

2024



A Year in Review



T. COLIN
CAMPBELL
Center for
Nutrition Studies



**“Good nutrition creates health
in all areas of our existence.”**

~ T. Colin Campbell, PhD

About Us

The [T. Colin Campbell Center for Nutrition Studies](#) (CNS) is a 501(c)3 nonprofit organization committed to increasing awareness of the extraordinary impact that food has on the health of our bodies, our communities, and our planet. Through science-based education, service, and advocacy, we seek to inspire and connect all people, providing practical solutions to enable a healthier life, more equitable communities, and a sustainable world.

CNS has been at the epicenter of plant-based nutrition education for the best part of two decades. Our premier offering is the Plant-Based Nutrition Certificate program, authored by T. Colin Campbell, PhD. The certificate, which builds on the lectures from and research in Dr. Campbell's former course on vegetarian nutrition at Cornell University, was created and organized to meet the popular demand from his former students who sought to make this potentially life-saving research accessible to a wider audience.

Dr. Campbell is the internationally preeminent authority on the relationship between diet, nutrition, and chronic degenerative disease. He holds an endowed chair as the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry in Cornell's Division of Nutritional Sciences. His career highlights include receiving numerous lifetime achievement awards (American College of Lifestyle Medicine, American Institute for Cancer Research, and more); authoring more than 350 research papers, most of them peer-reviewed, and several bestselling books (most notably, *The China Study*); and directing a joint project between Cornell University, Oxford University, and the China Academy of Preventive Medicine, described as the "grand prix of human epidemiology."

CNS is as committed as ever to building on this legacy. Our goal remains to reach as many people as possible and to maximize our positive impact. In addition to the core content provided in our Plant-Based Nutrition Certificate, which has now reached over 23,000 students worldwide, we offer numerous other programs, courses, events, and resources. This includes our Food and Sustainability Certificate program, unique in-person wellness retreats, the Planetary Stewards Program (in partnership with Global Roots), free-to-join online communities, multiple cooking courses, and a growing library of more than 1,000 articles and recipes.

Are we done? Absolutely not. We continue to develop and fine-tune new programs, including groundbreaking Plant-Based Nutrition Certificates for Spanish- and Mandarin-speaking audiences. With the invaluable support of our community, we are even fundraising to support cutting-edge research on whole food, plant-based nutrition and health.



Digital Presence

*(Reporting Period:
January–November 2024)*

Website: <https://www.>

Articles & Recipes: 2.5 million pageviews



1,013
Articles



786
Recipes



**Weekly newsletters
on timely topics:**

>5.5 million emails sent

YouTube channel:



41 videos
created

27,400 hours viewed by our community

Facebook group:



63,368
members



**Spotlight on Health
(SOH) webinar
registrations:**

12,754

**Whole Communities and CNS
Kitchen online communities:**



nearly 15,000 members to date

**Facebook
impressions:**



6.45 million

**Instagram
impressions:**



2.3 million



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Core Programs: Educational Opportunities

Plant-Based Nutrition Certificate Program (*more than 23,000 graduates*)



The Plant-Based Nutrition Certificate has been CNS's flagship offering for well over a decade. Building on the work and research of Dr. T. Colin Campbell, it remains the premier program for students of nutrition, health care professionals, aspiring plant-based entrepreneurs, and anyone else with a passion for personal health and the science behind a plant-based diet.

Composed of three courses, the certificate program is fully online, on demand, and video based. Students can earn continuing education credits while learning from over 25 experts on numerous topics critical to plant-based nutrition today, including the following:

- Dr. T. Colin Campbell's 8 Principles of Food and Health
- Nutrition's role in chronic disease, including cancer, heart disease, diabetes, Alzheimer's, and autoimmune disorders
- Nutrition at each life stage, from pregnancy through adulthood
- Strategies to support sustainable, positive lifestyle change and inspire others
- The optimal diet and particular concerns for athletes



Although we have periodically refreshed the certificate program over the years to provide the most up-to-date, scientifically valid information and the best possible student experience, it remains as much of an industry leader today as it was when we first released it. Thousands of students have applied what they learned in the certificate program to improve their health, help others, and even transform their careers.



➤ Visit <https://nutritionstudies.org/courses/plant-based-nutrition/enroll> for more information.



