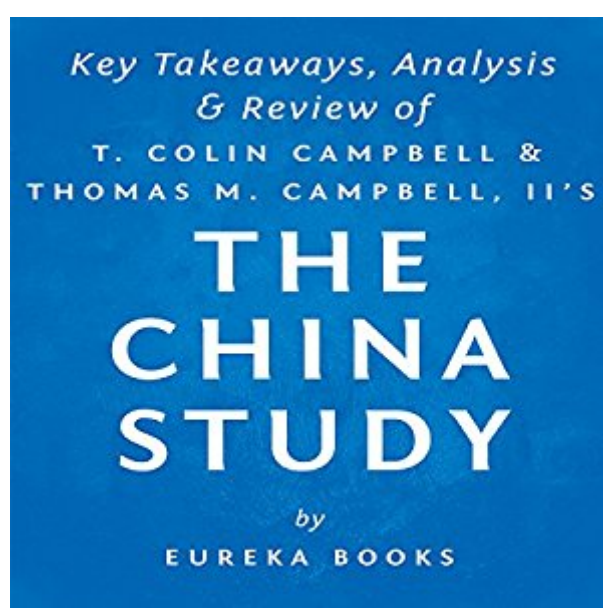


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# The China Study: The Most Comprehensive Study Of Nutrition Ever Conducted And The Startling Implications For Diet: Key Takeaways, Analysis & Review



## 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 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's 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.

"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. It's worth it.

This ebook was received in return for my unbiased opinion. "The China Study" provides key takeaway points from the actual book. The main ideas of this book are how to live healthy and consume foods that are nutritional and beneficial to your overall health. Meats, while believed to be necessary, can be supplemented with nuts and beans. Of course eating a mostly plant-centered diet is ideal, but many people don't do that. I would love to include more vegetation to my diet to reduce my risk of heart disease and diabetes. I think this abridged version was decently written and holds ideas that can be applied to daily life.

This is an overview of the actual book "The China Study." Kind of like an abbreviated Cliff's Notes for the full book. It provides a potential reader enough information regarding this book's content to determine if we want to invest the extra money and time to actually buy and read the entire book. Judging from the outline it appears as if this book may appeal to a wide assortment of non-fiction readers. As an avid reader I have personally found "Eureka Books" to be a very helpful and valuable service.

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!

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.

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