

THE CHINA STUDY

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EATING RIGHT: EIGHT PRINCIPLES OF FOOD AND HEALTH

Principle #1

Nutrition represents the combined activities of countless food substances. The whole is greater than the sum of its parts.

Principle #2

Vitamin Supplements are not a panacea for good health.

Principle #3

There are virtually no nutrients in animal-based foods that are not better provided by plants-based foods.

Principle #4

Genes do not determine genes on their own. Genes function only by being activated, or expressed, and nutrition plays a critical role in determining which genes, good and bad, are expressed.

Principle #5

Nutrition can substantially control the adverse effects of noxious chemicals.

Principle #6

The same good nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis).

Principle #7

Nutrition that is truly beneficial for one chronic disease will support health across the board.

Principle #8

Good Nutrition creates health in all areas of our existence. All parts are interconnected.