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Mortality, Biochemistry, Diet and Lifestyle in Rural China ...
The China\Cornell\Oxford Project, short for the "China-Oxford-Cornell Study on Dietary, Lifestyle and Disease Mortality Characteristics in 65 Rural Chinese Counties," was a large observational study conducted throughout the 1980s in rural China, a partnership between Cornell University, the University of Oxford, and the government of China. The study compared the health consequences of diets rich in animal-based foods to diets rich in plant-based foods among people who were genetically ...

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Get Mortality, Biochemistry, Diet and Lifestyle in Rural ...
Mortality, Biochemistry, Diet and Lifestyle in Rural China. China has the large population of people who have different diets, habits and lifestyles from Western people. What's more, enormous difference also exist within the Chinese as a result of geographical differences. This

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This book analyses patterns in rural China in the late 1980s: patterns of causes of death, of what people ate, what they smoked and drank, what kinds of houses they lived in, what they worked at, their education, and many measurements of their blood (for cholesterol, vitamins, evidence of infectious disease) and urine (for food metabolites and other factors). The variation is examined at the level of counties scattered all over mainland China and Taiwan, representing the extremes of values for deaths from specific cancers; ie the counties with the highest and the lowest rates of lung cancer, or the highest and lowest for liver cancer. Coincidentally, this covers the extremes of many of the other variables, such as the intake of fresh fruits and vegetables, and smoking rates. The analysis that fills the pages is the correlation of all of these patterns, one variable at a time, with all the others. The question it answers is, "How well does the variation among the countiesfor one variable (eg cholesterol in the blood) correlate with the variation across China in deaths from different diseases (eg heart disease)?" If the correlation is strong, it may mean that the variables are related in some causal sense, although this cannot be assumed. If the correlation is weak, it means that the variation must be caused mainly by other factors. Importantly, if the correlation is weak, it does not necessarily mean that the two variables are not related; for example, a weak correlation between blood cholesterol and deaths from heart disease does not mean that cholesterol is not implicated in heart disease, but that in China other factors are more important. Each variable page is similarly arranged, and there are keys to interpreting each element at the beginning of major sections. The book also includes numerous extra tables in the back that give mean values for many variables. These can be useful as many of these values in China are so different from themuch more available and common Western values. We tend to think of the range of Western variables as somehow 'normal', without realizing that in China the mean value may not even be within the generally accepted normal range that we are used to.

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

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.

Examines the relationship between diet and health, and advocates a plant-based diet.

An analysis of cutting-edge thinking on nutrition answers why a whole-food, plant-based diet provides optimal nutrition and demonstrates how far the scientific reductionism of the nutrition orthodoxy has gotten off track.

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.

Global public health is of growing concern to most governments and populations, nowhere more so than in Asia, the world's largest and most populous continent. Whilst major advances have been made in controlling infectious diseases through public health measures as well as clinical medical treatments, the world now faces other challenges including ageing populations and the epidemic crisis of obesity and non-communicable diseases. New emerging infections continue to develop and the growing threats to health due to environmental pollution and climate change increase the need for resilience and sustainability. These threats to health are global in nature, and this Handbook will explore perspectives on current public health issues in South, Southeast and East Asia, informing global as well as regional debate. Whilst many books cite Western examples of the development of global public health, this Handbook brings together both Western and Eastern scholarship, creating a new global public health perspective suitable to face modern challenges in promoting the population's health. This Handbook is essential reading not only for students, professionals and scholars of global public health and related fields but is also written to be accessible to those with a general interest in the health of Asia.

Marking the 50th anniversary of the foundation of the International Epidemiological Association, this is a compendium by the world's leading epidemiologists of how the subject has developed in the past 50 years.

Medicine is grounded in the natural sciences, among which biology stands out with regard to the understanding of human physiology and conditions that cause dysfunction. Ironically though, evolutionary biology is a relatively disregarded field. One reason for this omission is that evolution is deemed a slow process. Indeed, macroanatomical features of our species have changed very little in the last 300,000 years. A more detailed look, however, reveals that novel ecological contingencies, partly in relation to cultural evolution, have brought about subtle changes pertaining to metabolism and immunology, including adaptations to dietary innovations, as well as adaptations to the exposure to novel pathogens. Rapid pathogen evolution and evolution of cancer cells cause major problems for the immune system to find adequate responses. In addition, many adaptations to past ecologies have turned into risk factors for somatic disease and psychological disorder in our modern worlds (i.e. mismatch), among which epidemics of autoimmune diseases, cardiovascular diseases, diabetes and obesity, as well as several forms of cancer stand out. In addition, depression, anxiety and other psychiatric conditions add to the list. The Oxford Handbook of Evolutionary Medicine is a compilation of cutting edge insights into the evolutionary history of ourselves as a species, and how and why our evolved design may convey vulnerability to disease. Written in a classic textbook style emphasising physiology and pathophysiology of all major organ systems, the Oxford Handbook of Evolutionary Medicine will be valuable for students as well as scholars in the fields of medicine, biology, anthropology and psychology.