

## **President Clinton Shifts From Cheeseburgers to Vegetables**

### **Research in Best-Selling Book *The China Study* Spurs Health Improvement**

(Plano, TX) - When a former President of the United States goes on national television to say that a book has improved his health and helped him lose weight, the book attracts a lot of attention. President Bill Clinton used to be known for his love of cheeseburgers but today he's on the whole food, plant-based diet recommended in *The China Study*.

March is National Nutrition Month and the co-author of *The China Study*, T. Colin Campbell, PhD, was a guest on the podcast program *UnBreak Your Health*. The host of the program, Alan Smith, said this was the first interview about nutrition on the nearly three-year-old show. "The credentials of Dr. Campbell are simply outstanding, he's been a leader in nutritional research for 40 years," according to Smith. "The China Study is the culmination of a 20-year partnership between Cornell University, Oxford University and the Chinese Academy of Preventive Medicine," he added.

Talking about the results of the study Dr. Campbell said, ""The evidence is so, so provocative, I guess you could say, but nonetheless so impressive, that we are now at a point in my mind of having to redefine what we mean by nutrition. It's a great hidden secret to be honest about it." Later in the interview he went on to say "Our research program was paid for by the American taxpayer, through the NIH (National Institutes of Health) so I feel some responsibility to tell the American taxpayer what we did with their money."

Smith noted that when he first heard of *The China Study* he found it almost too good to be true. It's been said since the ancient Greeks that "we are what we eat" but the research in the largest and most comprehensive study of nutrition and health ever done presents a paradigm shift in science. In a nutshell the data shows that a whole food, plant-based diet would reduce cancer rates, reverse heart disease and diabetes and may improve many other health problems in America.

Most of the health information available today is provided, either directly or indirectly, by the food industry in this country which is more interested in selling its products than the health of the nation. The medical profession does nothing to correct the problem because there is practically no medical training being done on nutrition. To illustrate the point Dr. Campbell noticed that while there are 27 institutes, programs and centers in the National Institutes of Health there isn't one called the Institute of Nutrition. He added that "I would argue that nutrition, as a science, ought to be the premier biomedical science, certainly for the future. If we don't understand that and come to grips with that idea we're going to continue to have the serious problems we do now."

Wrapping up his information-packed interview Smith asked Dr. Campbell about the message of his best-selling book. "All I wanted to do with the information that we acquired over the years is to simply to share my interpretation of the information with the American public because it has not been told in this way very well, in the past hardly at all, and I think the American public deserves better than what they're getting," he said in closing. The free, 20-minute podcast is available at [www.unbreakyourhealth.com/podcasts.htm](http://www.unbreakyourhealth.com/podcasts.htm).

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