

What Is The China Study Diet

Elizabeth J. Leppman

The China Study: Revised and Expanded Edition T. Colin Campbell, Thomas M. Campbell, II, 2016-12-27 The revised and expanded edition of the bestseller that changed millions of lives The science is clear. The results are unmistakable. You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet. 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. What they found when combined with findings in Colin's laboratory, opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods, plant-based 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. 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 and how patients stand to benefit from a surging interest in plant-based nutrition. *The China Study—Revised and Expanded Edition* presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies in three things: breakfast, lunch, and dinner.

The China Study T. Colin Campbell, Thomas M. Campbell (II.), 2006 Referred to as the Grand Prix of epidemiology by *The New York Times*, this study examines more than 350 variables of health and nutrition with surveys from 6,500 adults in more than 2,500 counties across China and Taiwan, and conclusively demonstrates the link between nutrition and heart disease, diabetes, and cancer. While revealing that proper nutrition can have a dramatic effect on reducing and reversing these ailments as well as curbing obesity, this text calls into question the practices of many of the current dietary programs, such as the Atkins diet, that are widely popular in the West. The politics of nutrition and the impact of special interest groups in the creation and dissemination of public information are also discussed.

[The China Study Solution](#) Thomas Campbell, 2016-05-03 In 2005, T. Colin Campbell, PhD, and Thomas Campbell, MD, co-authored *The China Study*, in which they detailed the groundbreaking 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 Solution*, Dr. Thomas Campbell, goes beyond 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. *The China Study Solution* tackles the most contentious questions: Is soy healthy? Should you eat gluten? Do you need to eat organic? Should you eat fish? Is GMO dangerous? How should you feed your kids? With more than 50 easy recipes and a 2-week menu plan, *The China Study Solution* breaks down cutting-edge nutritional research into easy-to-follow instructions on what behavioral principles are needed to succeed in your journey, what to stock in your pantry, how to read labels and shop, and how to navigate social and eating-out situations. Whether you wish to lose weight, reverse disease, or enjoy the best health of your life, *The China Study Solution* provides step-by-step guidance to help you achieve your goals.

The China Study: Revised and Expanded Edition T. Colin Campbell, Thomas M. Campbell, II, 2016-12-27 The revised and expanded edition of the bestseller that changed millions of lives The science is clear. The results are unmistakable. You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet. 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. What they found when combined with findings in Colin's laboratory, opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods, plant-based 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. 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 and how patients stand to benefit from a surging interest in plant-based nutrition. *The China Study—Revised and Expanded Edition* presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies in three things: breakfast, lunch, and dinner.

The China Study Cookbook Leanne Campbell, 2018-06-05 PUBLISHERS WEEKLY BESTSELLER Indulge in the revised and expanded edition of the bestselling *China Study Cookbook*—with more than 175 mouthwatering recipes and stunning all-new photography With 2 million copies sold, *The 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 obesity, diabetes, heart disease, and cancer. This new edition of the bestselling *China Study Cookbook* puts the groundbreaking scientific findings of *The China Study* on your plate. Written by LeAnne Campbell, daughter of *The China Study* coauthor T. Colin Campbell, *The China Study Cookbook* is now expanded to feature even more delicious, easy-to-

prepare plant-based recipes—with no added fat and minimal sugar and salt. All of LeAnne's recipes follow three important principles: 1) optimal nutrition is based on eating foods, not taking supplements; 2) the closer foods are to their native states when eaten, the greater their long-term health benefits; and 3) choosing locally grown organic produce whenever possible maximizes nutritional value. Inside, discover time-tested favorites and brand-new dishes: • Almond-Topped Blueberry Coffee Cake • Ensalada Azteca • Green Banana Cassava Soup • Peanut Butter Bars • Cassava (Yuca) con Cebollas • Black Bean Chipotle Burgers • Sweet Potato Enchiladas • Passion Fruit Bliss Cheese(less) Cake Delight LeAnne invites you into her kitchen to share the recipes she uses to nourish her own family. She also offers a look inside her organization, Global Roots, which strives to create sustainable communities around the globe through whole foods, plant-based eating. Filled with tips on substitutions and keeping foods nutrient-rich, *The China Study Cookbook* shows you how to transform your health and the health of your entire family—along with contributing to the health of your community and the world—all while enjoying incredible meals.

