

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

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CHINA STUDY



— REVISED AND EXPANDED EDITION —

The Most Comprehensive
Study of Nutrition Ever Conducted

T. COLIN CAMPBELL, PhD
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T. Colin Campbell and

The China Study: Revised and Expanded Edition: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health



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The revised and expanded edition of the bestseller that changed millions of livesThe research is clear. The results are unmistakable.It is possible to dramatically reduce your threat of cancer, cardiovascular disease, and diabetes just by changing your diet plan.More than 30 years back, nutrition researcher T. The essential message is very clear. What they discovered when combined with findings in Colin'—The China Study; The key to an extended, healthy life lies in three things: breakfast, lunch time, and dinner.Featuring brand new content, this heavily extended edition of Colin and Tom's groundbreaking book includes the latest undeniable evidence of the energy of a plant-based diet, plus updated information about the changing medical program and how patients stand to reap the benefits of a surging curiosity in plant-based diet.s laboratory, opened their eye to the hazards of a diet saturated in animal protein and the unparalleled health advantages of a complete foods, plant-based diet.Revised and Extended Edition presents a very clear and concise message of hope as it dispels a multitude of health myths and misinformation. Colin Campbell and his group at Cornell, in partnership with groups in China and England, embarked upon the China Study, the most comprehensive research ever undertaken of the relationship between diet plan and the risk of developing disease.In 2005, Colin and his son Tom, now a physician, shared those findings with the world in The China Research, hailed as one of the most important books about diet plan and health ever written.



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