



Nutrition and Cancer

Encouraging News

What does the evidence



Dr. T. Colin Campbell

- Researcher, Cornell University
- Author of *The China Study* and *Whole*
- Surprising findings early in his career in The Philippines led to his life's work

Dr. Campbell's Primary Findings

- Casein, when fed at a higher amount than required, actually promotes cancer.
- A shift in the level of dietary protein consumed turns cancer on and off, even at relatively advanced stages.
- Protein feeding can cause these changes, perhaps within hours of consuming a meal.
- Nutrition controls the expression of genes involved in the development of cancer.

Dr. Campbell's Primary Findings

- Nutrition that contributes to cancer prevention:
 - Less fat
 - Less animal protein
 - More plant protein
 - More carotenoids (what gives vegetables their color)
- Nutrition activity during promotion strongly indicates that cancer development can be controlled, perhaps even reversed, by nutritional means.

From Dr. Michael Greger

- Author of *How Not to Die*

