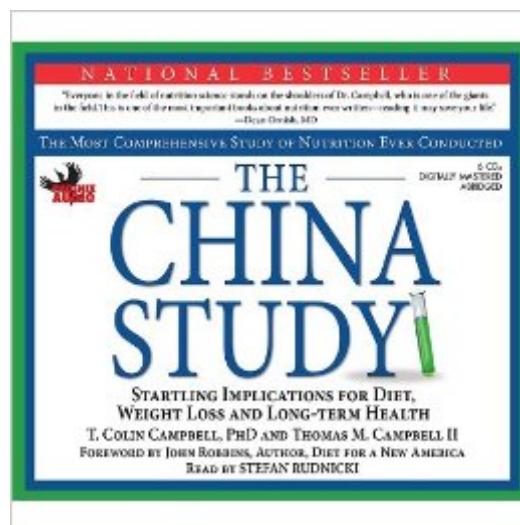# The China Study: The Most Comprehensive Study On Nutrition Ever Conducted And The Startling Implications For Diet, Weight Loss And Long Term Health

Synopsis

The China Study offers conclusive evidence that a change of diet can dramatically reduce the risks of heart disease, diabetes, and obesity. The book is based on the most comprehensive study of nutrition ever conducted, a 20-year joint project between Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine. The study surveyed the eating habits of 6,500 adults from all over China and Taiwan and found a direct correlation between diet and disease. Author T. Colin Campbell, the study s project director, provides an intelligent, well-documented analysis of the study s results, an analysis that explodes the most common American dietary myths. In addressing the dietary sources of the most common diseases, including cancer, Campbell unleashes a no-holds-barred attack on the commercial interests that profit by selling the American public unhealthy food. He also shows how readers can use the study s results to change their diets and improve their health.

Book Information

Audio CD

Publisher: Phoenix Audio; Abridged edition (July 12, 2009)

Language: English

ISBN-10: 1597772992

ISBN-13: 978-1597772990

Product Dimensions: 5.8 x 1 x 5.2 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (3,346 customer reviews)

Best Sellers Rank: #108,051 in Books (See Top 100 in Books)   #4 inÂ Books > Books on CD > Sports & Outdoors   #13 inÂ Books > Books on CD > Health, Mind & Body > Fitness   #47 inÂ Books > Books on CD > Health, Mind & Body > General

Customer Reviews

T. Colin Campbell has made a career of challenging the conventional wisdom around nutrition, and this book is the culmination of his work. His integrity, brilliance, and unflinching courage shine through every page.The main point of this book is that most nutritional studies that we hear about in the media are poorly constructed because of what the author terms "scientific reductionism." That is, they attempt to pin down the effects of a single nutrient in isolation from all other aspects of diet and lifestyle.While this is the "gold standard" for clinical trials in the pharmaceutical world, it just doesn't work when it comes to nutrition. Given that the Western diet is extremely high fat and high protein

compared to most of the rest of the world, studies that examine slight variations in this diet (i.e., adding a few grams of fiber or substituting skim milk for full fat milk) are like comparing the mortality rates of people who smoke five packs of cigarettes a day vs. people who smoke only 97 cigarettes a day.Campbell's research, which he describes in a very accessible and engaging fashion, has two tremendous advantages over the typical nutritional study. First, there is the China Study itself - a massive series of snapshots of the relationship between diet and disease in over 100 villages all over China. The rates of disease differ greatly from region to region, and Campbell and his research partners (including some of the most distinguished scholars and epidemiologists in the world) carefully correlated these differences with the varying diets of the communities.It's not lazy "survey research" either - the researchers don't rely on their subjects' memory to determine what they ate and drank.

This is a fantastic book that's loaded with so much eye opening information, it's the kind of book that I'll read again. I feel if you don't convert to a whole food plant based diet after reading this book, I don't think anything in the world will convince you....the evidence is just overwhelming.As for my story, I was on statins for high cholesterol for over 6 years....and a moderate to high dose at that. Over the years, my cholesterol kept rising gradually and my total cholesterol was just over 300 and a triglyceride level in the mid 200's without statins. The moderate/high dose statin brought my cholesterol down to the range of high 190's to low 200's. Over the years, I tried to get off the medication and I was told to try to eat a low fat diet, don't eat shrimp, lobster, etc. I went off the statins, tried this diet for several months and none of this helped....actually my cholesterol went higher....I was told it's hereditary, there's nothing you can do, and I should take the statin and that I would be on them indefinitely. Well, after reading the book "The China Study", there's a few paragraphs tucked in this great book mentioning that the major factor causing high cholesterol is eating any animal protein. The only meat I ate at the time was fish and chicken and small portions of it....and maybe beef a few times a year, if that. I have to say I was skeptical and figured what do I have to lose, so I went on a whole food plant based diet (vegan diet)as Dr. Campbell in the book suggests. I started that last November (same time I stopped taking the statins), and I had my cholesterol checked this past summer and was stunned at the result....

The China Study: The Most Comprehensive Study on Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long Term Health The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet: Key

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