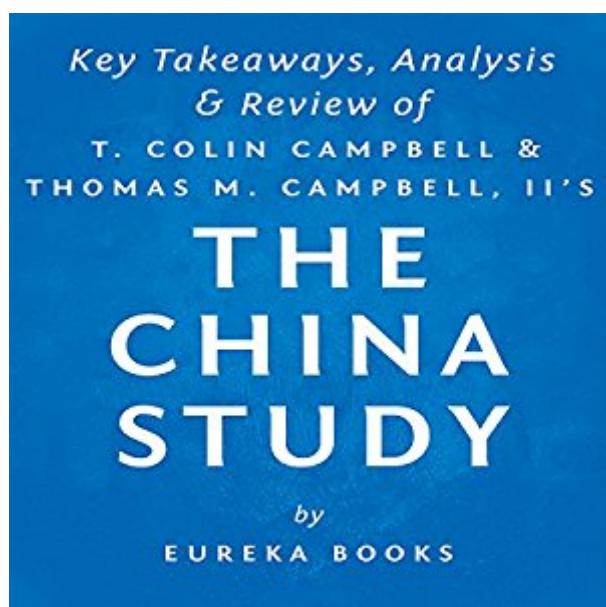


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# The China Study: The Most Comprehensive Study Of Nutrition Ever Conducted And The Startling Implications For Diet: Key Takeaways, Analysis & Review



## Synopsis

Please note: This is a companion to the book and not the original book. The China Study by T. Colin Campbell and Thomas M. Campbell II is primarily focused on the results of an enormous survey of diet and mortality that T. Colin Campbell conducted in 65 Chinese counties. Campbell was the son of farmers who ate a largely animal-based diet. When he began studying nutrition, he worked under the assumption that the typical American diet of dairy and meat products was ideal. However, after Campbell participated in a nutrition improvement program in a region in the Philippines where children had a high incidence of liver cancer, he began to have doubts. Campbell read studies that helped him make the connection between protein consumption, the carcinogen aflatoxin, and liver cancer. Plant proteins were significantly less correlated to liver cancer growth after aflatoxin exposure. This companion to The China Study includes: Overview of the book Important people Key takeaways Analysis of key takeaways And much more!

## Book Information

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## Customer Reviews

"The China Study" is the result of an enormous survey of diet and mortality in 65 Chinese counties. With a nutritional background, Campbell began to study the nutrition of developing countries as opposed to Western diets. What he found were diseases of affluence, including atherosclerosis, cancer, Type 2 diabetes, heart disease, and high cholesterol. This review of "The China Study" succinctly sums up the points made by Campbell in his book, while not bogging you down with the details. I enjoyed reading through the argument and seeing how it was supported with the 9 key takeaways described by Eureka. If you have any inclination to care about your diet, and what the

effects are of vegetarianism, give this summary a try. Its worth it.

The China Study by T. Colin Campbell & Thomas M. Campbell II/Key Takeaways, Analysis & Review by Eureka Books is an excellent summary of an enormous survey of diet and mortality in 65 Chinese counties by T. Colin Campbell who is an avid promoter of plant-based protein diets over meat protein diets. As usual, the Eureka Books is like a Cliff Notes, summarizing and analyzing a book, giving a good idea of its contents and value without the necessity of paying full price for a book you might discover you don't like. As unauthorized summaries, there is no danger of the publisher or author influencing the content of the Eureka product, lending it a great degree of credibility. For busy people who like to read, but can't find the time to read everything, this is a good way to get a sense of what's out there.

Is there a connection between protein consumption, the carcinogen aflatoxin and liver cancer? Thomas Campbell who was in charge of a study of 6,500 adults across 65 Chinese counties thinks so. Important to note that this book by Eureka is a SUMMARY (think DETAILED review) of the original book by the Campbells. Maybe you don't have time to read the 419 page original or maybe you want to have an idea of what it is about before buying it. Whatever reason, this summary will give you a good gist of what is in the original. There are 9 Key Takeaways in this summary. Here are a couple to whet your appetite:>>>#4 - "Plant-based diets in China provided high rates of iron, calcium, fiber, and protein along with low rates of fat and cholesterol. Even the most sedentary Chinese in the study ate more calories than the average US resident and experienced fewer health complications.">>>#6 - "The eight principles of a healthy diet emphasize the importance of whole plant foods over supplements or animal foods; the limited effect of genes on health and the capacity for a healthy diet to prevent, mitigate, or reverse any disease related to nutrition, alongside other health benefits." The author's criticize the use of supplements over whole foods but then later tell the reader that they may need to take vitamin B12 and D supplements! Make sure you read the words "possible" and "suggests" in this book! This was an observational study not an experimental one where some people changed their diet and some didn't. The authors admit to being somewhat biased towards a plant based diet. Please note that my review is based on the quality of this Eureka summary and NOT the original. Book provided in exchange for an honest review. Thanks, Liz

I've taken Dr. Campbell's course through Cornell and I have almost finished his book, The China

Study. It would be hard to find anyone with more knowledge on nutrition than Dr. Colin Campbell. He is a national treasure. I've read over 30 books on nutrition and no author compares to Dr. Campbell in terms of his/her credibility. I often check references and I've found many authors providing references to research that does not back up their statements; this is not the case with Dr. Campbell. He is an old-school scientist; he's not promoting his own marketing hype, like so many authors and food bloggers. And, Dr. Campbell is an excellent writer and very easy to understand. He knows how to make complex issues easily comprehensible and he makes convincing arguments. I don't think I could think more highly of this man and all he has done to save us from our chronic diseases and from destroying the planet with our animal-centric diets.

This summary of the book "The China Study" offers a concise review of the actual book. The longer book talks about the results of studies that have been conducted into plant-heavy diets, and the benefits that derive therefrom. I hadn't been that aware of these studies before I read this summary, and it was quite interesting. To me, this is the perfect example of a book where most people will do better to read the 20-minute synopsis rather than the whole book. The synopsis gives you all of the highlights in a fraction of the time.\*I received this product in exchange for a fair and honest review, which this is.

I received this summary and analysis of "The China Study" in exchange for a review. This summary gives an overview of what the book is about and lists and analyzes key takeaways from the original book. I am very concerned with living a healthy lifestyle, so I found this book on nutrition to be very interesting. This book discusses how eating a whole foods/plant-based diet lowers your risk of diseases such as heart disease, diabetes, and cancer. While it would be extremely hard for me to give up animal proteins all together, I feel more determined to add more fruits and vegetables to my diet and to limit my animal protein intake. If you are looking to improve your diet, you will enjoy reading this book!

Remarkable findings on the effects of diet on cancer occurrence. One example is the findings on vegetable versus animal proteins which should be widely publicized to the public even at the detriment of the dairy industry.

I got the little e-book, and I do mean LITTLE. Not worth the purchase for me.

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