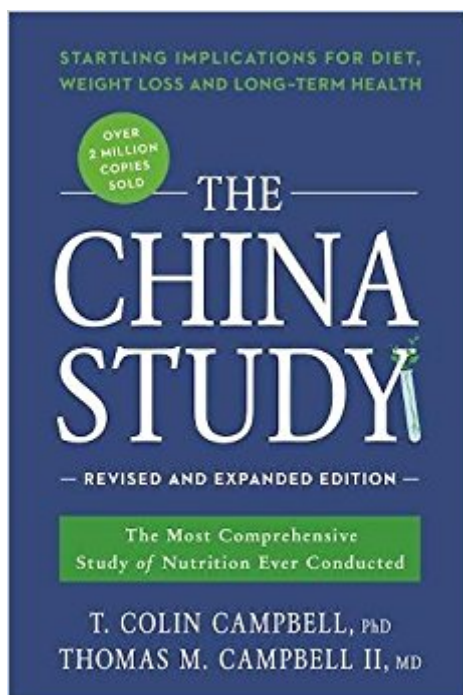


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# The China Study: Revised And Expanded Edition: The Most Comprehensive Study Of Nutrition Ever Conducted And The Startling Implications For Diet, Weight Loss, And Long-Term Health



## Synopsis

The revised and expanded edition of the bestseller that changed millions of lives. The science is clear. The results are unmistakable. You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet. More than 30 years ago, nutrition researcher T. Colin Campbell and his team at Cornell, in partnership with teams in China and England, embarked upon the China Study, the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease. What they found when combined with findings in Colin's laboratory, opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods, plant-based diet. In 2005, Colin and his son Tom, now a physician, shared those findings with the world in *The China Study*, hailed as one of the most important books about diet and health ever written. 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 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 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.

## Book Information

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## Customer Reviews

“[These] findings from the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease are challenging much of American

dietary dogma.â •#151;The New York Times

For more than 40 years, T. Colin Campbell, PhD, has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has received more than 70 grant years of peer-reviewed research funding and authored more than 300 research papers. The China Study was the culmination of a 20-year partnership of Cornell University, Oxford University and the Chinese Academy of Preventive Medicine. A 1999 graduate of Cornell University and a board-certified family physician, Thomas M. Campbell II, MD, is the co-founder and clinical director of the University of Rochester Program for Nutrition in Medicine ([URNutritionInMedicine.com](http://URNutritionInMedicine.com)).

I'm posting this two years after reading The China Study and what subsequently followed was radically changing into being nearly 95% of the time vegan all the time. This book was a game changer for me. If you find the book hard to follow or understand, buy the audio version because I think you will find it's easier to understand and follow. As a engineer and scientist, I followed up and read some of Campbell's journal papers. I was stunned by the findings enough to have a paradigm shift in what I would choose to eat forever more. Like a smoker that quits a bad habit overnight, I did the same with what I ate. No more fast food, added sugar, junk, cows milk, etc. I dumped the western diet and my 50yr habit of what I ate since birth to simply eating...plants. Whole, organic plants is my food of choice. Over a period of 6 months I lost about 52 pounds, my weight dropped from 224 to 172, being 5ft 8in male, this was noticeable to all I new. Seeing is believing. My blood screening numbers are all normal except for B12 and Vit D were found to be low; so I take supplements for only those two things and feel fantastic. Im going on to my 3rd yr now after reading this book and changing to whole plants I feel like I did when I was in grade school with energy and skip in my step. Im writing this with the hope that it gives someone inspiration that they (you) too can do it too. Never being a gym person, I've recently begun to add modest exercise 1 or 2x per week in the past 6 months which makes me feel additionally very good after a 45 min workout. But absolutely, the biggest bang for my my health and feeling good comes most definitely in what I choose to eat. Don't get me wrong, I love chicken wings, cheeseburgers, fries, cookies, cake and pie, but they don't love me. I'd say 90% of what's in a supermarket and 95% of most restaurant menus in the US wont meet a true whole foods, plant based diet. If I were to give advice as to where to start, I would suggest after reading the China Study two things: theres a retired Dr. Esselstyn

