

LeAnne Campbell, PhD

THE CHINA STUDY COOKBOOK

REVISED AND
EXPANDED EDITION

*with Over 175 Whole Food,
Plant-Based Recipes*

INCLUDING
75 New
Recipes

FOREWORD BY
T. Colin Campbell, PhD

China Study Cookbook

RJ Alexander



China Study Cookbook:

The China Study Cookbook LeAnne Campbell, 2013 This cookbook written by the daughter of China Study author T Colin Campbell features delicious easily prepared plant based recipes with no added fat and minimal sugar and salt that promote optimal health The China Study Cookbook Leanne Campbell, 2018-06-05 PUBLISHERS WEEKLY BESTSELLER Indulge in the revised and expanded edition of the bestselling China Study Cookbook with more than 175 mouthwatering recipes and stunning all new photography With 2 million copies sold The China Study has been hailed as one of the most important health and nutrition books ever published It reveals that a whole foods plant based diet is the best way to stop widespread growth of obesity diabetes heart disease and cancer This new edition of the bestselling China Study Cookbook puts the groundbreaking scientific findings of The China Study on your plate Written by LeAnne Campbell daughter of The China Study coauthor T Colin Campbell The China Study Cookbook is now expanded to feature even more delicious easy to prepare plant based recipes with no added fat and minimal sugar and salt All of LeAnne s recipes follow three important principles 1 optimal nutrition is based on eating foods not taking supplements 2 the closer foods are to their native states when eaten the greater their long term health benefits and 3 choosing locally grown organic produce whenever possible maximizes nutritional value Inside discover time tested favorites and brand new dishes Almond Topped Blueberry Coffee Cake Ensalada Azteca Green Banana Cassava Soup Peanut Butter Bars Cassava Yuca con Cebollas Black Bean Chipotle Burgers Sweet Potato Enchiladas Passion Fruit Bliss Cheese less Cake Delight LeAnne invites you into her kitchen to share the recipes she uses to nourish her own family She also offers a look inside her organization Global Roots which strives to create sustainable communities around the globe through whole foods plant based eating Filled with tips on substitutions and keeping foods nutrient rich The China Study Cookbook shows you how to transform your health and the health of your entire family along with contributing to the health of your community and the world all while enjoying incredible meals

The China Diet Study Cookbook Gabriel Montana, 2016-11-13 Use These Guidelines Of Super Healthy China Study Diet Recipes And Start Treating Your Body How It Deserves Today Imagine a life where your waistline is the last thing on your mind You re skinny you feel good and you look phenomenal All of this is possible through the secrets that exist within this book The China Diet Study Cookbook Plant Based Whole Food Recipes for Every Taste This book contains proven secrets to living a longer healthier and more prosperous life If you ve tried other diets in the past and have walked away feeling unfilled or as if you were right back at your starting weight months after discontinuing the diet this book is for you The basis of any successful diet is to implement changes that result in a lifestyle change The change that you need and deserve can be easily found by purchasing this book What more could you ask for Especially in America the idea of leading a healthy and fit lifestyle can sometimes seem like a dream and nightmare all at the same time On the one hand there are multiple diets that you can try and are popular at any given point in time but often these diets seem like a fad What s more sometimes these

diets don't even work and you end up right back where you started The China study diet is different After learning about the principles of the China study diet you'll be given amazingly simple and delicious recipes that you can begin to integrate into your own life What more could you ask for You are guaranteed to learn What the China Study Diet is and how you can benefit from it How the China Study Diet can be exactly the lifestyle change that your life needs Breakfast Recipes Lunch Recipes Dinner Recipes Desserts And many ways that you can make these recipes your own and fit them to your own desired tastes Do Not Wait Any Longer And Get This Book For Only 13 38 **The China Study Quick & Easy Cookbook** Del

