



**The China Study: The Most Comprehensive Study  
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Campbell was the son of farmers who ate a largely animal-based diet. When he began studying nutrition, he worked under the assumption that the typical American diet of dairy and meat products was ideal. However, after Campbell participated in a nutrition improvement program in a region in the Philippines where children had a high incidence of liver cancer, he began to have doubts. Campbell read studies that helped him make the connection between protein consumption, the carcinogen aflatoxin, and liver cancer. Plant proteins were significantly less correlated to liver cancer growth after aflatoxin exposure...

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