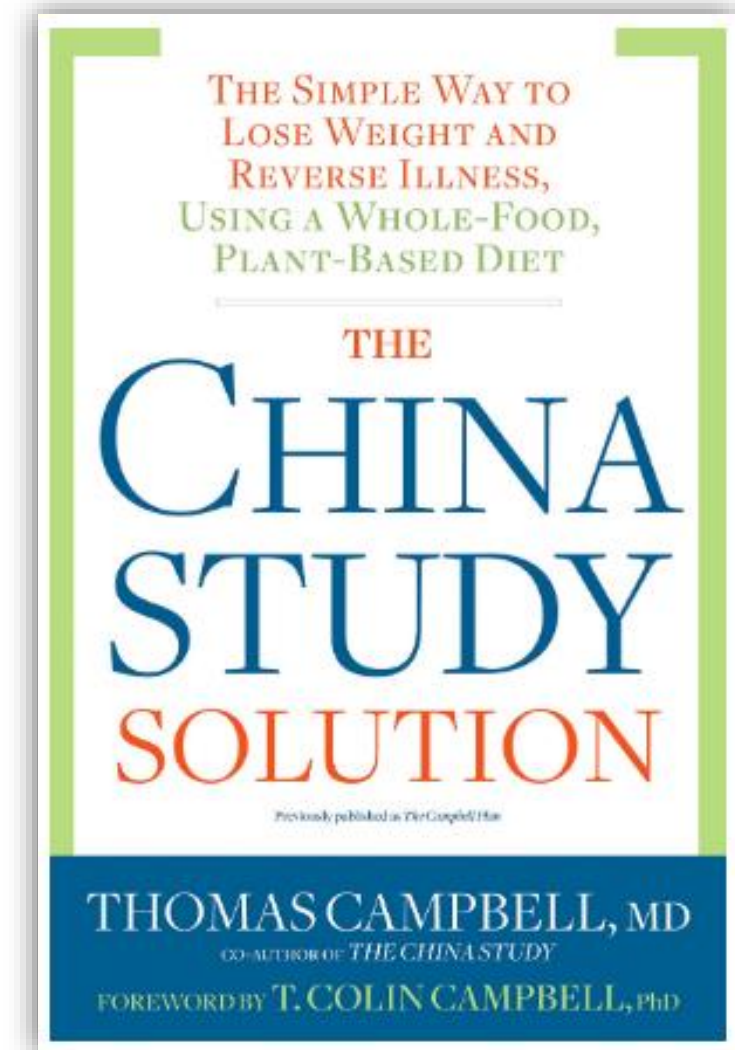


The China Study Solution –

The Simple Way to Lose
Weight and Reverse Illness, Using a
Whole-Food Plant-Based Diet



