

# A Healthier Life

## A 'Bent Miles Publication



### “The China Study” Report One of Eighteen

By:

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#### Chapter One

Having read the “China Study” twice and recommending it repeatedly to others, I’ve decided this will be my first in a series of 18 reports on this book. It, after all, does have eighteen chapters.

I refuse to give up my copy; I’ve bought copies for others, but can’t afford to continue to buy for all those who would benefit from the life saving information found in this book. While there are those who would jump on the bandwagon of all kinds of fad diets and spend thousands of dollars as a result, they would not spend a few bucks for a used copy of “The China Study” which can be purchased at any number of book stores such as Amazon or Barnes and Noble.

Written by T. Colin Campbell and his son Tom Campbell, the life saving information contained herein is based on over forty years

of research by T. Colin Campbell. He is a professor at Cornell with a PhD. in Bio Chemistry.

Chapter one deals with problems most of the western world faces; however their solutions lead to ill health across the Western world. Dr. Campbell offers some realistic scientific solutions. These problems he discusses are diseases of affluence. The solution is quite simple and has been around since before mankind. Much of the information has been known for over a hundred years.

In this chapter, he presents the following facts. Heart disease, which is totally preventable, is the leading cause of death in the United States. According to his estimates, heart disease will kill one out of every three Americans, a totally needless loss of life. American Heart Association estimates that over 60 million Americans

currently suffer from some form of cardiovascular ailment. The needless medical cost runs into the trillions of dollars. The pain and suffering is incalculable and totally preventable.

Forty-seven percent of American males and 38% of American females will contract cancer. He states this is not a natural disease and should not be in such epidemic proportions.

According to his estimates, we are rapidly becoming the fattest people on our planet. One third of American adults are overweight and this is bringing on diabetes, heart problems, and other degenerative diseases at staggering rates. One third of adult Americans are obese. Not just overweight; OBESE.

One out of every thirteen Americans is diabetic. For the thirty-something year-old Americans, the diabetes rate has increased by 70% in the past 10 years—as of the writing of the book. For the folks in their forties, the rate of increase has been 40% and those in their fifties 31%. How can we justify this increase in a totally preventable disease?

Dr. Campbell feels that inadequate hospital care has become the norm. *Physician error, medication error, and adverse events from drugs or surgery kill 225,400 people every year.* Those are statistics that he quotes from the Journal of the American Medical Association.

So, if cardiovascular disease is the leading cause of death and cancer the second leading cause, what do you suppose is the third leading cause of death in the United States? If you said the very system that we pay trillions of dollars to heal us you would be absolutely correct. Our health care system is the third leading cause of death in the U.S.

Even when the medication is the correct medication, prescribed correctly, and taken as prescribed, over one hundred thousand Americans die of those “correct” medications every year. This does not figure in the “tens of thousands” who suffer from incorrect administration of the medications. Nor does it include the adverse side effects of drugs.

Our health care is spiraling so far out of control that the Health Care Financing Administration predicts it will cost in excess of 16 trillion dollars by the year 2030. According to Dr. Campbell, we have had a 300 percent increase in medical costs in less than 40 years.

As I’ve stated above, Dr. Campbell feels these degenerative diseases that so direly afflict the Western world are totally unnecessary. They are avoidable and can be reversed. He reveals fad diets such as, *Dr. Atkins’ New Diet Revolution*, *Protein Power*, and *The South Beach Diet*, for just what they are, money making shams that leave us sick and dying or dead. He feels the public is totally confused about what is and is not healthy to eat. Why all this confusion? He feels that scientists as well as big business keep the water murky.

To me, with some background in the biological sciences, all we have to do is to look at the design of the human body. Had we been meant to eat meat we would have been born with the ability to chase down, kill, and eat animals without any additional tools. As we are, we would have a most difficult time just eating meat in the wild even if it were already killed for us.

He delves into the deaths and sickness caused by fad diets, such as high protein diets. He feels that, in part, scientists are a part of the confusion. According to him, scientists sometimes tend to focus on the individual nutrients in a certain food, such as vitamins. We tend to isolate individual parts of a food and then the supplement companies cash in on that during their marketing strategies. He feels we should, instead, focus more on the whole plant that has been providing healthy nutrition for humans since the dawn of time.

Next report will deal with the king of nutrients, protein. Should you want to buy a copy of “The China Study” you may click [here](#).

[Learn more about cancer](#)