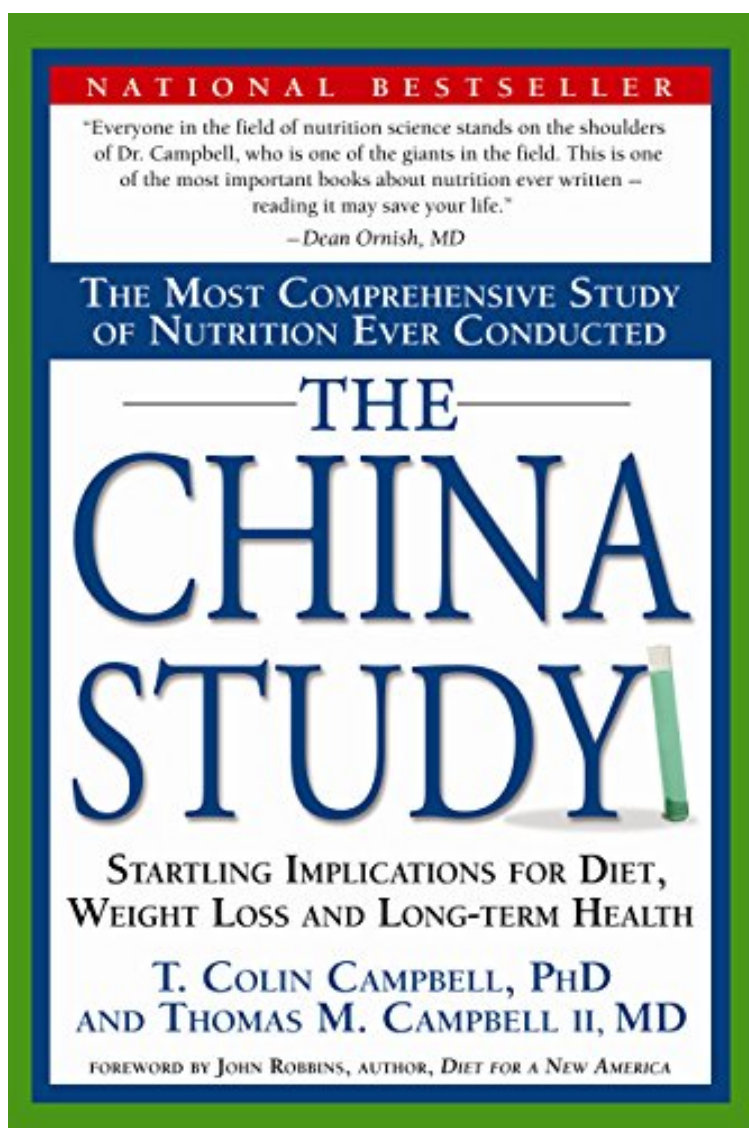


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The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health



Par T. Colin Campbell, Thomas M. Campbell II

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Description : Description du produitThis exhaustive presentation of the findings from the China Study conclusively demonstrates the link between nutrition and heart disease, diabetes, and cancer. Referred to as the "Grand Prix of epidemiology" by The New York Times, this study examines more than 350 variables of health and nutrition with surveys from 6,500 adults in more than 2,500 counties across China and Taiwan.

While revealing that proper nutrition can have a dramatic effect on reducing and reversing these ailments as well as obesity, this text calls into question the practices of many of the current dietary programs, such as the Atkins diet, that enjoy widespread popularity in the West. The impact of the politics of nutrition and the efforts of special interest groups on the creation and dissemination of public information on nutrition are also discussed.

Prsentation de l'diteurEven today, as trendy diets and a weight-loss frenzy sweep the nation, two-thirds of adults are still obese and children are being diagnosed with Type 2 diabetes, typically an adult disease, at an alarming rate. If we were obsessed with being thin more so than ever before, why are Americans stricken with heart disease as much as we were 30 years ago?In *The China Study*, Dr. T. Colin Campbell details the connection between nutrition and heart disease, diabetes, and cancer. The report also examines the source of nutritional confusion produced by powerful lobbies, government entities, and opportunistic scientists. The *New York Times* has recognized the study as the Grand Prix of epidemiology and the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease.The *China Study* is not a diet book. Dr. Campbell cuts through the haze of misinformation and delivers an insightful message to anyone living with cancer, diabetes, heart disease, obesity, and those concerned with the effects of aging.[This book is also available in Spanish, *El Estudio de China*.]