



For this premiere event, the T. Colin Campbell Center for Nutrition Studies is returning to Cornell University, where Dr. Campbell conducted groundbreaking research that revolutionized the world’s understanding of nutrition, health, and disease. From Friday, September 4, to Monday, September 8, 2026, we will celebrate past research, present practices, and the future of nutrition, specifically in relation to our bodies, communities, and planet.

**Our program consists of the following sessions:**

## Sept. 4 – Arrival

**2:00–5:00 p.m.** | *Registration and Sign-In (Lobby of Statler Hotel)*

**6:00–7:30 p.m.** | *Dinner*

**7:30 p.m.** | *Welcome and Overview by LeAnne Campbell, PhD. Dr. Campbell will share her vision for this event and what we hope to achieve, followed by a fun, interactive survey of attendees.*

## Sept. 5 – Past (Celebrating the Research and Philosophy That Brought Us Here)

**6:30–7:30 a.m.** | *Optional Movement (Yoga, Gym, Walking)*

- *Start the Day Right Morning Yoga* with Ali Huber–Disla. Join Ali each morning for an awakening embodied yoga class. Ali will begin with a guided moment of pause and breath work to settle in before moving on to gentle-yet-energizing movements to awaken your whole body. You will leave the class prepared to be fully present for each day's exciting agenda. No yoga experience is necessary. Everyone from beginners to experienced yoga practitioners are welcome!
- *Group walk around campus*
- *Jog or visit a campus gym*



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- 7:45–8:45 a.m.** *Breakfast*
- 9:00–10:25 a.m.** *An Insider’s Journey through The China Study* by Thomas Campbell, MD. With millions of copies sold and over 42 translations to date, *The China Study* is one of the most influential books of the past several decades. In this presentation, Dr. Thomas Campbell, coauthor of *The China Study*, will offer a fresh perspective on the research presented in the book and reflect on the vital relevance of the book today.
- 10:25–10:35 a.m.** *Break*
- 10:35 a.m.–Noon** *The Power of Whole* by Alan Goldhamer, MD. Learn how a medical practitioner applies Dr. T. Colin Campbell’s principles, from reductionism to wholism, to his revolutionary medical practice. Dr. Goldhamer is the modern pioneer and leading expert of medically supervised fasting. In this presentation, he will share how he and his colleagues at the TrueNorth Health Center have been utilizing a whole body approach to diet and fasting for decades. Their impressive results, including startling health recoveries published in scientific journals, reflect both old wisdom and the future of medicine.
- Noon–2:30 p.m.** *Lunch and Movement*
- 2:30–3:30 p.m.** *Why We Keep Getting It Wrong, and How to Start Getting It Right* by Ana M. Negrón, MD. Using Dr. Campbell’s *The Future of Nutrition* as a springboard, Dr. Negrón will explore how something as powerful and evidenced based as WFPB nutrition generates controversy. More specifically, she’ll explain how support for a WFPB diet undermines (1) traditional understandings of disease as genetic and treatments as targeted and invasive, (2) the conventional understanding of nutrition and particularly the emphasis placed on animal protein, and (3) reductionistic nutrition science based on pharmaceutical solutions and nutrient supplements. Making sense of this controversy and its deep historical roots is the first step toward clarity and a brighter future for nutrition and health care more broadly.
- 3:30–3:40 p.m.** *Break*
- 3:40–4:40 p.m.** *Q&A Session* with Drs. Tom Campbell, Alan Goldhamer, and Ana Negrón (facilitated by Mike Hollie, MD)
- 4:40–4:50 p.m.** *Break*
- 4:50–6:00 p.m.** *Nutrition + Lifestyle Pillars: The Science of Optimal Health* by Michael Hollie, MD. In this presentation, Dr. Hollie will explore how nutrition, while a cornerstone of health, is only one part of a larger picture. Lifestyle medicine focuses on evidence-based habits, such as sleep, stress management, and exercise, that work alongside nutrition to prevent, reverse, and manage chronic disease. This session will explore various core lifestyle pillars and offer a practical framework for integrating them into daily life.
- 6:00–7:30 p.m.** *Dinner*



**7:30 p.m.** *Evening Event: Lyrical Magic* with acclaimed musicians Daniel and Carey Domb. Daniel and Carey have released numerous records, including *Humanita* and *Bel Canto*, both of which were dedicated to the work of Dr. T. Colin Campbell. Though their duo-performing career began with two cellos, Carey eventually began to accompany Daniel's cello on the guitar. They have since gone on to arrange many of their favourite pieces for cello and guitar. They regularly perform for both public and private events in Canada and the northeastern United States.

## Sept. 6 – Present (Research Topics Shaping Medical Practice Today)

**6:30–7:30 a.m.** *Optional Movement (Yoga, Gym, Walking)*

- *Start the Day Right Morning Yoga* with Ali Huber-Disla. Join Ali each morning for an awakening embodied yoga class. Ali will begin with a guided moment of pause and breath work to settle in before moving on to gentle-yet-energizing movements to awaken your whole body. You will leave the class prepared to be fully present for each day's exciting agenda. No yoga experience is necessary. Everyone from beginners to experienced yoga practitioners are welcome!
- *Group walk around campus*
- *Jog or visit a campus gym*

**7:45–8:45 a.m.** *Breakfast*

**9:00–10:25 a.m.** *Cancer, Diabetes, and Diet* by Thomas Campbell, MD. In this presentation, we will move beyond wellness and prevention to learn about the latest clinical research of food as medicine. Dr. Campbell will cover groundbreaking research on breast cancer and type II diabetes.

