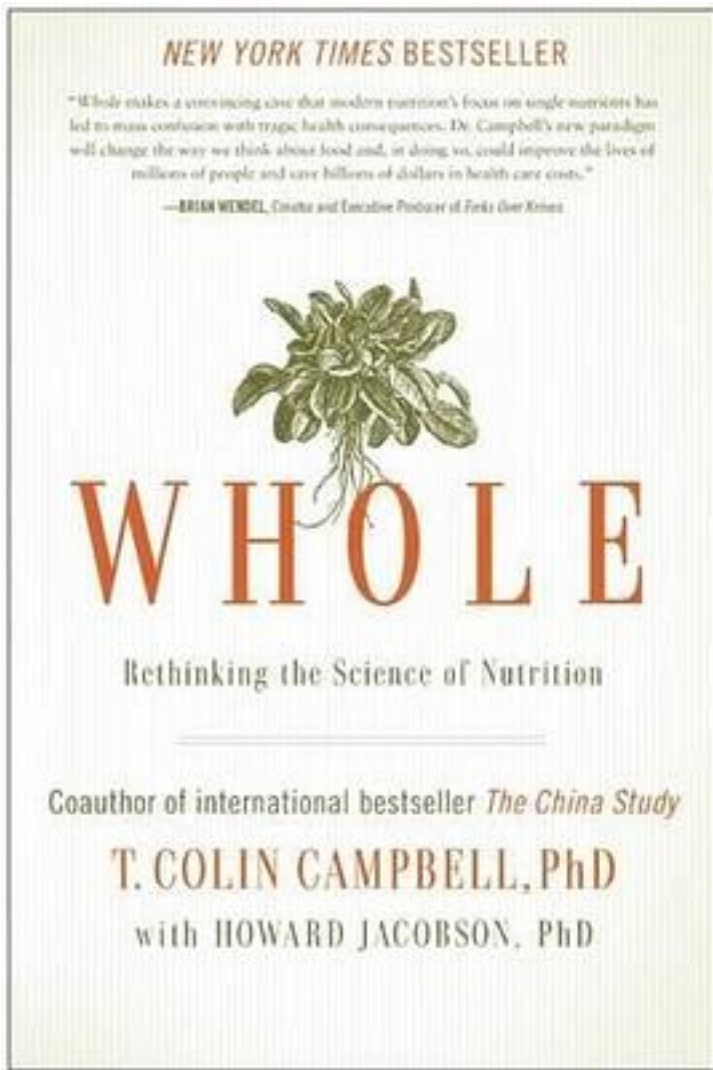


Whole



[Whole_下载链接1](#)

著者:T. Colin Campbell

出版者:BenBella Books

出版时间:2013-5-23

装帧:Hardcover

isbn:9781937856243

It seemed to be the eternal question. What should we eat to optimize our nutrition and our health? In 2005, Dr. T. Colin Campbell's "The China Study" answered this question definitively. Backed by the most extensive study of nutrition ever conducted and bolstered by dozens of additional studies and cases, "The China Study" gave us a simple but powerful answer: Eat a diet based on whole, plant-based food, and dramatically reduce your risk of a broad spectrum of diseases, including heart disease, obesity, diabetes, and cancer.

"Whole" picks up where "The China Study" left off. "The China Study" revealed what we should eat and provided the powerful empirical support for this answer. "Whole" answers the question of why. Why does a whole-food, plant-based diet provide optimal nutrition? "Whole" demonstrates how far the scientific reductionism of the nutrition orthodoxy has gotten off-track and reveals the elegant wonders of the true wholistic workings of nutrition, from the cellular level to the operation of the entire organism. "Whole" is a marvelous journey through cutting-edge thinking on nutrition, led by one of the masters of the science.

作者介绍:

目录:

[Whole 下载链接1](#)

标签

营养

自我管理

Nutrition

2013

评论

Switching to a whole-food, plant-based diet

Another book from the advocate of whole-food plant-based diet--same author for the book "The China Study". Just like the author said in the book: I dont hope the book will change anything, but at least it presents another viewpoint to re-think the connections among food, nutrition & disease in a holistic way-not from the traditional reductionist way

[Whole_下载链接1](#)

书评

[Whole_下载链接1](#)