

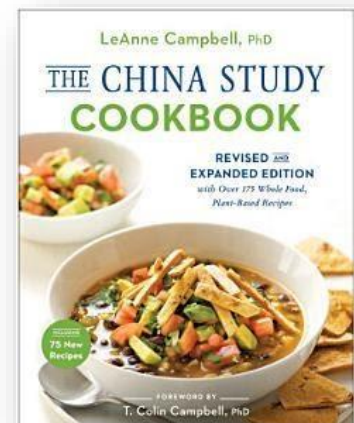
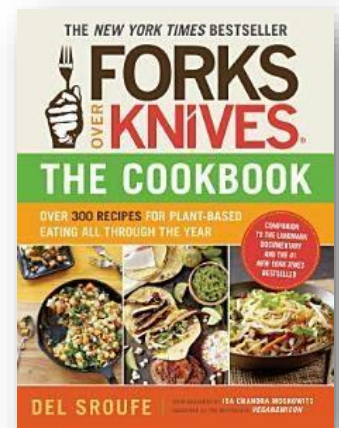
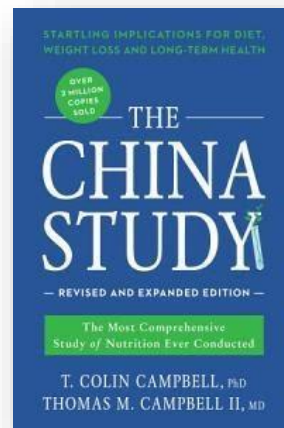
# Book of the Week

***The China Study*  
*Forks and Knives Cookbook*  
*and The China Study Cookbook***

**Book Review by Maureen Lang**

This group of books that I am going to review are all related, would have cost almost \$50 brand new, at least \$25. on Amazon, and they were all bought in the Starkville Friends of the Library Anytime room for a total of \$3.00! This is one of the best deals in town and everyone is invited to our first Friends of the Library book sale in over a year on Monday, April 5, from 12 to 6 p.m.

Most of us would like to lose at least a few pounds and who wouldn't like to be healthier? Well, I came across this group of books that promises both benefits. The first, "The China Study" by T. Colin Campbell, Ph.D. and Thomas M. Campbell, II MD, is a fascinating nonfiction book that documents the study of the effects of nutrition on health. This is a very well written and easy to read comprehensive life study that Dr. Campbell has carried out for over forty years. He started out as a farm boy who ate lots of eggs and meat. In fact, for a long time he did not link this eating style with any type of problem. It was good, healthy food, right? As he got more involved with studying other cultures, their diets and their subsequent disease or lack thereof, he began to suspect that the American affluent diet heavy on eggs, meat, and animal protein was causing us to have a preponderance of health issues. Cultures that ate either no meat, or at the most a very minimal amount, had no obesity, heart disease, cancer, and diabetes while our numbers are increasing exponentially. As these peoples became more affluent, their diets started taking in more animal products, and their health issues started increasing like those of the Western World. As a



result of going off all animal protein, Dr. Campbell argues that heart disease, diabetes, and even cancer can be affected by the body healing itself. Dr. Campbell blames the beef, egg, and milk industry for any bad publicity he has received due to his dramatic conclusions and recommendations. I will leave it up to you to make your own decisions, but at the very least, he does make an interesting case to consider and a fascinating read.

The other two books that go hand in hand with this study are “Forks Over Knives” by T. Colin Campbell, PhD and Caldwell B. Esselstyn, Jr. MD, and “The China Study Cookbook by Leanne Campbell, PhD. These are the “how to” part of this program. Both books start out briefly extolling the benefits of eating a plant-based diet and then each give over 120 different menus and recipes to get someone started on becoming more careful with what to eat and how to prepare it.

The purpose of this review is to show everyone what a wonderful choice of topics that we have at our monthly book sale, and I can promise that there will be great bargains and something for everyone’s interest. Come give us a visit; maybe you, too, will find your ways of looking at things challenged, and at the same time get some fantastic bargains on books that are like new!

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