**10:25–10:35 a.m.** *Break*

**10:35 a.m.–Noon** *The Gut Solution* by Samara Sterling, PhD, RD. The importance of the microbiome has never been more prominent. Anyone paying attention to the major nutrition trends will tell you the same thing: it's all the rage. And yet, confusion remains rampant. What is a healthy microbiome, and how do foods impact the gut? In this presentation, Dr. Sterling, the principal investigator on several cutting-edge gut microbiome studies, will share insights from the latest research.

**Noon–2:30 p.m.** *Lunch and Movement*

**2:30–3:40 p.m.** *Confessions of a Reformed Cardiologist* by Robert Ostfeld, MD. Director of Preventive Cardiology at Montefiore Health System and Professor of Medicine at the Albert Einstein College of Medicine, Dr. Ostfeld will share the latest on heart health by highlighting patient experiences, current research, and case reports. This presentation will dive into topics like hypertension, atherogenic erectile dysfunction, and the link between cholesterol and heart disease.



- 3:40–3:50 p.m.** *Break*
- 3:50–4:50 p.m.** Q&A Session with Drs. Tom Campbell, Samara Sterling, and Robert Ostfeld (facilitated by Mike Hollie, MD)
- 4:50–5:50 p.m.** *Starting, Sustaining, and Building Community around a Whole Food, Plant-Based Lifestyle* by Natasha Lantz. As the director of CNS's Whole Communities platform, and from her previous experience, Natasha has many strategies for building communities that support long-term success. In this session, she will share insights from her extensive work in this field, as well as tips for setting up your kitchen for success.
- 6:00–7:30 p.m.** *Dinner*
- 7:30 p.m.** *A Cooking Fiesta* with LeAnne Campbell, PhD; Evelisse Capó (virtual), PharmD; and Chef Del Sroufe (virtual). Join us for this evening session to learn how to make some of our favorite hearty fall soups, a fast-and-easy flatbread (which can also be gluten free), a potato bar with a plant-based cheese sauce, and more. We'll also raffle off lots of kitchen gadgets and end by learning how to make delicious pies for the upcoming holidays.

## Sept 7 – Future (Forging New Alliances and Broadening Our Scope to Support Communities of Health)

- 6:30–7:30 a.m.** *Optional Movement (Yoga, Gym, Walking)*
- *Start the Day Right Morning Yoga* with Ali Huber-Disla. Join Ali each morning for an awakening embodied yoga class. Ali will begin with a guided moment of pause and breath work to settle in before moving on to gentle-yet-energizing movements to awaken your whole body. You will leave the class prepared to be fully present for each day's exciting agenda. No yoga experience is necessary. Everyone from beginners to experienced yoga practitioners are welcome!
  - *Group walk around campus*
  - *Jog or visit a campus gym*
- 7:45–8:45 a.m.** *Breakfast*
- 9:00–10:25 a.m.** *Planetary Overreach* by Steven Campbell Disla will explore the deep connections between food and the environment, revealing how the global food system has pushed humanity beyond seven of the nine planetary boundaries and accelerated mass extinction. The presentation will also highlight how transitioning to a regenerative, plant-based food system could help address some of the most urgent existential challenges of our time.
- 10:25–10:35 a.m.** *Break*



- 10:35 a.m.–Noon** | *Why We Are the Future* by Andrew Kimbrell, JD. Recognized by Utne Reader's list as one of the world's leading 100 visionaries, and by *The Guardian* as one of the 50 people who could save the planet, Andrew Kimbrell is the founder and director of the Center for Food Safety. In this presentation, he will provide an enlightening and inspiring philosophical presentation on how and why we need to redefine current paradigms and worldviews.
- Noon–2:30 p.m.** | *Lunch and Movement*
- 2:30–3:30 p.m.** | *Sparkling Grassroots Change in Your Community* by Samara Sterling, PhD. In this session, Dr. Sterling will discuss ways to engage with our communities and how to inspire others to experience first hand the transformative power of food.
- 3:30–3:40 p.m.** | *Break*
- 3:40–4:40 p.m.** | Q&A Session with Steven Campbell Disla; Andrew Kimbrell, JD; and Samara Sterling, PhD (facilitated by Mike Hollie, MD).
- 4:40–4:50 p.m.** | *Break*
- 4:50–5:50 p.m.** | *Where Are the Children?* by Andrew Kimbrell, JD, and LeAnne Campbell, PhD. In this session, Andrew Kimbrell will provide a sneak peek into a book he's currently writing, titled *Earthkind*. He'll share several powerful ideas and ways to engage students of all ages. LeAnne will follow by sharing innovative ways to engage schools, teachers, and the general public in embracing and sharing the messages taught in *Earthkind*.
- 6:00–7:30 p.m.** | *Dinner*
- 7:30 p.m.** | *Bringing It All Together: The Past, Present, and Future of Plant-Based Health* with LeAnne Campbell, PhD, and Jane Esselstyn, RN. In this session, Mike Hollie, MD, will interview LeAnne and Jane on a wide range of subjects, including the work of their fathers, how they raised their children within this context, the critical role of their mothers, what they see as some of the biggest barriers in the plant-based movement today, the things that motivate and inspire them, their families' favorite recipes, and much more.

## Sept 8 – Departure

- 6:30–7:30 a.m.** | *Optional Movement (Yoga, Tai chi, Walking)*
- *Start the Day Right Morning Yoga* with Ali Huber-Disla. Join Ali each morning for an awakening embodied yoga class. Ali will begin with a guided moment of pause and breath work to settle in before moving on to gentle-yet-energizing movements to awaken your whole body. You will leave the class prepared to be fully present for each day's exciting agenda. No yoga experience is necessary. Everyone from beginners to experienced yoga practitioners are welcome!
- 7:45–8:45 a.m.** | *Breakfast*
- 9:00–9:30 a.m.** | *Closing Words* with LeAnne Campbell, PhD, and Mike Hollie, MD.