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The Campbell Plan answers all those questions and comes with a meal guide and recipes in the back (that are an easy source to many more recipes, the websites for the cooks are listed). I'm so happy Dr. Campbell made a 'how-to' guide for eating whole food plant based, from the results of the China Study.

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Thomas Campbell, MD, is an instructor of clinical family medicine at the University of Rochester School of Medicine and Dentistry. He coauthored The China Study, which sold more than a million copies and inspired the 2011 documentary Forks over Knives. He also is director of the T. Colin Campbell Center for Nutrition Studies, a nonprofit organization in Ithaca, New York, which promotes optimal ...

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The Campbell Plan, based on scientific evidence presented in peer reviewed journals and the work of his father in The China Study, along with years of his own personal clinical experience, practicing as a family physician in Rochester NY through the University of Rochester Medical Center brings us information so dearly needed and yet often convoluted in mainstream media.