



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

T. Colin Campbell

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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.

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