Dr. Campbell's 8 Principles of Food and Health

These **eight principles of food and health**, derived from Dr. T. Colin Campbell's decades of research on the topics of nutrition and health, can inform research, medicine, nutrition, and how we perceive the world. You can use this tool as a quick reference on these valuable guiding principles.

#1: The whole is greater than the sum of its parts.

Nutrition represents the combined activities of countless food substances. Our bodies have evolved with this infinitely complex network of reactions in order to derive maximal benefit from whole foods, as they appear in nature.

#2: Vitamin supplements are not a panacea for good health.

Because nutrition operates as an infinitely complex biochemical system involving thousands of chemicals and thousands of effects on your health, it makes little or no sense that isolated nutrients taken as supplements can substitute for whole foods. The dangers of a Western diet cannot be overcome by consuming nutrient pills.

#3: There are virtually no nutrients in animal-based foods that are not better provided by plants.

Plant foods have dramatically more antioxidants, fiber, and minerals than animal foods. In fact, animal foods are almost completely devoid of several of these nutrients plus they have much more cholesterol and fat.

#4: Genes do not determine disease on their own.

Genes function only by being activated, or expressed, and nutrition plays a critical role in determining which genes, good and bad, are expressed. What happens to cause some genes to remain dormant and others to express themselves? The answer: environment, especially diet. In our body, nutrition is the environmental factor that determines the activity of genes.

#5: Nutrition can substantially control the adverse effects of noxious chemicals.

It is useful to think of this principle in this way: A chronic disease like cancer takes years to develop. The chemicals that initiate cancer are often the ones that make headlines. What does not make headlines, however, is the fact that the disease process continues long after initiation and can be accelerated or repressed during its promotion stage by nutrition. In other words, nutrition primarily determines whether the disease will ever do its damage.

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#6: The same nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis).

It is worth repeating that chronic diseases take several years to develop. Luckily for us, the same good nutrition maximizes health at every stage of a disease. Some diseases, of course, appear to be irreversible. The autoimmune diseases are perhaps most frightening because once the body turns against itself, it may become unstoppable. And yet, amazingly, even some of these diseases may be slowed or attenuated by diet.

#7: Nutrition that is truly beneficial for one chronic disease will support health across the board.

Research shows that these diseases have much in common. Because of these impressive commonalities, it only makes sense that the same good nutrition will generate health and prevent diseases across the board. Quite simply, you can maximize health for diseases across the board with one simple diet.

#8: Good nutrition creates health in all areas of our existence. All parts are interconnected.

The process of eating is perhaps the most intimate encounter we have with our world; it is a process in which what we eat becomes part of our body. But other experiences also are important, such as physical activity, emotional and mental health and the well-being of our environment. Incorporating these various spheres into our concept of health is important because they are all interconnected. Indeed, this is a holistic concept.



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