Sroufe, 2015-05-19 Following the plant based nutrition regimen presented in The China Study is now easier than ever before When it comes to meal planning do you find yourself deciding between healthy foods and quick options Do you stare at the contents of your fridge wondering what you can easily throw together Even on a busy schedule your meals can be simple healthy and delicious You shouldn't have to sacrifice health or taste for efficiency in the kitchen Nobody knows this better than Chef Del Sroufe author of the New York Times bestseller Forks Over Knives The Cookbook and Better Than Vegan In The China Study Quick Easy Cookbook Sroufe provides menu plans pantry lists and more than 100 delicious plant based recipes that are quick easy and multipurpose Edited by LeAnne Campbell author of The China Study Cookbook this book guides you to spend a couple of hours one day a week preparing meals ahead of time Every dish follows the nutrition standards set forth by The China Study ensuring optimal healthful and quality eating with whole food recipes such as Fruit and Vegetable Curry Mushrooms Barbacoa Cauliflower Parmesan Sweet Potato Pie Muffins Banana Coconut Macaroons With a foreword by The China Study coauthor Thomas Campbell The China Study Quick Easy Cookbook is the next step in transforming your kitchen your time and your life The China Study Kitchen Diane Sharpe, 2013-10-18 A China Study Cookbook of Over 80 Whole Plant Based Recipes To Help You Live Your Best Life China Study Recipe Book The closer we get to a plant based diet the healthier we are going to be Dr T Colin Campbell forerunner of the most comprehensive nutritional research project and Professor Emeritus of Nutritional Biochemistry at the Cornell University in the United States The China Study Kitchen is based on the China Study findings and is basically a dietary lifestyle of whole plant based foods which was pioneered by Dr T Colin Campbell Apart from weight loss the China Study Diet not only prevents future diseases but it also treats existing diseases Benefits of The Diet Based on over 40 years of experimental research by Dr T Colin Campbell the China Study Diet prevents or stops the further progression of the following diseases Cancer Heart Disease Multiple Sclerosis Kidney Stones Osteoporosis Diabetes Type 1 2 Cold Flu Rheumatoid Arthritis Obesity Hypertension Migraine Lupus Alzheimer's Disease Erectile Dysfunction Plus more This book has over 80 whole plant based recipes to help you on your pathway to optimum health on The China Study Diet Get your copy of this book and start eating the healthier way **The China Study All-Star Collection** Leanne Campbell, 2014-05-06 Following her bestselling The China Study Cookbook LeAnne Campbell brings together top names in the plant based community to share their favorite and most delicious recipes

in The China Study All Star Collection Featuring your favorite chefs and cookbooks authors The China Study All Star Collection includes foods from Happy Herbivore chef Lindsay S Nixon Del Sroufe author of the New York Times bestseller Forks Over Knives Cookbook Laura Theodore host of PBS Jazzy Vegetarian and pioneering researcher Dr John McDougall which all follow the nutrition standards set forth by The China Study Even better with delectable dishes such as Dreena Burton s Sneaky Chickpea Burgers Heather Crosby s Peppermint Chocolate Chunk Ice Cream Christy Morgan s Fiesta Quinoa Salad and Christina Ross s Daikon Mushroom Fettuccine this collection of recipes has you covered for any occasion or craving With an introduction from The China Study co author Dr T Colin Campbell The China Study All Star Collection is the ultimate plant based cookbook for healthful savory eating *Plant Savvy China Study Cookbook* Catherine Hemsworth,2014-01-02 If you want dramatic improvements to your health and well being want to lose weight look great than head towards eating wholesome plant foods which provide many long term health benefits The China Study Diet is not just a weight loss diet but a total physical and emotional healing nutrition focused program Plant based diet is the route to good health it helps to contribute a longer life aid in weight control and cut the risk of cardiovascular disease The China Study Diet composed primarily of rice and other grains vegetables and legumes such as soy products It is far healthier as the foods are full of healthy carbs it contain no added fat and little or no added salt minimal use of sweetening agents Enjoy the bountiful Of fine recipes live longer healthier The China Study Family Cookbook Del Sroufe,2017-05-30 Bring the Whole Family to the Plant Based Table with Fun and Delicious Recipes You know the benefits of a plant based diet it s the best choice for your own health and well being not to mention the planet s But now you need to successfully navigate the transition and convince your family to do the same or at least eat a few more veggies The China Study Family Cookbook is the family friendly cookbook and guide you ve been waiting for It s time to make plant based eating easier and even more rewarding for your family no matter your lifestyle The China Study Quick Easy Cookbook and Forks Over Knives The Cookbook author Chef Del Sroufe s 100 easy flavorful recipes with family classics reinvented for today s health conscious cooks include Sloppy Joes White Bean and Squash Chili Tater Tots Sausage Gravy and Biscuit Casserole Mac and Cheese Breakfast Tacos Apple Butter Pizza Whoopie Pies The China Study Family Cookbook offers stories from plant based advocates including The China Study coauthor T Colin Campbell whose whole families have adopted a plant based lifestyle and how they got their spouses and children on board It also gives tips for getting your kids involved in the kitchen and fostering their love of plant based cooking The China Study Family Cookbook even includes strategies to negotiate the family menu from families made up of both those who eat plant based and those who don t Edited by The China Study Cookbook author LeAnne Campbell and with a foreword from The China Study coauthor and The Campbell Plan author Thomas M Campbell II MD The China Study Family Cookbook is the ultimate guide to helping your family discover the joys and benefits of plant based eating **The China Study Cookbook** LeAnne Campbell Disla,2013 The China Diet Study Cookbook 30 Day Challenge Frank