Testimonials

I just completed this course on plant-based nutrition. I highly recommend it to anyone who wants to make healthy (or healthier) lifestyle changes, whether you're a carnivore, omnivore, pescetarian, vegan, etc. This course enables and empowers you to change your life, the lives of your loved ones, and make a positive impact on the world!

–Colleen

This has been a wonderful course. I like that the information works for both health care professionals and consumers alike. It is detailed enough for those with a more extensive background (with references and alternate sources to explore), yet also straightforward enough for the average consumer. The balance is well done. I also appreciate the branding of the site and the community section, which I was unaware of when I joined the course. I applaud everyone's contribution and effort in making the course highly informative. Thank you!

–Anonymous Student via Program Feedback Form

The Plant-Based Nutrition Certificate program has been an eye-opener. I have learned valuable techniques in research and gained a deep understanding of how plant-based diets impact our health positively. This knowledge has not only benefited me but also those around me and my broader community through wellness centers and community meetings.

–John

Taking this plant-based nutrition certificate has been a transformative experience. It has completely reshaped the way I approach cooking and how I think about physical activity. The information provided is essential and deeply impactful, offering a comprehensive understanding of plant-based nutrition.

What sets this certificate apart is the incredible support system from the instructors and the vibrant community of participants. Their guidance, shared experiences, and encouragement create an environment that feels integral and holistic.

I highly recommend this certificate to anyone seeking to become more aware of their health and the well-being of those around them. In a time when both our health and the planet are facing significant challenges, this certificate equips you with the knowledge and tools to make meaningful changes for yourself and future generations.

–Jessica



Food & Sustainability Certificate Program (launched June 2023)

Our Food & Sustainability Certificate ties together several of the most pressing issues facing us today: the environmental impacts of food production, the importance of food justice and accessibility, the complexity of international food systems, and most importantly, the positive changes we can make every day with our food choices.

As with our Plant-Based Nutrition Certificate, multiple courses comprise this unique certificate program. Guided by the expertise of more than 15 internationally renowned food system experts, students dive deep into numerous topics:



- How to achieve a sustainable lifestyle
- The challenges facing global food production and its impact on natural ecosystems
- How to mitigate food waste
- Sustainable approaches to agriculture
- Community food systems and activism
- Sustainable business practices
- And much more!

The intersection of our food choices and our environmental impact has never been more critical, and we are committed to leading the way in making that connection salient for as large of an audience as possible.

➤ Visit <https://sustainability.nutritionstudies.org> for more information.

Testimonials

Thank you for putting together an insightful course that shed light on issues + direct recommendations on how to take action!

I learned so many new things, and was delighted that the course delved into the history of how our food systems became what they are today, and the global impact it has from an environmental and economical standpoint. This knowledge helped me to "unlearn" what I thought about industrial agricultural farming as the most efficient way to farm, and shed light on agricultural practices I was not aware of.

I also enjoyed the 3rd section of the course that showed success stories of other changemakers in the WFPB world, and specific recommendations and resources to kickstarting change in my local community.

I would recommend this course to anyone who is curious to learn more about our food systems or looking for the knowledge and resources to begin making change!

-Karah

My background and interest in nutrition led to curiosity about food justice, access, and systems. Taking the Food & Sustainability course filled many of the gaps I had in these topics, and I have

been inspired to read, write, and act on the essential ideas addressed so well in the course. It gives valuable information for anyone concerned about the health of people, other animals, and the planet.

–Valerie

I have been involved in efforts to create a healthier and more sustainable food system for over 50 years. The Food and Sustainability course is the most comprehensive survey of these issues I have seen. The connection between what we eat and the effect those decisions have on the planet are explained with clear-eyed facts and practical optimism. I applaud the course presenters and course leaders for this great program and certainly recommend it to anyone seeking deeper insight into this existential issue.

–William (Bill)

Whole Food, Plant-Based Cooking: A Beginner's Course

(launched June 2023)

Understanding the scientific evidence supporting the whole food, plant-based (WFPB) dietary lifestyle is one thing. Knowing how to apply that information is something else entirely. We created this course to help anyone who is struggling in the kitchen.

After completing this course, students have what it takes to confidently prepare WFPB meals:



- Proficiency with basic cooking techniques
- Ability to read and execute recipes
- Understanding of mise en place and how to use it in their cooking
- Competence to make substitutions for eggs, dairy, or oil
- Improved organization of the kitchen and cooking process

➤ To learn more, visit <https://wfpbcooking.nutritionstudies.org>.