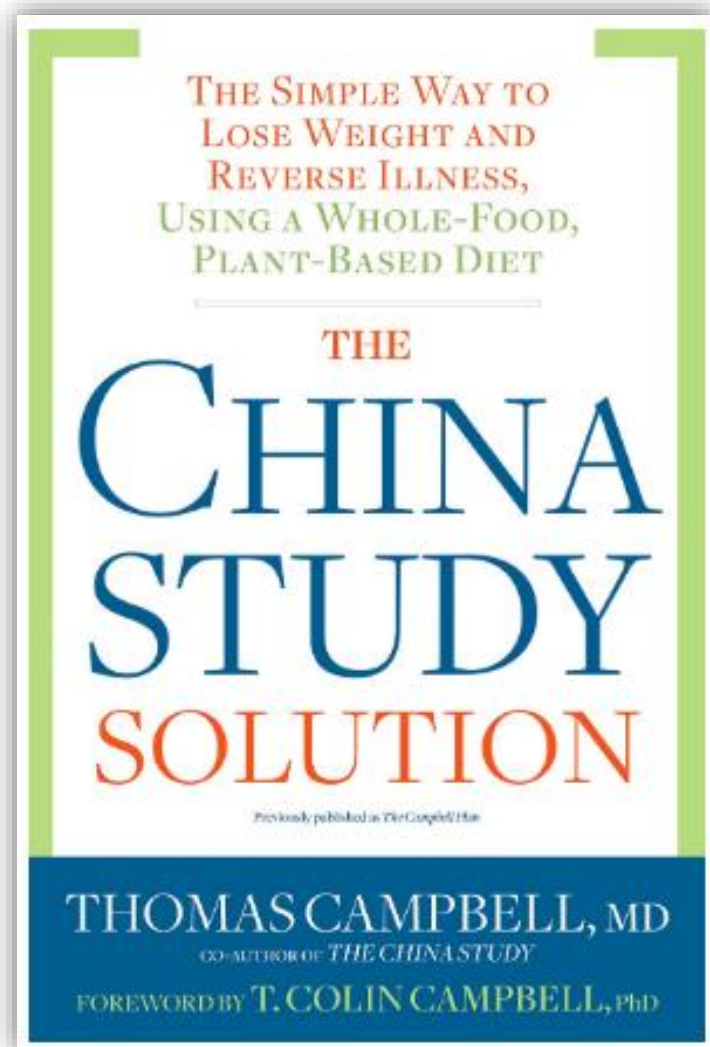
Agenda

- Foundations of Health
- Hot Topics
- The 2-Week China Study Solution

Disclaimer

- During the Spiritual and Physical Health Transformation seminars you will learn about the benefits of a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their nutrition. And now you want to learn how you too can be healthier by eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

The China Study Solution



Dr. Thomas Campbell

- ▶ Family Medical Doctor and Lifestyle Medicine Practitioner
- ▶ The China Study – Co Authored with his father T. Colin Campbell.
- ▶ The China Study Solution –The Simple Way to Lose Weight and Reverse Illness, Using a Whole-Food Plant-Based Die.

Foundations of Health

- The China Study results:
 - They researched lifestyle, diet and disease in 6,500+ Chinese people across 65 counties in China.
 - Animal Protein promotes the growth of cancer.
 - Poor nutrition is more important than pesticides for cancer promotion.
 - Heart Disease can be reversed through nutrition.
 - Carbohydrates are not the enemy. Highly processed, refined carbohydrates are bad for you.
 - Plants can not only ward off cancer but also diabetes, obesity, autoimmune diseases, bone, kidney, eye and brain diseases.
 - You don't have to tailor your diet for specific health benefits. Nutrition that is truly beneficial for one chronic disease will support health across the board.
 - You don't need to eat meat.
 - The takeaway is simple: Eat plants for health. People who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest.
 - Whether you go Vegan or not, their recommendations is that you put as many plants on your plate as possible at every meal.

Foundations of Health


Illnesses that may be partly prevented or treated with plant-based diets or plant nutrients:


High blood pressure	Obesity
High cholesterol	Alzheimer's disease
Heart Disease	Parkinson's disease
Gallstones	Cataracts
Ulcers	Macular degeneration
Gastroesophageal reflux disease (GERD)	Enlarged prostate
Diabetes (both type 1 and type 2)	Oral cancer
Kidney stones	Lung cancer
Chronic kidney disease	Liver cancer
Stomach cancer	

The China Study Solution

Heart Disease Reversal

198 Patients
3.7 years
177 adherent (89%)
21 nonadherent (11%)



Esselstyn CB, Jr., Gendy G, Doyle J, Golubic M, Roizen M. A Way to Reverse CAD? J Fam Pract 2014;63:356-64b. 

<https://www.youtube.com/watch?v=tfH-SS7Ns5c>

The China Study Solution



<https://www.youtube.com/watch?v=eGZRSCkly-4>

Hot Topics

Refined Plants – Sugar and Soy



- The typical American Diet is overloaded with added sugars.
- Added sugars, which come under many names, are empty calories, offering little nourishment. You do not need to obsessively avoid all added sweeteners, but definitely avoid all predominantly added-sugar foods (candies, pastries, sodas and fruit and sports drinks and juices).
- Avoid artificial sweeteners.
- Processed soy products should be limited in a optimal diet. They may be useful for a short time period while transitioning away from a meat-based diet.
- Phytoestrogens in foods are not likely to be important compared to the estrogens made by the body.