Colins,2017-07-10 RECIPES FOR A MONTH OF PLANT BASED DISEASE FIGHTING MEALS COMPLETE WITH PHOTOS SERVING SIZE INFORMATION AND NUTRITIONAL INFORMATION REGULAR PRICE 14 99 AVAILABLE WITH A DISCOUNT FOR A LIMITED PERIOD Research has proven that diet and lifestyle directly impacts health and wellbeing and that Chinese villagers have been doing it right with their whole food plant based diets It is time for this information to be shared and for everyone to feel the benefits Fight disease using food with recipes backed by the China Diet Study research The secrets to a long and healthy life have been released as a result of the China Diet Study We know now that eating a plant based diet is a way that we can regain control over our health and prevent and reverse disease We can bring energy back into our lives with a simple diet switch by returning to nature Food should not be processed or engineered it should not be full of chemicals or produced in factories Food should be natural it should be grown it should be honest The recipes we have included within this book are all based around the findings of the Chinese Diet Study The evidence is clear and the switch is simple If we have an easy and effective way to promote health wellbeing boost energy increase life expectancy and lose weight why wouldn't we do it We would be silly to ignore the facts on this one and a lifestyle change means an immune system boost increase in your ability to focus and a reduction of hunger pains as well as the risk reduction when it comes to major illnesses and diseases Recipes for a whole month When you read the China Diet Study it can seem obvious that diet changes should be made but where should you start That is where this book comes in you can change your diet and your life with no stress or confusion Start at the beginning and enjoy 30 days of meals Each day you will have breakfast lunch and dinner and you will be enjoying a diet that is not only tastes amazing but is also promoting good health Being healthy has never been so easy The word diet often screams negative associations such as bland or restricted Yes you can have diets that are bland and boring but this is not what this is about This is all about living a healthy life not doing a fad diet If you start a diet and it is not enjoyable you will quickly stop that diet This is a positive and hugely impactful change in your lifestyle that opens your eyes to the delicious possibilities over the horizon rather than restricting you Every day you will have 3 recipes to try out and enjoy Eat well eat clean and eat delicious food It is easy and fun to follow this diet especially when you have a whole host of recipes on hand Each recipe is full of flavour without being difficult to create and will promote health and wellbeing You will feel proud as you serve up these dishes to your loved one and you will feel even better knowing the positive impact this has on their health Get yours now This book is available at this discounted price for a limited time Grabbing this book today could truly change your life for the better China Study Diet and Cookbook Rockridge Press,Rockridge Press Staff,2013-07 Based on the results of The China Study originally conducted by T Colin Campbell

