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The China Study: Revised and Expanded Edition - Center for ...

Over a year ago I wrote about The China Study, a book by T. Colin Campbell and his son based on a huge epidemiologic study of diet and health done in China. The book's major thesis is that we could prevent or cure most disease (heart disease, cancer, diabetes, autoimmune diseases, bone, kidney, eye and other diseases) by eating a whole foods plant-based diet, drastically reducing our protein intake, and avoiding meat and dairy products entirely.

The China Study Revisited: New Analysis of Raw Data Doesn ...

"The China Study is a well-documented analysis of the fallacies of the modern diet, lifestyle and medicine and the quick fix approach that often fails. The lessons from China provide compelling rationale for a plant based diet to promote health and reduce the risk of the diseases of afflu ence." -SUSHMA PALMER, PH.D. , Former Executive Director

THE MOST COMPREHENSIVE STUDY OF NUTRITION EVER CONDUCTED ...

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health is a book by T. Colin Campbell and his son, Thomas M. Campbell II. It was first published in the United States in January 2005 and had sold over one million copies as of October 2013, making it one of America's best-selling books about nutrition.

The China Study - Wikipedia

The China Study is one of those weighty, important books that is perhaps more talked about than actually read. It's easy to see why: At 417 pages packed with nutrition facts and research stats, it's

The China Study Summary: Everything you need to know ...

The China Study: Deluxe Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies in three things: breakfast, lunch and dinner.

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The China Study is maybe one of the most important science books of the twenty-first century. Challenging the current scientific paradigm, biochemist T. Colin Campbell, through his decades of nutritional study, presents the reader with a plethora of information that can prevent and reverse the chronic diseases that plague the West.

The China Study: The Most Comprehensive Study of Nutrition ...

The China Study: Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies in three things: breakfast, lunch, and dinner. The new information includes the following:

The China Study, Revised and Expanded Edition by T. Colin ...

The China Study, Revised and Expanded Dr. Campbell shares the truth in straightforward language, without hesitation. The Science of Plant-Based Diets - And Why Most People Know Nothing About It The China Study, first published in 2004, is a landmark book that established whole foods, plant-based diets as the healthiest way to eat.

The China Study, Revised and Expanded - Perfect Formula ...

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The China Study Cookbook: Revised and Expanded Edition ...

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