Hot Topics

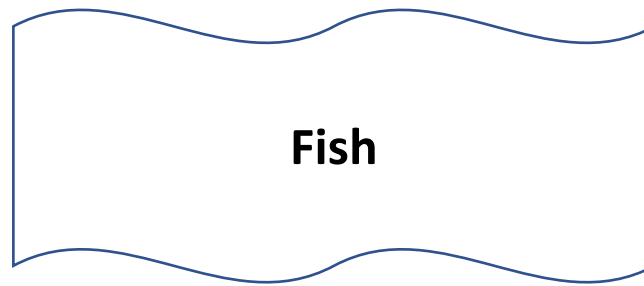


Oils and Fats



- Oils and solid fats are the densest foods available. You will consume more calories from a couple tablespoons of oil than you will from a heaping pile of raw vegetables in your salad.
- Oils and solid fats are highly refined food fragments that are deficient in the good nutrients of the original food.
- Through time (at least until recently), unsaturated fats – particularly the essential fatty acids, including omega-3 fats – have been touted as being healthier than saturated fats.
- The Mediterranean diet is better than the standard Western diet for a variety of health outcomes, but perhaps worse than some diets that are mostly plants and no added oils.
- The most successful heart-disease-reversal diets are those that strictly avoid all added oils.
- Taking everything into consideration, I recommend avoiding added oils and solid fats of all kinds.

Hot Topics



- The inherent difficulty in assessing the long-term effect of one food group on chronic diseases has created lots of confusion regarding the health effects of consuming fish.
- Many studies have shown improved cardiovascular health in populations eating more fish.
- Omega-3 fats, the prized ingredient in fish, are not the panacea for good health they were earlier thought to be, though they remain essential to the diet.
- Other nutrients and environmental toxins in fish may sabotage health.
- If you consume fish, do so in moderation (3 to 6 ounces per week) and prepare it without added oils or fats. Do not eat more than 6 ounces per week.
- If you do not consume fish, get omega-3 fats from ground flax seed or whole chia seeds and abundant leafy vegetables and beans. Avoid edible oils, which may impair the body's ability to use omega-3 fats to make EPA and DHA>

Hot Topics

Is Wheat Truly Terrible



- Avoiding gluten is one of the hottest trends in our culture right now.
- Americans eat lots of wheat in the form of highly-processed, refined foods.
- There are three categories of wheat problems: allergy, autoimmune disease, and “other” (non-celiac gluten sensitivity).
- True wheat allergies are rare.
- About 1 in 100 people has celiac diseases, a very serious autoimmune cause of intestinal dysfunction that can lead to blood, bone and other systemic problems.

Hot Topics

A Gluten-Free World



- Other autoimmune reactions to wheat include a specific skin rash and neurologic dysfunction, but they are very rare.
- Non-celiac gluten sensitivity (what most people are concerned they might have) is real, but also is likely to be quite rare.
- Symptoms of this include abdominal discomfort, bloating, fatigue, joint pains, and “foggy brain.”
- Sensitivity to wheat is commonly present with sensitivity to other foods, including dairy, which is the most poorly tolerated food.
- A whole-food, plant based diet, without dairy, is indicated for everyone and I recommend including 100 % whole wheat. However, I do have an open mind about possibly needing to limit wheat as more research comes to light.
- Involve your doctor, get tested, and try a strict gluten-free diet if you must, but it should not be a first step for most people.

Hot Topics

Organic and GMO



- Organic foods may have marginally better nutrient profiles than nonorganic foods, but the much bigger, more important health choice is what food you eat in the first place: plant or animal?
- Residues from pesticides and herbicides are more common in nonorganic foods, but are also present in organic foods.
- There is not a convincing body of evidence proving poor health outcomes from chemical pesticide and herbicide residues, but there is indirect evidence of possible harm.
- GMO foods are unnatural but have no proven ill health effects. However, there has been a stunning lack of research into their effects on human health.
- The only way to avoid GMOs is to buy organic, which I encourage.
- Environmental land and social/political aspects of organic foods and GMO foods are largely beyond the scoop of my commentary, but they represent important facets of these issues.

