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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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In The China Study Solution, Dr. Thomas Campbell, goes beyond why and shows you how to make the transition—and enjoy the journey—with practical guidance and a simple plan to make a whole-food, plant-based lifestyle easy and sustainable. The China Study Solution tackles the most contentious questions: Is soy healthy? Should you eat gluten?

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