Testimonials

I love this WFPB cooking course and I am so grateful to have taken it. I have been on a plant-based journey for the last ten years, but I wanted to take it to the next level. Chef Del Sroufe's recipes are easy to follow, taste delicious, and inspire you to cook healthier meals with no oil, added sugars, and salt. The content in this course is a must-have in everyone's journey to better health. I am excited to be in the kitchen cooking healthy meals for my family and friends. I am grateful for this education. Much gratitude.

–Evangelia (Eva)

This course has widened my knowledge and enhanced my skills in plant-based cooking. The course was very well-formulated with clear and defined instructions, which are easy to interpret. The skills I've learned from this course will help me ahead in my journey to becoming a specialized plant-based coach.

–Sunny

The CNS WFPB cooking beginner's course was a great program and money well spent! I've been an avid cook for many years, but have switched to a totally plant based diet within the last year. This course has provided loads of information on plant based substitutes for recipes. It also offers time-saving tips for better efficiency in the kitchen. And one more plus is that by joining this course you have lifetime access to all the delicious recipes included and interaction and support from a community of like-minded people.

–Shawn

Whole Food, Plant-Based Cooking: Meal Planning Made Easy

(Launched April 2024)

This course addresses the most common needs people have and the challenges they face when approaching meal planning. After completing the course, students report feeling more confident and capable in the kitchen. We focus on several essential skills:



- Determining which meal planning strategy works best given various circumstances
- Creating weekly menus to minimize cooking time
- Organizing the kitchen for successful batch cooking
- Using a few versatile sauces to prepare multiple dishes when time is limited
- Making creative use of prepared foods while maintaining a wholesome WFPB lifestyle
- Adapting strategies to suit the unique needs of your household

➤ To learn more, visit <https://mealplanning.nutritionstudies.org>.

Testimonials

I'm so glad I took this course with Chef Del Sroufe. It's a comprehensive course with a wonderful mix of written lessons, videos, and practical activities covering the ins and outs of meal planning. The content, flow, and pacing were exceptional. And knowing I could rewind to review the content and refer to the recipe cards as I followed along was very reassuring. The provided menus help save time without sacrificing variety, and the recipes are simple without sacrificing taste. Chef Del provides so many tips, whether for organizing your kitchen, creating shopping lists, or preparing the recipes. I highly recommend this course. It's helped me gain confidence in my skills.

–Sue

I recommend this course to anyone trying to make the WFPB lifestyle easier. It is designed for both novice and experienced cooks, and it provides multiple tools to make planning meals easier for you and your household, whether you are single or a family of eight. The videos are easy to follow and informative, the recipes offer good variety but are not complicated, and Chef Del's office hours are helpful and make the experience more personal. As someone in a mixed household (I'm the only one who is WFPB), this course has helped me design meals suitable for everyone. With the numerous techniques from this course, I feel more prepared to make healthy, tasty meals.

–Kelly

Whether you're new to meal planning or a veteran, you will find something new in this course. I have been batch cooking for several years, and I thought I had the formula down pat. I was wrong! This course opened my eyes to what meal prep can entail. Chef Del shares four ways to think about meal prep, so there's something for everybody. The course is user-friendly, and each class is laid out in a way that makes it easy to follow, from the printed directions to the videos. I felt like Chef Del was right there in the kitchen with me. I highly recommend this course to anyone wanting to expand their repertoire for WFPB cooking.

–Julie

In-Person Wellness Immersions (launched May 2024)



We designed our Total Health Experience immersion program to help participants reconnect with their health and wellness goals and feel for themselves the rapid effects of a healthy plant-based lifestyle. If you're wondering How much better can someone feel after a short time of changing their diet?, the answer might surprise you: immersion program participants often experience significant health improvements as quickly as one week.

In addition to this firsthand experience of improved health, participants enjoy the support of a welcoming, like-minded community and a renowned medical team with years of experience treating patients with a wide range of diet-related illnesses. Finally, they have numerous opportunities to learn about and work on other critical aspects of a healthy lifestyle, including mindful movement and stress management.

In 2024, our inaugural in-person immersion events were hosted in the beautiful Dominican Republic, and we already have events lined up for 2025!

➤ Learn more at <https://caribbeanretreat.nutritionstudies.org>.



