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The China Study Solution - Co-Author
of The China Study

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Solution breaks down cutting-edge nutritional research into easy-to-follow instructions on what behavioral principles are needed to succeed in your journey, what to stock in your pantry, how to read labels and shop, and how to navigate social and eating-out situations.

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"The China Study is a well-
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the modern diet, lifestyle and medicine
and the quick fix approach that often
fails. The lessons from China provide

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kitchen, how to read labels and shop,
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The China Study Solution: The Simple
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Blood, urine and food samples were
obtained for later analysis, while

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questionnaire and 3-day diet
information was recorded. The data
was published in the following
monograph: Chen, J., Campbell, T.C.,
Li, J., Peto, R. Diet, Lifestyle and
Mortality in China. A Study of the
Characteristics of 65 Chinese
Counties.

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The China Study - T. Colin Campbell
Center for Nutrition ...
In the book, The China Study, data is
presented that suggests strong
relations exist between what we
normally eat in the U.S. and the
occurrence of these diseases. Even

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without stating the same thing about the U.S. diet, some physicians suggest that patients with these problems cut back on the volume of food intake, get more exercise, avoid high cholesterol-containing foods, reduce salt intake, and eat more fiber .

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"The China Study" Diet: What to Eat or
Not to Eat
The China study solution : the simple
way to lose weight and reverse illness,
using a whole-food, plant-based diet.
Rodale Books. ISBN 9781623367572.
Campbell, LeAnne; Campbell, T.
Colin; Disla, Steven Campbell (2013).

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The China study cookbook : over 120
whole-food, plant-based recipes.

BenBella Books. ISBN

9781937856762. Reception

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The China Study - Wikipedia

The China Study involved 367

variables and 8,000 correlations. I said

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I would leave it to others to comment on the study design and the statistical analysis, and now someone has done just that . Denise Minger devoted a month and a half to examining the raw data to see how closely Campbell's claims aligned with the data he drew from; she found many weaknesses

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The China Study Revisited: New
Analysis of Raw Data Doesn't ...

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making better food choices. In The
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Campbell, goes beyond why and
shows you how to make the
transition? and enjoy the journey? with
practical guidance and a simple plan
to make a whole-food, plant-based
lifestyle easy and sustainable. The

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China Study Solution tackles the most
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weighty, important books that is

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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

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The China Study Summary:

Everything you need to know ...

The China Study is not a diet book. T.

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Colin Campbell and Thomas Campbell
cut through the haze of misinformation
and deliver an insightful message to
anyone living with cancer, diabetes,
heart disease, obesity, and those
concerned with the effects of aging.
Learn more about the revised and
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Way to Lose Weight and Reverse
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based Diet (Book) : Campbell, Thomas
M. : In the 1980s, T. Colin Campbell,
PhD, co-directed a study of more than
4 dozen diseases and 367 items of
socio-economic, lifestyle, nutrition, and
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In 2005, T. Colin Campbell, PhD, and Thomas Campbell, MD, co-authored The China Study, in which they

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detailed the groundbreaking research results showing that a whole-food, plant-based diet has the potential to prevent and reverse many chronic diseases. The China Study became a worldwide phenomenon, selling more than a million copies and inspiring countless readers to reinvigorate their

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Thomas Campbell, goes beyond why
and shows you how to make the

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The China Study Solution provides
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achieve your goals.

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with or at risk from the following:
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the connection between nutrition and
these often fatal diseases and reveals
the natural human diet. He also
examines the source of nutritional

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full of cutting-edge nutritional research that fans of The China Study have come to expect. Dr. Campbell addresses the most contentious questions: Is soy healthy? Should you eat gluten? Do you need to eat organic? Should you eat fish? Is GMO dangerous? How should you feed your

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kids? Just as important, you will learn the behavioral principles to succeed in your journey, as well as what to stock in the kitchen, how to read labels and shop, and how to navigate social and eating-out situations. Included are more than 55 delicious and easy recipes from favorite recipe sources

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and a 2-week menu plan. Whether you
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tools, along with the research-based
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Scientific reductionism of the nutrition
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is now easier than ever before. When
it comes to meal planning, do you find
yourself deciding between healthy

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foods and quick options? Do you stare at the contents of your fridge, wondering what you can easily throw together? Even on a busy schedule, your meals can be simple, healthy, and delicious! You shouldn't have to sacrifice health or taste for efficiency in the kitchen. Nobody knows this better

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than Chef Del Sroufe, author of the New York Times bestseller Forks Over Knives[®] The Cookbook and Better Than Vegan. In The China Study Quick & Easy Cookbook, Sroufe provides menu plans, pantry lists, and more than 100 delicious plant-based recipes that are quick, easy, and

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Multipurpose. Edited by LeAnne Campbell, author of The China Study Cookbook, this book guides you to spend a couple of hours one day a week preparing meals ahead of time. Every dish follows the nutrition standards set forth by The China Study, ensuring optimal healthful and

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quality eating with whole food recipes
such as: □ Fruit and Vegetable Curry □
Mushrooms Barbacoa □ Cauliflower
Parmesan □ Sweet Potato Pie Muffins
□ Banana-Coconut Macaroons With a
foreword by The China Study coauthor
Thomas Campbell, The China Study
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step in transforming your kitchen, your time, and your life.
Following the bestselling The China Study Cookbook, LeAnne Campbell brings together top names in the plant-based community to share their favorite and most delicious recipes in

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Knives Cookbook; Laura Theodore,

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host of PBS's Jazzy Vegetarian; and
pioneering researcher Dr. John
McDougall, which all follow the
nutrition standards set forth by The
China Study. Even better, with
delectable dishes such as Dreena
Burton's Sneaky Chickpea Burgers,
Heather Crosby's Peppermint

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Chocolate Chunk Ice Cream, Christy Morgan's Fiesta Quinoa Salad and Christina Ross's Daikon Mushroom Fettuccine, this collection of recipes has you covered for any occasion or craving. With an introduction from The China Study co-author Dr. T. Colin Campbell, The China Study All-Star

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copies sold, The China Study has been hailed as one of the most important health and nutrition books ever published. It reveals that a whole foods, plant-based diet is the best way to stop widespread growth of obesity, diabetes, heart disease, and cancer. This new edition of the bestselling

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China Study Cookbook puts the groundbreaking scientific findings of The China Study on your plate. Written by LeAnne Campbell, daughter of The China Study coauthor T. Colin Campbell, The China Study Cookbook is now expanded to feature even more delicious, easy-to-prepare plant-based

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recipes with no added fat and minimal sugar and salt. All of LeAnne's recipes follow three important principles: 1) optimal nutrition is based on eating foods, not taking supplements; 2) the closer foods are to their native states when eaten, the greater their long-term health benefits; and 3) choosing

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locally grown organic produce whenever possible maximizes nutritional value. Inside, discover time-tested favorites and brand-new dishes:

- Almond-Topped Blueberry Coffee Cake
- Ensalada Azteca
- Green Banana Cassava Soup
- Peanut Butter Bars
- Cassava (Yuca) con

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Cebollas □ Black Bean Chipotle
Burgers □ Sweet Potato Enchiladas □
Passion Fruit Bliss Cheese(less) Cake
Delight LeAnne invites you into her
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to nourish her own family. She also
offers a look inside her organization,
Global Roots, which strives to create

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sustainable communities around the globe through whole foods, plant-based eating. Filled with tips on substitutions and keeping foods nutrient-rich, The China Study Cookbook shows you how to transform your health and the health of your entire family—along with contributing to

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the health of your community and the world—all while enjoying incredible meals.

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