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By Thomas Campbell

Rodale Press Inc., United States, 2015. Hardback. Book Condition: New. 234 x 160 mm. Language: English . Brand New Book. 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 than 8,000 statistically significant associations. Those ground breaking 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...



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