Testimonials

I loved that the retreat was structured and packed with information, but we still had time for an afternoon on the beach or by the pool. The excursions were absolutely amazing! I am most grateful that the doctors shared so much of their time (and patience!) to make sure all our questions and concerns were addressed. Somehow the professionals found it within themselves to be kind to everyone and sacrificially give of themselves to make sure everyone was taken care of. The resort was perfect!

–October 2024 Retreat Participant Survey

My 80 year old husband and I attended this terrific retreat and give it tens across the board! We have been on the WFPB journey since 2016 and this retreat truly connected us with why we live

our lives this way and how to make WFPB cooking easier! You are never too old to learn and grow and this experience was all about that!

–October 2024 Retreat Participant Survey

If you are on a whole food plant-based diet, eating a vegan diet, even for a number of years, and thinking about going, just quit thinking about it and go. After 10 years eating this way, we learned a lot of detailed information that filled in the blanks for us. You will not believe the amount and variety of quality and nutritious food served at each and every meal while you are there. Also, we found the opportunity to have one on one conversations with knowledgeable doctors regarding personal questions to be a terrific plus at this event.

–May 2024 Retreat Participant Survey





Free Resources

Whole Food, Plant-Based Living: Getting Started (*launched October 2024*)

Whole Food, Plant-Based Living: Getting Started is designed to guide beginners through the essentials of a healthier, more sustainable way of eating. This self-paced course offers straightforward guidance, practical resources, and access to CNS Kitchen, a free CNS community providing members the tools they need to maintain a successful WFPB lifestyle.



After completing the Getting Started course, students:

- Have the skills to adopt and sustain a whole food, plant-based (WFPB) lifestyle.
- Know the significance of Dr. T. Colin Campbell's research and why a WFPB lifestyle is best for them and their family.
- Appreciate the impact of WFPB nutrition on personal, communal, and global health.
- Have the tools necessary to make the best food choices possible.
- Understand the basics of meal planning and grocery shopping.
- Navigate social situations confidently to make healthy decisions away from home.
- Can talk confidently with their healthcare provider about their lifestyle choices.

➤ Learn more at <https://nutritionstudies.org/getting-started>

Testimonials

Overall I loved this course. It would have been so helpful for me in my many attempts to go vegan in the past. The roadmap, information, tips, and recipes provided were exceptional. It does a really good job of acknowledging that the process can be overwhelming but that it doesn't have to be. The course addresses not just the eating aspect of food but the relationship and social issues that can arise. I thought the class was well rounded, provided a lot of information and I loved that it included the reference to Whole Communities and CNS Kitchen because it is

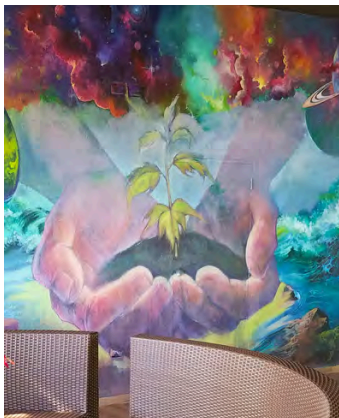
so helpful to have access to like minded people pursuing the same types of goals.

–Sue, Course Tester

Videos with subtitles are a plus. Chef Del's voice in the videos are so inviting and calming. He makes everything sound cool and easy. Perfect. Also, having Dr. Campbell in videos makes this course seem like the community cares from the top down. This course is very informative and enjoyable. Best of luck to you all getting it out there.

–Laura, Course Tester

Whole Communities: An Online Community for Plant-Based Changemakers (2,965 members)



Whole Communities members enjoy live workshops, in-depth discussions, virtual events, educational resources, and opportunities to collaborate with other champions of the WFPB lifestyle. Whether someone wants to inspire change in their community or start a plant-based nonprofit or business, Whole Communities provides the connections, resources, education, and support to make their goals a reality!

This community is highly successful due in large part to our team of dedicated and passionate volunteers.

➤ Learn more at nutritionstudies.org/whole-communities

Testimonials

Saying that Whole Communities changed my life isn't an overstatement. While a whole foods plant-based diet is a cornerstone of lifestyle medicine, equally important are the positive social connections that Whole Communities fosters. Through an online meeting, I connected with an author who introduced me to my future publishing company, making my pain management book possible. At another meeting, I gained an invaluable connection with a nationally renowned orthopedic surgeon, whose endorsement and invitation to appear on his worldwide podcast helped launch my book to success.

The Whole Communities members continue to support my mission of spreading awareness about plant-based nutrition for pain management, sharing enthusiastic reviews that help others discover these life-changing principles.

