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Patrick Holford Author of The New Optimum Nutrition Bible

Patrick Holford is the author of The New Optimum Nutrition Bible (4.22 avg rating, 297 ratings, 32 reviews, published 1998), The Optimum Nutrition Bible

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The Optimum Nutrition Bible Arabic Edition Holford

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The Optimum Nutrition Bible Patrick Holford

The Optimum Nutrition Bible (1997, Judy Piatkus Publishing) (figure 1) is a general nutrition book written by Patrick Holford. Holford is a well known author in nutrition circles, and was also a founder of the Institute for Optimum Nutrition in London, England.

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Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is also director of the Food for the Brain Foundation and an honorary fellow of the British Association of Nutritional Therapy. He is Britain's top nutrition expert and the author of over 25 health books.

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