China Study Diet and Cookbook ,2013 The China Study Solution Thomas Campbell,2016-05-03 In 2005 T Colin Campbell PhD and Thomas Campbell MD co authored The China Study in which 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 In The China Study Solution Dr Thomas Campbell goes beyond 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 China Study Solution tackles 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 With more than 50 easy recipes and a 2 week menu plan The China Study Solution breaks down cutting edge nutritional research into easy to follow instructions on what behavioral principles are needed to succeed in your journey what to stock in your pantry how to read labels and shop and how to navigate social and eating out situations Whether you wish to lose weight reverse disease or enjoy the best health of your life The China Study Solution provides step by step guidance to help you achieve your goals

China Diet Study Cookbook Sally Hunter,2020-09-10 China Diet Study Cookbook Get your copy of the best and most unique recipes from Sally Hunter Do you want an ideal way to preserve your food Do you want to lose weight Are you starting to notice any health problems Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family Do you want to learn new recipes that will leave your family hungry for more If these questions ring bells with you keep reading to find out Healthy Weekly Meal Prep Recipes can be the best answer for you and how it can help you gain many more health benefits Purchase The Print Edition Receive A Digital Copy FREE Via Kindle Matchbook In this book This book walks you through an effective and complete anti inflammatory diet no prior knowledge required Learn how to shop for the right ingredients plan your meals batch prep ahead of time and even use your leftovers for other recipes In addition 2 weeks of meals a 14 day schedule of meals including step by step recipes and shopping lists for each with tips on what you can prepare ahead of time to get dinner or meal on the table faster Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday It would be lovely to know your cooking story in the comments sections below Again remember these recipes are unique so be ready to try some new things Also remember that the style of cooking used in this cookbook is effortless I really hope that each book in the series will be always your best friend in your little kitchen Well what are you waiting for Scroll to the top of this page and click the Add to Cart button to get your copy now

China Diet Study Cookbook for Healthy Living Luca Fontaine,2016-09-14 DOZENS OF RECIPES AND A COMPLETE 21 DAY PLANT BASED MEAL PLAN WITH PHOTOS SERVING SIZE AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE Kindle MatchBook Buy the paperback edition and get the Kindle edition FREE REGULAR PRICE 14 99 LIMITED TIME PROMOTIONAL DISCOUNT The latest research has confirmed what generations of healthy and fit Chinese village dwellers have known for a long time the secret to losing weight maintaining a healthy lifestyle and feeling great is eating a whole food plant based vegan diet based on the China Diet Study Reclaim your health with recipes based on the China Diet Study The China Diet Study has revealed the secrets to good health and a long life By eating a plant based diet

consistent with the findings of the China Diet Study we can reclaim our health reverse disease and enjoy a new lease on life simply by eating delicious unprocessed food the way nature intended Food isn't meant to be engineered by scientists loaded with chemicals and mass produced in a factory Food should be an honest natural and enjoyable part of life That's why recipes consistent with the evidence discovered in the Chinese Diet Study are becoming increasingly popular Not only that the evidence has become undeniable the China Diet Study can help you promote whole body health boost energy increase longevity and drop excess fat fast This is a lifestyle that has also been shown to provide a dramatic boost to immune system effectiveness reduce hunger pangs increase your level of mental focus throughout the day and reduce the risk of major chronic illnesses like diabetes and heart disease A complete 21 day meal plan This China Diet Study cookbook makes it easy Simply start at day 1 and follow the included meal plan for 21 days Each and every recipe includes a photo of the meal as well as serving size and nutritional information There are three recipes for each day an amazing breakfast satisfying lunch and mouthwatering dinner every single day Enjoy some of the best meals of your life all while eating a diet that is scientifically proven to promote optimal health energy and weight loss Embrace health like never before The findings of the Chinese Diet Study do not prescribe a boring bland or starvation diet Eating bland and weird food might be one way to lose weight but that is not what living a healthy life is all about Let's face it if a diet isn't enjoyable sooner or later it becomes impossible to stick to Don't set yourself up for failure Make a positive change in your health by grabbing this book today and learn the many delicious possibilities you could have for breakfast lunch and dinner today and every day for a month The Chinese Diet Study can be fun and easy to follow but only when you know the right recipes For less than the cost of visiting a fast food restaurant you can get your hands on dozens of amazing recipes and an entire 21 day plant based whole foods meal plan in this China Diet Study cookbook Every recipe is easy to make requires no significant cooking expertise and is so healthy and delicious you will be proud to serve these meals to your family and friends World class meals you can serve to your family and friends with pride World renowned diet and nutrition expert Luca Fontaine has hand picked his favorite recipes that he has mastered in his own kitchen taught to chefs around the world and that have earned rave reviews from diners on every continent of the planet Don't miss out Grab this book today at the limited time sale price and make a small investment in your health and well being as well as the health and well being of your family that will pay off huge in the long run