Hot Topics

Supplement Mania



- Supplements are largely unnecessary and have proven to be ineffective oversimplifications of what we observe in nature.
- Multivitamins are not beneficial for any chronic diseases (with the exception of some specific formulations in people with macular degeneration). Do not take multivitamins.
- Fish oil most recently has been shown to be ineffective for heart disease, stroke, and any other outcome. Do not take fish oil unless prescribed by your doctor, possibly for a very high triglyceride level.
- Calcium supplements show inconsistent evidence of improving bone health (particularly preventive fractures). If you are otherwise healthy and living and independently in the community, do not take calcium supplements, but eat lots of whole-plant foods and exercise regularly.
- Vitamin D can be a problem in the areas far north or south of the equator. Take a supplement (1,000 to 2,000 IU) daily if you are risk for deficiency.
- All people, particularly breastfeeding or pregnant women, who limit animal-food consumption need to take a daily vitamin B12 supplement.

Hot Topics

The Art of Feeding ~~Monkeys~~ Children

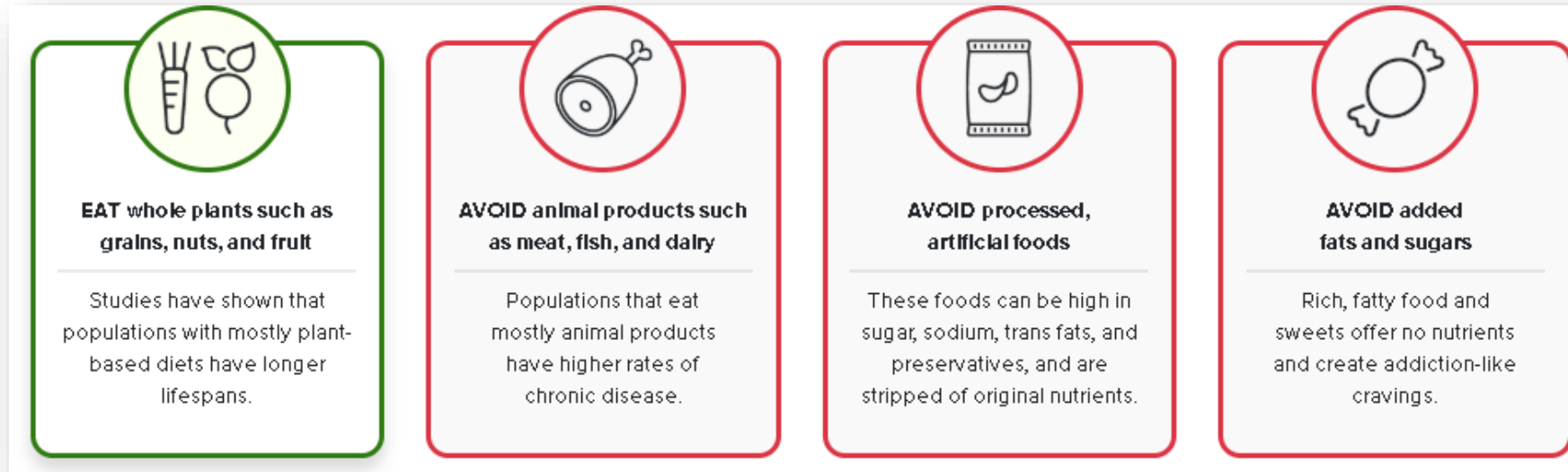


- Recent research shows that good nutrition is crucial during pregnancy and early childhood.
- A whole-food, plant-based diet is healthy during pregnancy. Supplement with vitamin B12 if there is reduced animal-food consumption.
- During pregnancy, consume omega-3 fats by eating 1 tablespoon of ground flaxseed or whole chia seeds daily. Omega-3 utilization in the body can be improved by avoiding added oils.
- Breast milk is far and away the healthiest choice for all babies and has many short and long term benefits. Vitamin D supplementation is recommended for exclusively breastfed babies.
- A whole-food, plant based diet is healthful for infants and children, but a B12 supplement remains important. If there is any concern about growth or not getting enough calories (which is rare), emphasize calorie-dense plant foods.
- Modeling healthy eating and living for your children is important. Many strategies can be used to encourage healthy eating in young kids. It is one of the most important aspects of parenting, because childhood is when their lifelong taste preferences and health will be set.