Whole T. Colin Campbell, Howard Jacobson, 2013-05-07 New York Times Bestseller What happens when you eat an apple? The answer is vastly more complex than you imagine. Every apple contains thousands of antioxidants whose names, beyond a few like vitamin C, are unfamiliar to us, and each of these powerful chemicals has the potential to play an important role in supporting our health. They impact thousands upon thousands of metabolic reactions inside the human body. But calculating the specific influence of each of these chemicals isn't nearly sufficient to explain the effect of the apple as a whole. Because almost every chemical can affect every other chemical, there is an almost infinite number of possible biological consequences. And that's just from an apple. Nutritional science, long stuck in a reductionist mindset, is at the cusp of a revolution. The traditional “gold standard of nutrition research has been to study one chemical at a time in an attempt to determine its particular impact on the human body. These sorts of studies are helpful to food companies trying to prove there is a chemical in milk or pre-packaged dinners that is “good for us, but they provide little insight into the complexity of what actually happens in our bodies or how those chemicals contribute to our health. In *The China Study*, T. Colin Campbell (alongside his son, Thomas M. Campbell) revolutionized the way we think about our food with the evidence that a whole food, plant-based diet is the healthiest way to eat. Now, in *Whole*, he explains the science behind that evidence, the ways our current scientific paradigm ignores the fascinating complexity of the human body, and why, if we have such overwhelming evidence that everything we think we know about nutrition is wrong, our eating habits haven't changed. *Whole* is an eye-opening, paradigm-changing journey through cutting-edge thinking on nutrition, a scientific tour de force with powerful implications for our health and for our world.

The China Study Cookbook LeAnne Campbell, 2013 This cookbook written by the daughter of *China Study* author T. Colin Campbell features delicious, easily prepared plant-based recipes with no added fat and minimal sugar and salt that

promote optimal health.

The Campbell Plan Thomas Campbell, 2015-03-24 In 2005, T. Colin Campbell, PhD, and Thomas Campbell, MD, co-authored The China Study. In it, they detailed the groundbreaking 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. Now The Campbell Plan, by Thomas Campbell, MD, 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. The Campbell Plan is full of cutting-edge nutritional research that fans of The China Study have come to expect. Dr. Campbell addresses the most contentious questions: Is soy healthy? Should you eat gluten? Do you need to eat organic? Should you eat fish? Is GMO dangerous? How should you feed your kids? Just as important, you will learn the behavioral principles to succeed in your journey, as well as what to stock in the kitchen, how to read labels and shop, and how to navigate social and eating-out situations. Included are more than 55 delicious and easy recipes from favorite recipe sources and a 2-week menu plan. Whether you wish to lose weight, reverse disease, or just have the best health of your lives, The Campbell Plan provides the step-by-step guidance to achieve their goals. This combination of practical tools, along with the research-based evidence of The China Study, will change people's lives for generations to come.

