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Campbell's The China Study is based on his interpretation of research he conducted in the 1970s in China. The Forks Over Knives filmmakers rely heavily on Dr. Campbell's research and singles out animal products

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The China Study Cookbook takes these scientific findings and puts them to action. Written by LeAnne Campbell, daughter of The China Study author T. Colin Campbell, PhD, and mother of

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two hungry teenagers, The
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features delicious, easily
prepared plant-based recipes
with no added fat and
minimal sugar and salt that
promote ...

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The China Study Summary:
Everything you need to know

...

One cup of peppers,
strawberries, broccoli, or
peas all have more vitamin C
than one cup of oranges, and
one papaya has four times

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the vitamin C of one orange.

[The China Study, p. 312}

Another connection between
plant and animal functions
concerns the formation and
use of protein.

Full text of "The China

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If the incidence of cardiac
problems, obesity, diabetes,
and other diseases are
related to our U.S. diet,
then it is likely there is a
problem. In the book, The

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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.

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"The China Study" Diet: What
to Eat or Not to Eat
Whole: Rethinking the
Science of Nutrition (2013)
The China Study is a book by
T. Colin Campbell and his
son, Thomas M. Campbell II.
It was first published in

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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 Cookbook:

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Over 120 Whole Food, Plant-
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The China Study. The China Study is not a diet book. T. Colin Campbell and Thomas Campbell cut through the haze of misinformation and deliver an insightful

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message to anyone living with cancer, diabetes, heart disease, obesity, and those concerned with the effects of aging. Learn more about the revised and expanded edition of The China Study [here](#).

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The China Study: Quick & Easy Cookbook - Recipe & Review ...

The China Study, with 850,000 copies sold, has been hailed as one of the most important health and

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nutrition books ever published. It revealed that the traditional Western diet has led to our modern health crisis and the widespread growth of obesity, diabetes, heart disease, and cancer. Based on the most

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comprehensive nutrition
study ever conducted, the
book reveals that a plant-
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The China Study Cookbook:
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Food, Plant-Based Recipes"
Written by Del Stoufe and
edited by LeAnne Campbell
(this cookbook's author.)

The China Study Cookbook :
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Hardcover Featuring brand new content, this heavily expanded edition of Colin and Tom's groundbreaking book includes the latest undeniable evidence of the power of a plant-based diet, plus updated information

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about the changing medical system and how patients stand to benefit from a surging interest in plant-based nutrition. The China Study—Revised and Expanded Edition presents a clear and . . .

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with Over 175 Whole Food,
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the most important health
and nutrition books ever
published.

The China Study - Wikipedia
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Study about 5 years ago now (oh my, time flies!) I was pretty excited to see what their latest cookbook had to offer. In late May of this year *The China Study: Quick & Easy Cookbook* popped up on bookstore shelves

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“cookbook collection
worthy”...

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views

The China Study Cookbook:
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The China Study Cookbook will appeal to both herbivores and carnivores alike. What's important is its focus on whole foods and the emphasis that it places on including a lot of fresh

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loss device from a comic

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