

# **[PDF] The China Study: The Most Comprehensive Study Of Nutrition Ever Conducted And The Startling Implications For Diet, Weight Loss, And Long-term Health**

**John Robbins, T. Colin Campbell, Thomas M. Campbell II, Howard Lyman - pdf download free book**

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**Description:**

**Review** "[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." —*The New York Times*

"Reflects the profound changes that industrialization is bringing to diet and disease patterns in China, statistics that have had an impact on reevaluating dietary policy in the United States and worldwide." —*Washington Post*

"This is one of the most important books about nutrition ever written—reading it may save your life." —Dean Ornish, MD, author, *Dr. Dean Ornish's Program for Reversing Heart Disease and Love & Survival*

"Today, AICR [American Institute for Cancer Research] advocates a predominantly plant-based diet for lower cancer risk because of the great work Dr. Campbell and just a few other visionaries began 25 years ago." —Marilyn Gentry, president, AICR

"The most important book on health, diet and nutrition ever written. Its impact will only grow over time and it will ultimately improve the health and longevity of tens of millions of people around the world." —John Mackey, CEO, Whole Foods

**About the Author** T. Colin Campbell, PhD, is the project director of the China-Oxford-Cornell Diet and Health Project (the China Study), a 20-year study of nutrition and health. He is the Jacob Gould Schurman Professor Emeritus of nutritional biochemistry at Cornell University. In more than 40 years of research he has received more than 70 grant-years of peer-reviewed research funding and authored more than 300 research papers. He lives in Ithaca, New York. Thomas M. Campbell II is an author and actor. He lives in Ithaca, New York.

**T. Colin Campbell, PhD**, is the project director of the China-Oxford-Cornell Diet and Health Project (the China Study), a 20-year study of nutrition and health. He is a Jacob Gould Schurman Professor Emeritus of nutritional biochemistry at Cornell University. In more than 40 years of research he has received more than 70 grant-years of peer-reviewed research funding and authored more than 300 research papers. He lives in Ithaca, New York. **Thomas M. Campbell II** lives in Ithaca, New York.

Stefan Rudnicki has narrated more than 100 audiobooks. A recipient of AudioFile's Earphones Award, Stefan is also a Grammy-winning audiobook producer.

Robbins is considered to be one of the world's leading experts on the dietary link to the environment and health. He is the founder of EarthSave International. --This text refers to the edition.

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