Summary: the China Study Abbey Beathan, 2018-07-16 The China Study, Revised and Expanded Edition: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health by T. Colin Campbell PhD | Book Summary | Abbey Beathan (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2GypkHJ>) Did you know that you can reduce the risk of cancer, diabetes and heart disease just by changing your diet? More than 30 years ago, a groundbreaking study that analyzed the relationship between diet and the risk of developing diseases was conducted. The results were astonishing. It changed how every informed individual structured their meal plan, they started to get away from diets with high animal protein because the risks that came with it were discovered. Now in this book, the unparalleled health benefits of a plant-based diet will be broken down on top of other relevant information regarding said eating regime. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) Americans love to hear good things about their bad habits. - T. Colin Campbell. The China Study has one purpose: to inform society about what is really healthy for you and debunking a wide array of health myths. Misinformation is your worst enemy when it comes to dieting, Campbell is well aware of it, and he is trying to mitigate misinformation to create a healthier society. According to T. Colin Campbell, the only thing you need to have a long, healthy life is a proper breakfast, lunch and dinner. P.S. The China Study is the ultimate book about dieting necessary to anyone who wants to have a healthier eating regime. P.P.S. It was Albert Einstein who famously

said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the Buy now with 1-Click Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before FREE 2 Page Printable Summary BONUS for you to paste in on your office, home etc Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2GypkHJ> One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge - Abbey Beathan

Summary of The China Study Abbey Beathan, 2019-06-10 The China Study, Revised and Expanded Edition: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health by T. Colin Campbell PhD Book Summary Abbey Beathan (Disclaimer: This is NOT the original book.) Did you know that you can reduce the risk of cancer, diabetes and heart disease just by changing your diet? More than 30 years ago, a groundbreaking study that analyzed the relationship between diet and the risk of developing diseases was conducted. The results were astonishing. It changed how every informed individual structured their meal plan, they started to get away from diets with high animal protein because the risks that came with it were discovered. Now in this book, the unparalleled health benefits of a plant-based diet will be broken down on top of other relevant information regarding said eating regime. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) Americans love to hear good things about their bad habits. - T. Colin Campbell. The China Study has one purpose: to inform society about what is really healthy for you and debunking a wide array of health myths. Misinformation is your worst enemy when it comes to dieting, Campbell is well aware of it, and he is trying to mitigate misinformation to create a healthier society. According to T. Colin Campbell, the only thing you need to have a long, healthy life is a proper breakfast, lunch and dinner. P.S. The China Study is the ultimate book about dieting necessary to anyone who wants to have a healthier eating regime. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the Buy now with 1-Click Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect

Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge - Abbey Beathan

The China Study Eureka Books,2015-12-04 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 | Key Takeaways, Analysis & Review 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!

The China Study for Beginners Hayward Press,2013-12 Permanently lose weight, feel better, and improve your health with a plant-based China Study Diet. Based on over two decades of research from top researchers at Cornell and Oxford, the China Study Diet has been proven to be one of the healthiest diets, and one of the most effective methods for preventing, reversing, and even curing heart disease, diabetes, cancer, and many other common ailments. The China Study for Beginners reveals the groundbreaking research discovered during the China Study about the life-changing health benefits of a plant-based diet, and gives you straightforward guidelines to achieve and maintain better health. The China Study Diet for Beginners will help you use a China Study Diet to successfully change the way you eat and feel, by substituting nutrient-packed vegetables and fruits for unhealthy meats and dairy products. The China Study for Beginners provides a clear and simple path to following a China Study Diet with: More than 50 stress-free China Study Diet recipes, including hearty Blueberry Muffins, Macaroni and Cheese Florentine, Chocolate Peanut Bars, and savory Baked Onion Rings The 8 principles of the China Study Diet to help you transform your eating habits permanently A 7-day China Study Diet meal plan so you can easily make the transition to a plant-based diet 352 whole foods that you can eat as part of the China Study Diet, and a list of foods to avoid Cooking tips to help you cut down on added fat and sugars, and strategies for a successful China Study Diet With The China Study for Beginners, you'll discover how easy it is to switch to a plant-based diet and revolutionize your health and body.

