

T. Colin Campbell

Quotes

Animal, Disease, Cancer, Heart, Health, People, Way, Trump, Meat, Working Together, Eggs, Two, Healthy, Thinking, Each Day, Years, Odds, Environmental Factors, Simple, Mathematical Equations

Cows' milk protein may be the single most significant chemical carcinogen to which humans are exposed.

~T. Colin Campbell

The people who eat the most animal protein have the most heart disease, cancer and diabetes.

~T. Colin Campbell

A good diet is the most powerful weapon we have against disease and sickness.

~T. Colin Campbell

It's never too late to start eating well. A good diet can reverse many of those conditions as well. In short: change the way you eat and you can transform your health for the better.

~T. Colin Campbell

Everything in food works together to create health or disease.

~T. Colin Campbell

No chemical carcinogen is nearly so important in causing human cancer as animal protein.

~T. Colin Campbell

The answer to the American health crisis is the food that each of us chooses to put in our mouths each day. It's as simple as that.

~T. Colin Campbell

We now had impressive evidence that low protein intake could markedly decrease enzyme activity and prevent dangerous carcinogen binding to DNA.

~T. Colin Campbell

As you will come to see, much is governed by the Golden Rule: he who

has the gold makes the rules.

~T. Colin Campbell

A plant-based diet is more likely to produce good health and to reduce sharply the risk of heart problems, cancer, diabetes, osteoporosis, gallstones, and kidney disease.

~T. Colin Campbell

Everything in food works together to create health or disease. The more we think that a single chemical characterizes a whole food, the more we stray into idiocy.

~T. Colin Campbell

When absurdities get repeated often enough, they start sounding like truth.

~T. Colin Campbell

Nutrition trumps genes.

~T. Colin Campbell

First, nutrition is the master key to human health. Second, what most of us think of as proper nutrition--isn't.

~T. Colin Campbell

Excessive animal protein is at the core of many chronic diseases.

~T. Colin Campbell

Furthermore, a pattern was beginning to emerge: nutrients from animal-based foods increased tumor development while nutrients from plant-based foods decreased tumor development.

~T. Colin Campbell

Once people start introducing animal products into their diet, that's when the mischief starts.

~T. Colin Campbell

The national debate on health-care reform wildly misses the mark, with Democrats and Republicans alike arguing about who's going to pay rather than about what would actually make people healthy.

~T. Colin Campbell

In every respect, vegans appear to enjoy equal or better health in comparison to both vegetarians and non-vegetarians.

~T. Colin Campbell

There's only one thing that we have to do in life, and that is to die.

~T. Colin Campbell

Quite simply, the more you substitute plant foods for animal foods, the healthier you are likely to be.

~T. Colin Campbell

Americans love to hear good things about their bad habits.

~T. Colin Campbell

Nutrition is not a mathematical equation in which two plus two is four. The food we put in our mouths doesn't control our nutrition-not entirely. What our bodies do with that food does.

~T. Colin Campbell

Protein during promotion trumps the carcinogen, regardless of initial exposure.

~T. Colin Campbell

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