The 2-Week China Study Solution: TRANSFORM

- Foods to eliminate:
 - Pure fats – All liquid oils, butter, margarine, butter substitutes
 - Mayonnaise, any salad dressings with the word oil in the ingredients
 - Refined white flours (all-purpose and unbleached flours)
 - Refined grain pastas, bread and rice (everything that doesn't say 100% whole grains)
 - Packaged sugary foods (candy, cookies, cakes, frozen desserts)
 - Energy bars (unless they contain only whole-food ingredients)
 - Breakfast cereals that aren't made with whole grains and don't contain minimal or zero added sugar.
 - Artificial sweeteners, coffee creamers, cake and cookie mixes, hot chocolate and sweetened drink mixes, cows milk, all cheeses, yogurts and sour cream.
 - All meats (Beef, Pork, Chicken, turkey, fish, etc.)
 - Many frozen meals (everything that contains meat, cheese or oils)
 - Many sauce blends (everything with more than 10% of its calories from fat)
 - Tomato sauces (everything with more than 10% of its calories from fat)

The 2-Week China Study Solution: TRANSFORM

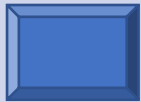
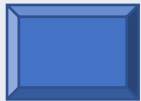
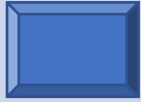
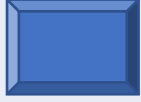
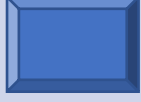
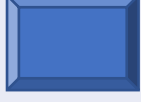


- Keep Learning & Watch the movie: 'Forks over Knives'
<https://www.forksoverknives.com/the-film/#gs.nWCW0xo>
- Clear out your kitchen / Stock your kitchen / Plan meals in advance
 - [21 day Vegan Kickstart](#) / [Engine 2 Diet and 7 day challenge](#)
 - [Nutrition Studies 7 day challenge](#) / [Purple Carrot - meal delivery](#)
- Do it! (Ideally with a partner) - Take the 21 day challenge
- Be resilient!

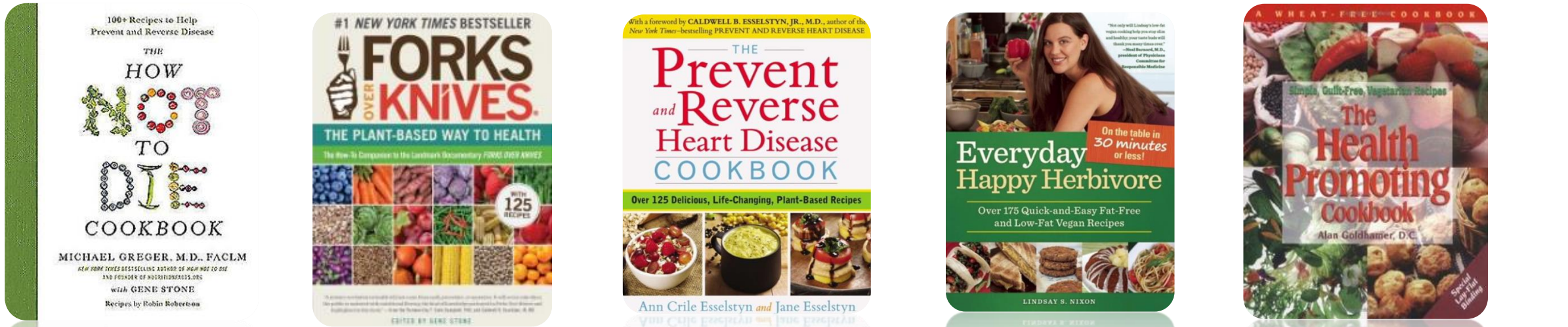
The 2-Week China Study Solution: TRANSFORM

- Beverages:
 - Water is the best thing to drink. It can improve your bowel habits, reduce headaches, and reduce kidney stones.
 - Avoid fruit juices and sodas and artificially sweetened drinks. These are all loaded with sugar or, in the case of artificial sweeteners, will trigger your sugar addiction.
 - Alcohol is okay in small amounts, but for a great many of us it can be a big problem. Higher-risk drinking is more than 7 drinks a week women and more than 14 drinks a week for men. “Higher risk” isn’t just a reference to alcoholism; it means you are putting yourself at risk for a wide range of related diseases, like depression, insomnia, certain cancers, obesity, high blood pressure, gastrointestinal problems, and others. If you are even getting close to these cutoffs, I strongly suggest you consider cutting back. For optimal weight loss, avoid all alcohol.