The China Study in 30 Minutes - The Expert Guide to T. Colin Campbell's Critically Acclaimed Book The 30 Minute Expert Series,2013-05-01 The China Study may save your life. The China Study ...in 30 minutes is the essential guide

to quickly understanding the vital lessons outlined in Drs. T. Colin Campbell and Thomas M. Campbell II's best-selling book, *The China Study*. Understand the key ideas of *The China Study* in a fraction of the time, using this guide's: Concise synopsis, which overviews the principles of *The China Study* In-depth analysis of key concepts, including an examination of food industries and the impact of science, medicine, and the government on our nutrition and health Insightful background on authors T. Colin Campbell, PhD, and Thomas M. Campbell II, MD, a father-and-son team-and the origins of the book Extensive recommended reading list and bibliography In *The China Study*, highly regarded nutrition scientist T. Colin Campbell, PhD, and coauthor Thomas M. Campbell II, MD, present an exhaustive scope of research on disease and nutrition. Analyzing the diet and health of 6,500 adults from various counties and provinces in China, the authors reach alarming conclusions about the relationship between nutrients and the risk of developing diseases such as cancer, diabetes, heart failure, and other lethal ailments plaguing the Western world. *The China Study* sheds light on the consumption of animal-based products and the direct impact it has on health. Cutting through misinformation circulated by food industries, the government, and even scientists, the authors conclude that a vegan (no animal-based foods) diet is the healthiest way to eat. Delivering practical knowledge with far-reaching health impacts, *The China Study* presents vital research findings on diet, disease, and nutrition. About the 30 Minute Expert Series Offering a concise exploration of a book's ideas, history, application, and critical reception, each text in the 30 Minute Expert Series is designed for busy individuals interested in acquiring an in-depth understanding of seminal works. The series offers detailed analyses, critical presentations of key ideas and their application, extensive reading lists for additional information, and contextual understanding of the work of leading authors. Designed as companions to the original works, the 30 Minute Expert Series enables readers to develop expert knowledge of important works ...in 30 minutes. As with all books in the 30 Minute Expert Series, this book is intended to be purchased alongside the reviewed title, *The China Study: Startling Implications for Diet, Weight Loss, and Long-term Health*.

The Future of Nutrition T. Colin Campbell, Nelson Disla, 2020-12-15 From the coauthor of *The China Study* and author of the New York Times bestselling follow-up, *Whole* Despite extensive research and overwhelming public information on nutrition and health science, we are more confused than ever—about the foods we eat, what good nutrition looks like, and what it can do for our health. In *The Future of Nutrition*, T. Colin Campbell cuts through the noise with an in-depth analysis of our historical relationship to the food we eat, the source of our present information overload, and what our current path means for the future—both for individual health and society as a whole. In these pages, Campbell takes on the institution of nutrition itself, unpacking:

- Why the institutional emphasis on individual nutrients (instead of whole foods) as a means to explain nutrition has had catastrophic consequences
- How our reverence for high quality animal protein has distorted our understanding of cholesterol, saturated fat, unsaturated fat, environmental carcinogens, and more
- Why mainstream food and nutrient recommendations and public policy favor corporate interests over that of personal and planetary health
- How

we can ensure that public nutrition literacy can prevent and treat personal illness more effectively and economically The Future of Nutrition offers a fascinating deep-dive behind the curtain of the field of nutrition—with implications both for our health and for the practice of science itself.

The Low-Carb Fraud T. Colin Campbell, Howard Jacobson, 2014-02-25 By now, the low-carb diet's refrain is a familiar one: Bread is bad for you. Fat doesn't matter. Carbs are the real reason you can't lose weight. The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to the Zone and beyond, are still the go-to method for weight-loss for millions. These diets' marketing may differ, but they all share two crucial components: the condemnation of “carbs and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is—despite its increased focus on (some) whole foods—just another variation on the same carbohydrate fears. In *The Low-Carb Fraud*, longtime leader in the nutritional science field T. Colin Campbell (author of *The China Study* and *Whole*) outlines where (and how) the low-carb proponents get it wrong: where the belief that carbohydrates are bad came from, and why it persists despite all the evidence to the contrary. The foods we misleadingly refer to as “carbs aren't all created equal—and treating them that way has major consequences for our nutritional well-being. If you're considering a low-carb diet, read this e-book first. It will change the way you think about what you eat—and how you should be eating, to lose weight and optimize your health, now and for the long term.