from the Cleveland Clinic that had a simple breakfast cereal he made at home. My version of it goes like this: 1-1.5 cups of raw oatmeal, sliced fresh strawberries, blueberries, figs, dates, rasins, prunes, add fresh blackberries and/or raspberries or whatever fruit you want. Add ground flax seed and chia seed. Add a sliced banana or two. Add unsweetened and unflavored almond milk. Stir the almond milk so it gets mixed in the raw oats. Wait 5 min then eat. Its very filling. I use all organic produce and oats now to avoid pesticides. The other thing I do is make 2-liters of green smoothies and drink it all throughout my day. I change up the frozen fruit in the smoothie (I'll use frozen mangos, pineapple, strawberries...for leafy green I may use a combo of baby spinach, kale, chard); here is an example of a smoothie I made today: 3 cups baby spinach, 1.5 cups of frozen berries (strawberries, blueberries, raspberries, blackberries), 2 apples, 2 pears, ground flax seed and chia seeds, 2 bananas, 2fl-oz of almond milk+2fl-oz of spring water. Blend. Makes 2 liters. Strongly recommend using a blender like a breville "the boss" (i use this and like it alot, sticker shock on price so get ready) or blendtec. After making the smoothie, take two to three large containers of the smoothie with u to work and drink this all through the day. Carry one of these containers with you around the office or in meetings like its you're new coffee mug. Lol. I dumped milk and dairy, and check the labels...I absoulutely won't eat anything with added sugar. For dinner, I started out using the "big salad" recipe that can be found at [chrisbeatcancer.com](http://chrisbeatcancer.com) In two weeks of consisitent eating whole plant based diet, I began to notice the change and feel better overall; the positive change in two weeks kept me going, week after week, month after month. Dont let people put doubts in your mind. If I can do it, you can do it too if you want it. I hope my note is helpful.

-There is a mountain of scientific evidence to show that the healthiest diet you can possibly consume is a high carbohydrate diet.-The past 60 years have been a celebration of chemicals and technology instead of diet and prevention. So we don't die from heart disease as often, but we still get it at about the same rates. Those who have bypass surgery do not have fewer heart attacks than those who do not.-Calcium builds strong bones, but cow's milk weakens them, as osteoporosis. Americans, Australians and New Zealanders drink the most milk, and have the most bone fractures from middle age on.-One of the biggest health hoaxes in history is the nutrient supplement industry.-The health damage from doctors' ignorance of nutrition is astounding.Welcome back to The China Study, still straight-shooting, still dramatic, and about 70 pages longer in the new edition. This book provides more training in the health effects of food than MDs get in all their years of education. The clinical studies, the case histories and the science are all here in plain, direct language. It is a very hard book to put down. The facts, usually contrary to

everything we've been taught, keep coming fast and hard. The reason the facts are contrary is of course because of the usual suspects: Big Ag, Big Pharma and Big Processors. They have corrupted our universities with grants, infiltrated government agencies to keep the truth at bay, and spend billions advertising their false promises. We grow up with their falsehoods, and we believe in them. Those who try to speak out are isolated, shunned, removed and fired. It is all examined in you-are-there detail, because it all happened to Colin Campbell and other (once) highly-regarded doctors he profiles. Campbell's basic premise is that animal protein destroys our internal ecosystem. A Whole Food, Plant-Based diet not only maintains better health, it can even reverse damage. The scientific proof is endless " and so are the defenders of the SAD " Standard American Diet - that is about one third animal, between meat and dairy. When I read the first China Study ten years ago, I immediately went back online and ordered a whole case of them. I then mailed them out to friends all over, preceded by an e-mail warning and my review. That's how impressed I was. This second edition forced me to reread it. In so doing, I came across several strong new claims and rushed to the first edition, only to find they were already there. So this edition is as much a badly needed refresher as a new discovery. Glad they made me do it. David Wineberg

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