Instant Pot Cookbook Gabriel Montana, 2017-01-05 Use These Guidelines Of Super Healthy Instant Pot Vegan Recipes China Study Recipes And Start Treating Your Body How It Deserves Today Are you the owner of an Instant Pot Are you crazy about the conventional cooking methods it provides and all the creative outlets it offers Are you dying to explore what you can do with your pot from the get go Do you try to live a health conscious lifestyle by eating vegan based foods Download your cookbook today and discover the many recipes that you can use with your Instant Pot This cookbook includes recipes of all sorts Appetizers Breakfast Sides Dishes Soups Desserts And many ways that you can make these recipes your

own and fit them to your own desired tastes Take the time to learn what you are capable of with your Instant Pot today If you are ready to put your new best kitchen accessory to work learn the many ways you can create savory meals and treats for your friends and family Discover the tasty side of a vegan friendly diet that your body and taste buds will thank you for Make use of your new best friend in the kitchen today and learn how to cook healthy meals in a fast clean and fun way Find ways to make great use of the accessories included with your Instant Pot Owning an Instant Pot gives you endless meal possibilities and ideas to incorporate into any craving you might have Explore your talents with your conventional helper in the kitchen by cutting your cooking times in half or even less using less energy for your electric bill and yourself Imagine a life where your waistline is the last thing on your mind You re skinny you feel good and you look phenomenal All of this is possible through the secrets that exist within this book The China Diet Study Cookbook Plant Based Whole Food Recipes for Every Taste This book contains proven secrets to living a longer healthier and more prosperous life If you ve tried other diets in the past and have walked away feeling unfilled or as if you were right back at your starting weight months after discontinuing the diet this book is for you The basis of any successful diet is to implement changes that result in a lifestyle change The change that you need and deserve can be easily found by purchasing this book What more could you ask for Especially in America the idea of leading a healthy and fit lifestyle can sometimes seem like a dream and nightmare all at the same time On the one hand there are multiple diets that you can try and are popular at any given point in time but often these diets seem like a fad What s more sometimes these diets don t even work and you end up right back where you started The China study diet is different After learning about the principles of the China study diet you ll be given amazingly simple and delicious recipes that you can begin to integrate into your own life What more could you ask for You are guaranteed to learn What the China Study Diet is and how you can benefit from it How the China Study Diet can be exactly the lifestyle change that your life needs Breakfast Recipes Lunch Recipes Dinner Recipes Desserts And many ways that you can make these recipes your own and fit them to your own desired tastes Do Not Wait Any Longer And Get This Book For Only 20 99 *The Low-Carb Fraud* T. Colin Campbell, Howard Jacobson, 2014-02-25 By now the low carb diet s refrain is a familiar one Bread is bad for you Fat doesn t matter Carbs are the real reason you can t lose weight The low carb universe Dr Atkins brought into being continues to expand Low carb diets from South Beach to the Zone and beyond are still the go to method for weight loss for millions These diets marketing may differ but they all share two crucial components the condemnation of carbs and an emphasis on meat and fat for calories Even the latest diet trend the Paleo diet is despite its increased focus on some whole foods just another variation on the same carbohydrate fears In *The Low Carb Fraud* longtime leader in the nutritional science field T Colin Campbell author of *The China Study* and *Whole* outlines where and how the low carb proponents get it wrong where the belief that carbohydrates are bad came from and why it persists despite all the evidence to the contrary The foods we misleadingly refer to as carbs aren t all created equal and treating them that way has major consequences for our nutritional