–Chaplain

Being a member of Whole Communities has honestly been life-changing for me! Before, I never really had anybody WFPB to share stories with or bounce ideas off of and now I have an abundance. Everyone from the top down has been so welcoming and encouraging! I met someone in the community who literally lives in my community, only a few miles away! Meeting them led to meeting another member who lives nearby, going to several in-person events in my city, being introduced to some prominent figures in the plant-based movement and ultimately

had the opportunity to be interviewed for a youtube channel about my journey into the WFPB lifestyle. All of this was in the span of only 2 months! I can't wait to see what is next in my journey and it's all truly thanks to Whole Communities!

–James

Joining Whole Communities in 2022 was a leap of faith for me. After 8 years as the sole caregiver for my ailing husband, I had lost myself. Joining the T. Colin Campbell Center for Nutrition Studies, Whole Communities, seemed a huge stretch for me. I felt both terrified and hopeful that my passion for helping others could be reignited. I knew I needed support, training and someone to believe in me. I found all of that here.

My first encounter with Whole Communities was pivotal. They welcomed me with encouragement and belief in my potential. From volunteering on the Welcome Crew, to becoming a Moderator in waiting, and eventually co leading the Food Access/ Food Justice Topic Team, I discovered new skills, made terrific friendships, and found the courage to say “yes” to every opportunity. Through this journey I not only rediscovered myself, but through Whole Communities I know I have touched many lives and planted many seeds as a believer in the principles set forth by Dr. Campbell.

–Suzanne

CNS Kitchen: An Online Community for Those Seeking Plant-Based Lifestyle Support (12,024 members)



CNS Kitchen is a supportive community that provides recipes, engagement, and whole food, plant-based (WFPB) wellness support. It's free, and anyone can join. Irrespective of where someone is on their journey—whether they're trying to adopt a WFPB lifestyle for the first time or have been at it for decades—they can enjoy sharing the journey with this community of like-minded people.

This community is highly successful due in large part to our team of dedicated and passionate volunteers.

➤ Learn more at nutritionstudies.org/cns-kitchen.

Testimonials

Within one week of finding CNS Kitchen, I had the tips, tools, and community that I needed to apply my new lifestyle. Sharme and Chef Del are so supportive and available to answer all of my questions. This community has been instrumental to my change—I look forward to learning more and plan to join the next WFPB Wellness Challenge!

–Nancy

The CNS Kitchen Community is like The Little Engine That Could—it offers encouragement, tools, and strategies to keep one moving in the right direction. For a newcomer, it provides lots of foundational information. What I like the most about the community is the non-judgmental

atmosphere Del and Sharme have established—it's unlike any other I've seen. Its design says: "We really want you to succeed."

–Geri

Having access to articles, recipes, and the forum is definitely a great way to supplement the information and support that I get elsewhere. The guidelines are clearly spelled out, and the community is very open, supportive, and welcoming. Each challenge gives me a chance to revisit my goals, re-educate myself, and continue to improve my health and lifestyle.

–Greg

Spotlight on Health Webinars



These monthly webinars, hosted by [CNS's Medical Advisory Board](#) Chair, Dr. Micheal C. Hollie, feature prominent plant-based professionals discussing timely health topics, unpacking the latest research in the field of plant-based nutrition, and sharing helpful information about the plant-based lifestyle.

New Initiatives

Spanish Plant-Based Nutrition Certificate



CNS has taken a significant leap forward in making the plant-based message more accessible and culturally relevant to the Hispanic community through the launch of our Spanish Plant-Based Nutrition Certificate, the first plant-based certificate program of its kind in the Spanish-speaking world. We are thrilled about the program and the new audiences we will be able to serve as a result.

The need for such a resource has never been greater. Epidemics of lifestyle-related chronic diseases continue to engulf the world, and the patterns of disease mortality and prevalence in Latin America reflect these trends. Also, despite Spanish ranking second among all languages by number of native speakers (only after Mandarin), access to Spanish-language resources has been disappointingly low. That is, until now.

The program features more than 25 plant-based experts and many hours of the highest quality evidence-based recorded content. We are incredibly proud of how it has come together.

➤ Learn more at <https://nutritionstudies.org/es/cursos/certificado-de-nutricion-basada-en-plantas>.