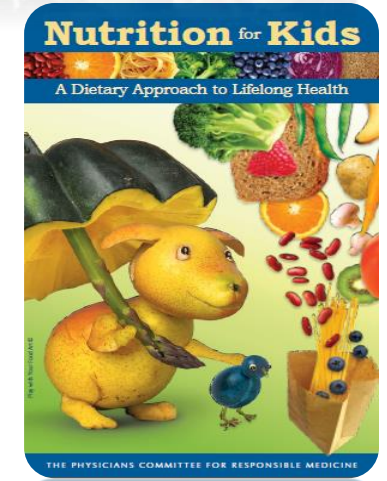
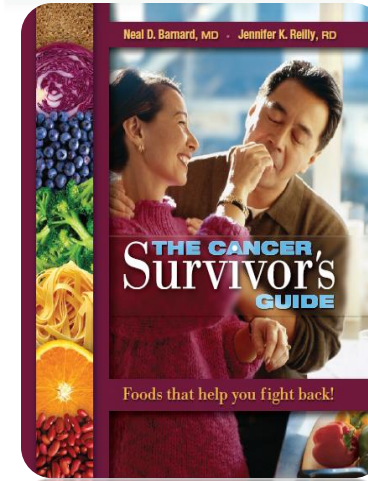
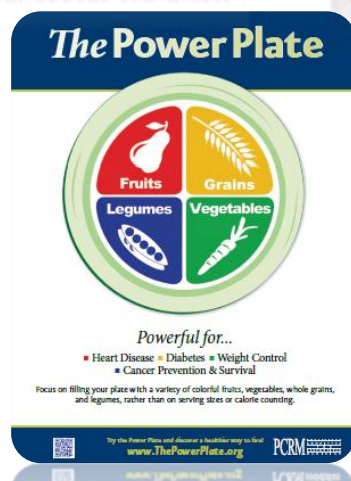
The 2-Week China Study Solution

Factors Predicting Success in Changing Your Behavior	
1. You have clear, personal reasons that justify a strong desire to change the foods you eat.	
2. You have minimized obstacles (environmental, cognitive, physical) to adopting a new dietary pattern.	
3. You have the necessary skills and confidence to implement this new lifestyle.	
4. You feel positive about your new dietary goals and believe they will be beneficial.	
5. Your dietary goals are consistent with your self-image and social norms.	
6. You have support and encouragement from people you value and a community that supports your dietary changes.	

Cookbooks:



[How Not to Die](#) / [Forks over Knives](#) / [Prevent & Reverse Heart Disease](#) / [Happy Herbivore](#) / [Health Promoting Cookbook](#)



[Power Plate](#) / [Vegetarian Starter Kit](#) / [Healthy Eating for Life](#) / [The Cancer Survivor's Guide](#) / [Nutrition for Kids](#)

Recipe Resources:

Click to access links:

- [Whole Food Plant Based Cooking Show](#)
- [Happy Herbivore](#)
- [Forks over Knives](#)
- [Dr. McDougall](#)
- [Physicians Committee for Responsible Medicine](#)
- [Nutrition Facts](#)
- [It Doesn't Taste Like Chicken](#)
- [Dr. Fuhrman](#)
- [Ornish Lifestyle Medicine](#)



**Plant Based
Made
EASY
MEMBERSHIP**

JOIN NOW FREE!

**Whole Food
Plant Based**

[Join us - plant based made easy!](#)

Wrap up

- What is one thing you can do today to strengthen your faith?
- What is one thing you can do consume more whole food, plant based foods.
- Questions?

“I hope whatever diet you choose helps you – right now - to have a better life, one filled with more connections, more love, more functioning, and more health”

Tom Campbell