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ISBN-13: 9781941631560, 978-1941631560. The results are unmistakable. You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet. In 2005, Colin and his son Tom, now a physician, shared those findings with the world in The China Study, hailed as one of the most important books about diet and health ever written.

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The China Study - Wikipedia

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In 2005, Colin and his son Tom, now a physician, shared those findings with the world in The China Study, hailed as one of the most important books about diet and health ever written. Featuring brand new content, this heavily expanded edition of Colin and Tom's groundbreaking book includes the latest undeniable evidence of the power of a plant-based diet, plus updated information about the changing medical system

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China Study Expanded: Amazon.co.uk: Colin Campbell: Books

More than 30 years ago, nutrition researcher T. Colin Campbell and his team at Cornell, in partnership with teams in China and England, embarked upon the China Study, the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease.

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