Planetary Stewards Partnership with Global Roots

The Planetary Stewards Program is a partnership between CNS and Global Roots that embodies whole systems change by bringing together the powers of WFPB nutrition and regenerative food systems. While many groups acknowledge the negative impact of rearing livestock on biodiversity, they hesitate to address these connections because of a misplaced belief in the nutritional importance of meat. Together, we educate others about and model the benefits of transitioning to plant-based systems.

The Planetary Stewards signature event is an 8-day immersion program hosted in the Dominican Republic during which participants have the opportunity to explore the connection between nutrition, the environment, and their communities. Goals for the immersion program include the following:



- Explore the interconnectedness and global reach of our food system
- Develop strategies, insights, and projects to address current environmental crises
- Explore ways to raise awareness utilizing storytelling and community mapping
- Experience nutrition's role in achieving total health for our bodies, communities, and planet
- Learn how to steward innovative regenerative land projects
- Have fun, make lifelong friends, and join a dynamic community of change-makers

➤ Learn more at <https://nutritionstudies.org/planetary-stewards>.

Research Collaborative

The T. Colin Campbell Center for Nutrition Studies Research Collaborative supports cutting-edge research that investigates nutrition's ability to prevent and treat diseases and promote overall vitality. We are dedicated to advancing nutrition science and transforming healthcare.

This is not to say that impressive evidence does not already exist. However, more research will help to win over the current medical system. By conducting rigorous controlled trials with human subjects, we can answer the most pressing questions, including:



- What factors modify nutrition's effects, and is there a point at which the benefits taper off?
- How does nutrition work alongside conventional treatments?
- Is nutrition equally appropriate for treating all diseases; for instance, how might we apply it differently to treating breast cancer versus type 2 diabetes?

Far from undermining the existing research, pursuing the answers to questions like these will further strengthen the mainstream interest in and acceptance of whole food, plant-based nutrition as a legitimate therapeutic option. By partnering with and supporting the work of the next generation of world-class researchers at the top institutions worldwide, we build on the legacy of pioneers like Dr. Campbell.

As a nonprofit organization, charitable donations are a vital piece of funding needed to continue to fulfill our mission and expand our reach. The support of our community allows us to fund groundbreaking research that shapes the future of medicine.

➤ Learn more at <https://nutritionstudies.org/research>.

Chinese Plant-Based Nutrition Certificate



Our latest exciting news is that we plan to launch a Chinese Plant-Based Nutrition Certificate in early 2025. This certificate will feature translations of English-speaking instructors, though we also plan to transition to native Chinese speakers as the program develops. The primary market for the Chinese certificate is the 5.5 million Chinese-speaking people living outside mainland China. Though The China Study was translated into Chinese years ago, a huge proportion of that demographic group continues to adopt a Western diet high in animal foods. As the rising prevalence of lifestyle-related diseases follows, we expect a huge demand for high-quality plant-based educational resources. We look forward to sharing more about this initiative soon!



Meet Our Executive Board, Staff, and Medical Advisory Board

“The whole is greater than the sum of its parts.”

~ T. Colin Campbell, PHD

Executive Board

The CNS Executive Board is a small but mighty group of plant-based professionals who, with Board President LeAnne Campbell and input from Dr. T. Colin Campbell, provides the leadership for the organization. Their knowledge of and passion for plant-based nutrition education, plant-based nutrition research, and a healthier world is unsurpassed.

Staff

CNS staff members come from various fields and different parts of the country. They bring with them skills and experiences that have positioned them to expertly create, deploy, and maintain CNS's growing portfolio of offerings all while providing exceptional customer service and support to students and the general public.

➤ Meet the staff and members of the executive board at <https://nutritionstudies.org/about/staff-executive-board>.

Medical Advisory Board

The CNS Medical Advisory Board was established in 2023 to support ongoing CNS initiatives and play a critical role in the organization's success.

The board includes many of the leading voices in whole food, plant-based nutrition working in health care, research, and education. These individuals come from unique backgrounds, specialties, and approaches to care. By providing a platform for their wealth of experience and expertise, we can better engage our audience and further the mission of CNS.

CNS Medical Advisory Board members present seminars, participate on panels, write articles, help develop course content, make themselves available for Q&A sessions in CNS online communities, and actively promote plant-based nutrition in their specialty areas.

➤ Learn more at <https://nutritionstudies.org/about/medical-advisory-board>.





**“Nutrition is the master
key to human health.”**

~ T. Colin Campbell, PhD



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