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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 without stating the same thing about the U.S. diet, some physicians suggest that

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patients with these problems cut back on the volume of food intake, get more exercise , avoid ...

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"The China Study" Diet: What to Eat or Not to Eat

The China Study is one of the first books

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I'll recommend to someone who wants to learn more about why a healthy vegan diet is better for our health than a "well-balanced" regular, meat-filled diet. What I think makes it incredibly convincing is that the author of the book. Dr. T. Colin Campbell, is essentially a skeptic-turned-believer.

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Why The China Study Is the First Vegan  
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Leanne Campbell

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Questo è il libro di ricette a cui accennò  
Campbell ad un seminario qui in Italia nel  
2012, scritto dalla figlia, Leanne

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Campbell, con la supervisione della madre Karen e del padre Colin che (stando a quanto scrive nella prefazione) è stato l'assaggiatore ufficiale di tutte le ricette.

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The China study: Le ricette per  
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(Paperback) Published January 31st 2014  
by Macro edizioni Paperback, 320 pages

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Editions of The China Study Cookbook: The Official ...

The China Project. In the early 1980 ' s , nutritional biochemist T. Colin Campbell, PhD of Cornell University, in partnership with researchers at Oxford University and

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the Chinese Academy of Preventive Medicine, embarked upon one of the most comprehensive nutritional studies ever undertaken known as the China Project.

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The China Study - T. Colin Campbell  
Center for Nutrition ...

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The book is "loosely based" on the China – Cornell – Oxford Project, a 20-year study—described by The New York Times as "the Grand Prix of epidemiology"—conducted by the Chinese Academy of Preventive Medicine, Cornell University, and the University of Oxford. T.

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The China Study - Wikipedia

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1. The China Study Is a Study of Your Food Habits
2. What Indian Rats Can Teach You
3. Be a Vegan. Science Says So.

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Your Food Habits. The China Study was conducted in the 1980s by two top universities (Oxford and Cornell) and the Chinese government.

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Colin Campbell | 12min Blog

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"The China Study gives critical, life-saving nutritional information for every health-seeker in America. But it is much more; Dr. Campbell's expose of the research and medical establishment makes this book a fascinating read and one that could change the future for all of us. Every health care

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