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Here is the updated and expanded edition of the best seller 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 University, in partnership with teams in China and England, embarked upon 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 Campbell'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, T. Colin Campbell and his son Thomas M. Campbell, 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. This heavily expanded edition of their groundbreaking book features brand-new content, including the latest undeniable evidence of the power of a plant-based diet, plus updated information about the changing medical system and how patients can 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 new information includes the following:

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