China Study Diet Journal Speedy Publishing LLC, 2014-04-03 Food Journals Are An Important Tool For The China Study Diet Keeping a food journal can be beneficial when working on any diet plan as it allows the person to track their eating habits and compile the data for future analysis. Also, it allows an individual to share this information with his/her physician so that the effects of the diet can be monitored. The China Study Diet focuses on plant-based nutrients as a source for good health and wellbeing. The idea that animal proteins can cause certain health conditions is a fundamental theory of this diet and thus a food journal can keep dieters focused by tracking every item they consume.

The China Study Decoded Michael Smallings, 2013

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The China Study Kitchen Diane Sharpe, 2013-10-18 A China Study Cookbook of Over 80 Whole Plant-Based Recipes To Help You Live Your Best Life (China Study Recipe Book) “The closer we get to a plant-based diet, the healthier we are going to be” —Dr. T. Colin Campbell, forerunner of the most comprehensive nutritional research project and Professor Emeritus of Nutritional Biochemistry at the Cornell University in the United States. The China Study Kitchen is based on the China Study findings and is basically a dietary lifestyle of whole plant-based foods which was pioneered by Dr. T. Colin Campbell. Apart from weight loss, the China Study Diet not only prevents future diseases, but it also treats existing diseases. Benefits of The Diet Based on over 40 years of experimental research by Dr. T. Colin Campbell, the China Study Diet prevents or stops the

further progression of the following diseases: -- Cancer -- Heart Disease -- Multiple Sclerosis -- Kidney Stones -- Osteoporosis -- Diabetes (Type 1 & 2) -- Cold & Flu -- Rheumatoid Arthritis -- Obesity -- Hypertension -- Migraine -- Lupus -- Alzheimer's Disease -- Erectile Dysfunction -- Plus more! This book has over 80 whole plant-based recipes to help you on your pathway to optimum health on The China Study Diet. Get your copy of this book and start eating the healthier way.

Changing Rice Bowl: Economic Development and Diet in China Elizabeth J. Leppman, 2005-03-01 The book deals with a topic of perennial interest to Chinese and non-Chinese alike: Chinese food. Chinese culture is exceptionally food-oriented, and non-Chinese are curious about what Chinese people in China actually eat, as contrasted with meals in ever-popular Chinese restaurants. Furthermore, foreigners have long received the impression that Chinese people are inadequately fed, but the picture today is considerably more complex. At its best, the Chinese diet is among the world's healthiest, and access to adequate, nutritious food has made enormous progress in recent years. The content of the Chinese diet and its nutritional adequacy vary over space, not only in the vastness of China but even within one province. All these strands, examined after the end of food rationing opened new choices to Chinese consumers, are portrayed in a text that is easily accessible to the general public and that is supplemented with maps, graphs, and photographs. Beginning with background concepts in nutrition, culture, and economic development, the book proceeds to describe foods that Chinese traditionally eat and the farming system that has produced them for hundreds of years. It then gives an overview of rural-urban contrasts at the national level. A summary geography of Liaoning Province in China's northeast provides background for the detailed study of the dietary regime in a sample of households at five sites within the province. The book concludes with some suggestions of possible future implications of the findings.

Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **What Is The China Study Diet**

In a global inundated with displays and the cacophony of fast transmission, the profound power and emotional resonance of verbal art often fade into obscurity, eclipsed by the constant assault of sound and distractions. However, nestled within the musical pages of **What Is The China Study Diet**, a captivating perform of fictional splendor that pulses with natural thoughts, lies an unforgettable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, that enchanting opus books visitors on a mental odyssey, lightly exposing the latent potential and profound affect embedded within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect their charming publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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What Is The China Study Diet Introduction

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