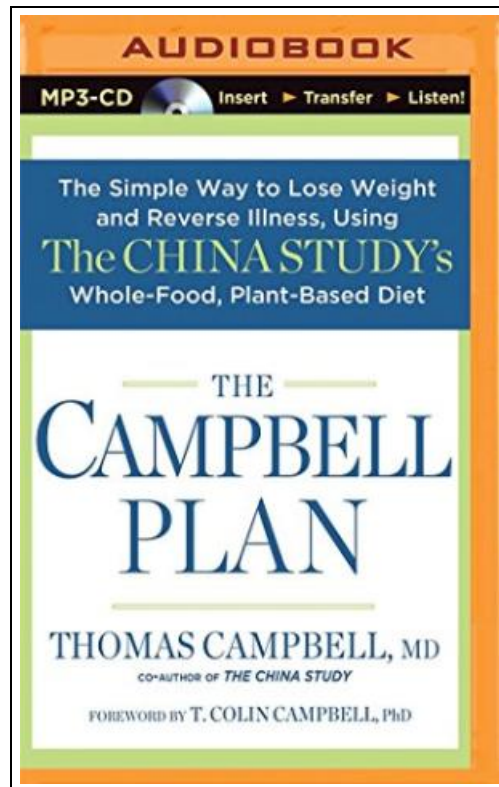


## The Campbell Plan



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## THE CAMPBELL PLAN



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Audible Studios on Brilliance, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. 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 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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