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120 Whole Food

Plant Based

Over 120

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Documentary **Meet**

China Study

Author T. Colin

Campbell's Wife

~~Shopping for a~~

~~Whole Food,~~

~~Plant Based Diet~~

~~with Tom~~

~~Campbell, MD How~~

~~to Begin a Whole~~

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Food Plant Based
Lifestyle

Oil Free Vegan
Butter Recipe!

Whaaaaat? **Dr John
McDougall's Fat
Free Golden**

**Gravy Recipe by
CookingWithPlant
s The China**

**Study Author T.
Colin Campbell,
Ph.D. Takes**

Audience

Page 9/47

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Study Questions MEAT
AND DAIRY CAUSE
CANCER - Dr T.
Colin Campbell's

"The China
Study" |

LIVEKINDLY VEGAN
MEAL PREP FOR
THE WEEK (IN 1
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*Colin Campbell
(Author of the
China Study)*

interview with

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Day 87: The

China Study by

T. Campbell Book

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Review The China

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Over Plant Based

The China Study

Cookbook takes

these scientific

findings and

puts them to

action with more

than 120 plant-

based recipes.

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Study revealed how the

Western diet has

led to our

modern health

crisis and the

widespread

growth of

obesity,

diabetes, heart

disease, and

cancer. Based on

the most

comprehensive

nutrition study

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Study conducted,
the book reveals
that a plant-
based diet leads
to optimal
health with the
power to halt or
reverse many
diseases.

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Indulge in the revised and expanded edition of the

Plant Based
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China Study
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Cookbook—with

more than 175
mouthwatering
recipes and

stunning all-new
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China Study has been hailed as one of the most important health and nutrition books ever published. It reveals that a whole foods, plant-based diet is the best way to stop widespread growth of

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obesity,

diabetes, heart
disease, and
cancer.

Plant Based

The China Study

Cookbook:

Revised and

Expanded Edition

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In the foreword
to the cookbook,
T. Colin

Campbell, author

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of The China

Study (and the
father of
cookbook author

LeAnne

Campbell),

acknowledges

that for adults

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typical American

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Recipes by

LeAnne Campbell

and T. Colin

Campbell Banana

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crumb muffins

Blackberry lemon

tea cake Easy

pumpkin muffins

Fiesta corn

bread Lemon

poppy muffins

Raisin walnut

bread

Sensational herb

bread Quick no-

fat cranberry

bread Quick

apple ...

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unopened,

undamaged item

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Recipes Leanne

Campbell, T.

Colin Campbell

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Steven Campbell

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Plant-Based ...

Written by
LeAnne Campbell,
daughter of The
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author T. Colin
Campbell, PhD,
and mother of
two hungry
teenagers, The
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features
delicious,

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easily prepared
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PhD. Over 120

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Recipes.

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Center for

Nutrition

Studies

The China Study
Cookbook author,
Leanne Campbell,
is the daughter
of T. Colin
Campbell, co-
author of The
China Study.

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Study cookbook is
representative

of how the
Campbell family

eats at home,

and is in line

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Implications for
Diet, Weight
Loss and Long-
term Health is a
book by T. Colin
Campbell and his
son, Thomas M.
Campbell II. It
was first
published in the
United States in
January 2005 and
had sold over
one million

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Study as of
October 2013,
making it one of
America's best-
selling books
about nutrition.

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- Wikipedia

Sroufe is the
author of The
China Study:
Quick & Easy
Cookbook, as

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well as Forks

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Cookbook—with
more than 175
mouthwatering
recipes and
stunning all-new
photography.

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...

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is one of those

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weighty,

important books
that is perhaps
more talked

about than

actually read.

It's easy to see

why: At 417

pages packed

with nutrition

facts and

research stats,

it's

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The China Study

Summary:

Everything you
need to know ...

The China Study

Cookbook. So

when BenBella

Books reached

out and offered

us a copy of

Leanne Campbell,

Ph.D.'s revised

edition of the

China Study

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Cookbook, we were more than eager to accept a copy and start cooking... And we did. Within the first week we made about five recipes, and with each one, we grew even more fond of the cookbook.

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Page 38/47

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Plant . . .

The China Study
Cookbook takes
120 Whole Food
these scientific

Plant Based
findings and

Recipes
puts them to
action. Written

by LeAnne

Campbell,

daughter of The

China Study

author T. Colin

Campbell, PhD,

and mother of

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Study hungry

teenagers, The

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Recipes
delicious,
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recipes with no

added fat and

minimal sugar

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Filled with helpful tips on substitutions, keeping foods nutrient-rich, and transitioning to a plant-based diet, "The China

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shows how to
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In 2005, T.
Colin Campbell,
PhD and his son
Thomas M.
Campbell, MD,
shared the China
Project findings

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Recipes

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- T. Colin

Campbell Center

for Nutrition

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Page 45/47

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China Study

gives critical,
life-saving
nutritional

information for
every health-
seeker in

America. But it
is much more;

Dr. Campbell's
expose of the
research and
medical

establishment

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Study this book

a fascinating

read and one

that could

change the

future for all

of us. Every

health care

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