

1. Record Nr.	UNISA996211355803316
Titolo	CPI detailed report
Pubbl/distr/stampa	[Washington, D.C.] : , : Bureau of Labor Statistics
ISSN	1948-4062
Descrizione fisica	1 online resource (volumes)
Disciplina	339.4/2/0973
Soggetti	Consumer price indexes - United States Prices - United States Consumer price indexes Prices Periodicals. Statistics. United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Sommario/riassunto	Consumer price index, U.S. city average and selected areas. Covers the Consumer price index for all urban consumers (CPI-U), and the Consumer price index for wage earners and clerical workers (CPI-W).

2. Record Nr.	UNINA9910155596703321
Autore	Campbell T. Colin
Titolo	The china study : The most comprehensive study of nutrition ever conducted and the startling implications for diet, weight loss, and long-term health. // T. Colin Campbell
Pubbl/distr/stampa	Ashland, : Blackstone Publishing, 2016
ISBN	1-4417-3137-7
Edizione	[Unabridged, Revised.]
Descrizione fisica	1 online resource (15 audio files) : digital
Classificazione	HEA017000HEA048000MED060000
Altri autori (Persone)	WorenDan
Soggetti	Nonfiction Health & Fitness Medical
Lingua di pubblicazione	Inglese
Formato	Audiolibro
Livello bibliografico	Monografia
Note generali	Unabridged, Revised.
Sommario/riassunto	Here is the updated 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 thirty years ago, nutrition researcher T. Colin Campbell and his team at Cornell University, in partnership with teams in China and England, embarked upon 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 Campbell'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, T. Colin Campbell and his son Thomas M. Campbell, now a physician, shared those findings with the world in <i>The China Study</i> , hailed as one of the most important books about diet and health ever written. This heavily expanded edition of their groundbreaking book features brand-new content, including the latest undeniable evidence of the power of a plant-based diet, plus updated information about the changing medical system and how patients can benefit from a surging interest in plant-based nutrition. <i>The China Study: Revised and</i>

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. The new information includes updated research on heart disease, obesity, diabetes, cancer, autoimmune disease, and other diseases; updated supplementation recommendations; and a new chapter about the media's coverage, or lack of coverage, of plant-based diet research.

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