well being If you re considering a low carb diet read this e book first It will change the way you think about what you eat and how you should be eating to lose weight and optimize your health now and for the long term *Whole* T. Colin Campbell,Howard Jacobson,2013-05-07 New York Times Bestseller What happens when you eat an apple The answer is vastly more complex than you imagine Every apple contains thousands of antioxidants whose names beyond a few like vitamin C are unfamiliar to us and each of these powerful chemicals has the potential to play an important role in supporting our health They impact thousands upon thousands of metabolic reactions inside the human body But calculating the specific influence of each of these chemicals isn t nearly sufficient to explain the effect of the apple as a whole Because almost every chemical can affect every other chemical there is an almost infinite number of possible biological consequences And that s just from an apple Nutritional science long stuck in a reductionist mindset is at the cusp of a revolution The traditional gold standard of nutrition research has been to study one chemical at a time in an attempt to determine its particular impact on the human body These sorts of studies are helpful to food companies trying to prove there is a chemical in milk or pre packaged dinners that is good for us but they provide little insight into the complexity of what actually happens in our bodies or how those chemicals contribute to our health 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 the ways our current scientific paradigm ignores the fascinating complexity of the human body and why if we have such overwhelming evidence that everything we think we know about nutrition is wrong our eating habits haven t changed *Whole* is an eye opening paradigm changing journey through cutting edge thinking on nutrition a scientific tour de force with powerful implications for our health and for our world [BenBella's Best of Plant-Based Eating](#) Benbella Vegan,2015-10-27 Living plant based doesn t mean you have to resign yourself to eating salads for every meal although we wouldn t say no to a bowl of leafy greens BenBella s Best of Plant Based Eating which has been downloaded over 125 000 times includes creative and delicious recipes for a well balanced varied and satisfying vegan lifestyle Inside this second edition you ll find nearly 50 recipes including 14 brand new dishes from our top selling cookbooks including Thai Tacos Savory Chickpea Omelets Buddha Lentil Burger Raspberry and Coconut Glazed Doughnuts And more Along with recipes you ll also find selections exploring the global implications of a plant based lifestyle to feed your mind as well as your body BenBella s Best of Plant Based Eating includes recipes and selections from Tracy Russell s The Best Green Smoothies on the Planet Del Sroufe s Better Than Vegan Christy Morgan s Blissful Bites LeAnne Campbell s The China Study Cookbook Del Sroufe s The China Study Quick Easy Cookbook Jeff and Joan Stanford s Dining at The Ravens Lindsay Nixon s Happy Herbivore Series The Happy Herbivore Cookbook Everyday Happy Herbivore Happy Herbivore Abroad Happy Herbivore Guide to Plant Based Eating Happy Herbivore Holidays Gatherings Happy Herbivore Light Lean Eric Brent and Glen Merzers The HappyCow Cookbook Christina Ross Love Fed Laura Theodore s Jazzy Vegetarian Classics Dreena Burton s

Plant Powered Families Kim Campbell s The PlantPure Nation Cookbook Heather Crosby s YumUniverse Pam Popper and Glen Merzer s Food Over Medicine J Morris Hicks s Healthy Eating Healthy World T Colin Campbell and Howard Jacobson s Whole and The Low Carb Fraud **The Future of Nutrition** T. Colin Campbell,2020-12-15 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

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China Study Cookbook Introduction

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