

NATIONAL BESTSELLER

"Everyone in the field of nutrition science stands on the shoulders of Dr. Campbell, who is one of the giants in the field. This is one of the most important books about nutrition ever written — reading it may save your life."

— Dean Ornish, MD

**THE MOST COMPREHENSIVE STUDY
OF NUTRITION EVER CONDUCTED**

— THE —
**CHINA
STUDY**



**STARTLING IMPLICATIONS FOR DIET,
WEIGHT LOSS AND LONG-TERM HEALTH**

**T. COLIN CAMPBELL, PhD
AND THOMAS M. CAMPBELL II, MD**

FOREWORD BY JOHN ROBBINS, AUTHOR, *DIET FOR A NEW AMERICA*

Thomas Campbell and

The China Study: The Most Comprehensive Study of Nutrition Ever
Conducted And the Startling Implications for Diet, Weight Loss, And Long-
term Health



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Grand Prix of epidemiology” Colin Campbell information the bond between nutrition and heart disease, diabetes, and cancer. disease, at an alarming rate. If we’re enthusiastic about being thin more so than previously, why are People in america stricken with cardiovascular disease as much as we were 30 years ago? In The China Research, Dr. and the “adult” [This reserve is also obtainable in Spanish, El Estudio de China. The New York Times has recognized the analysis as the “Right now, as trendy diets and a weight-loss frenzy sweep the nation, two-thirds of adults remain obese and kids are being diagnosed with Type 2 diabetes, typically an ” T.most comprehensive large research ever undertaken of the partnership between diet and the risk of developing disease.” The China Study is not a diet reserve. Dr. Campbell cuts through the haze of misinformation and delivers an insightful message to anyone coping with cancer, diabetes, heart disease, obesity, and those worried about the effects of aging. The survey also examines the source of nutritional confusion produced by powerful lobbies, authorities entities, and opportunistic researchers.]



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