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ISBN	1-62336-813-8
Descrizione fisica	1 online resource (254 pages) : illustrations
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Soggetti	Nutrition Nutritionally induced diseases Diet in disease
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Sommario/riassunto	"In the 1980s, T. Colin Campbell, PhD, co-directed a study of more than 4 dozen diseases and 367 items of socio-economic, lifestyle, nutrition, and genetic information across a population of 6,500 adults in rural china, generating more that 8,000 statistically significant associations. Those groundbreaking results, along with many other research projects described in the bestselling book, The China Study, support the theory that a whole-food, plant-based diet is linked to lower rates of chronic disease. More than a million people across the world have read The China Study and have been convinced by empirical evidence to adopt a whole-food, plant-based diet. The Campbell Plan goes beyond the why and shows readers how to make the transition--and enjoy the journey--with practical guidance and a simple plan to make a whole-food, plant-based lifestyle easy and sustainable.The Campbell Plan is full of the cutting-edge nutritional research that fans of The China Study have come to expect. Dr. Thomas Campbell speaks to the reader about health, weight loss, and the science behind it. He also addresses the biggest difficulties of transitioning to a plant-based diet; the most frequently asked questions he receives from patients,

practitioners, and readers; and the most cutting-edge research in nutrition. The Campbell Plan's combination of practical tools and the research-based evidence of The China Study will change people's lives for generations to come"--

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