



## Integral (whole) (Spanish Edition)

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## **Integral (whole) (Spanish Edition)** T. Colin Campbell

El autor del bestseller ESTUDIO DE CHINA, analiza en este libro las investigaciones tradicionales sobre nutrición y apunta que la información que proveen estos estudios informan sobre los productos químicos que contienen o no los alimentos, pero realmente proporcionan poca o ninguna información sobre la complejidad de lo que ocurre en nuestro cuerpo al ingerirlos. Campbell invita al lector a un viaje científico para ir más allá de lo tradicional y descubrir cómo influyen estos alimentos en nuestra salud. / In The China Study, T. Colin Campbell (alongside his son, Thomas M. Campbell) revolutionized the way we think about our food with the evidence that a whole food, plant-based diet is the healthiest way to eat. Now, in Whole, he explains the science behind that evidence and the ways our current scientific paradigm ignores the fascinating complexity of the human body.

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