



## The China Study Solution (Paperback)

By Thomas Campbell

Rodale Press Inc., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. In 2005, T. Colin Campbell, PhD, and Thomas Campbell, MD, co-authored The China Study, in which they detailed the ground breaking research results showing that a whole food, plant based diet has the potential to prevent and reverse many chronic diseases. The China Study became a worldwide phenomenon, selling more than a million copies and inspiring countless readers to reinvigorate their health by making better food choices. In The China Study Diet, Dr. Thomas Campbell, goes beyond the why and shows you 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.



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