dr. T. Colin Campbell:

It's just so incredible, it's incredible.

Dr. Will Tuttle:

Right, right.

Dr. T. Colin Campbell:

It explains-

Dr. Will Tuttle:

Thank you for saying that, yes.

Dr. T. Colin Campbell:

You have all of the individual notes that you have and you know there's other instruments. You tend to play the piano and so forth. But nonetheless, when we put all of that together and we get a symphony, that's altogether different than somebody's on the stage with one instrument hitting one note for an hour or two.

Dr. Will Tuttle:

Yeah, maybe that's it, maybe that's the secret. For me, as a musician all of these years, I just couldn't stand this kind of reductionistic way of looking at things because you need all of the notes and everything is interconnected. And the harmonies of the interaction of the different notes are amazingly heart-touching and complex, and the rational mind can never figure it out. It's far beyond that.

Dr. T. Colin Campbell:
Right.

Dr. Will Tuttle:
And you discover the same thing in nutrition.

Dr. T. Colin Campbell:
Yup, the same thing.

Dr. Will Tuttle:
They are all symphonies, or all of these magnificent, beautiful melodies and harmonies interconnecting with each other and with nature.

Dr. T. Colin Campbell:
Yeah.

Dr. Will Tuttle:
And we can't reduce it down to something for profit.

Dr. T. Colin Campbell:
Absolutely.

Dr. Will Tuttle:
Yes.

Dr. T. Colin Campbell:
Absolutely. I wish we had some of that to get that out to our fellow citizens and colleagues, and so forth, in a big way. And thanks for what you're doing right now, that's one way to do it.

Dr. Will Tuttle:
That's one way to do it, right. Well, thank you very much. It's been a tremendous, beautiful conversation, and I'm hoping that the ripples radiate out into the web of relations to help people be healthier, to take responsibility for their nutrition, for their health, and to question the official narratives, as you've been doing all of these years. Can you just say maybe a little bit how people can stay in touch with you and the kind of work you're offering? I think you're offering quite a lot of wonderful things. What can people do if they want to go deeper to understand your work and your idea?

Dr. T. Colin Campbell:
Well, we got an online course, that's at Cornell University now, and we've had that for some time and we just had a really good record, and so that's www.nutritionstudies.org. It's a certificate program and people can take that. And actually, we acquired some capital, along with some revenue, that my daughter, who has a PhD in education—she was in the Peace Corps and she's

now operating that—and she's organized now an outreach program providing some funding, small grant kind of funding—microgrant—to people around the world. And so, that same organization, the Center for Nutrition Studies, has that information.

I've also got a son who was a co-author of the book with me, who's now a physician. He's doing this kind of research. He's on the faculty at the University of Rochester. Following along with another son, he's the one who actually directed and produced the film *Plant Pure Nation* and the whole POD Network, the 400 pods around the country and stuff like this. And his wife, Kim, she's had an online program of cooking, and the whole family has really gotten involved there. But the one person I can't leave out is my wife, now, almost 59 years. She's the one that made me write *The China Study*. I was getting concerned and complaining, I guess. She said, "Why don't you just write a book for the public?"

Dr. Will Tuttle:

Wow.

Dr. T. Colin Campbell:

And that's how it came about. She kept at me for three or four years.

Dr. Will Tuttle:

Right.

Dr. T. Colin Campbell:

I said, "Okay, we'll try that."

Dr. Will Tuttle:

Yeah, I understand the power of a wonderful life partner like that.

Dr. T. Colin Campbell:

Yeah, absolutely.

Dr. Will Tuttle:

All right. Well, much love to you. Thank you so much for sharing your wisdom for all of these decades, really, and continuing to be a pioneer, and to help people to question those things that are really not in our best interest.

Dr. T. Colin Campbell:

Oh, thank you. Thank you for the program you have.