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Optimum nutrition is a revolution in health care. It means giving yourself the best possible intake of nutrients to allow your body to be as healthy as it possibly can. Patrick Holford s Optimum Nutrition Bible is packed with up-to-date scientific research revealing why optimum nutrition, rather than a well-

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The New Optimum Nutrition Bible healthandharmony

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use, nutrition, and sports medicine to a variety of international magazines and journals. As editor-in-chief of a new quarterly newsletter entitled DRUGS IN SPORTS, he continues to bring his message to the international sports community. DRUGS IN SPORTS is now publishing editions in English, Spanish and Italian.

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Natural Highs Supplements Nutrition and Mind Body

Patrick Holford is the United Kingdom's leading nutritionist and one of the world's authorities on health. He is the founder of The Institute for Optimum Nutrition in London and the author of The Optimum Nutrition Bible, The Optimum Nutrition Cookbook, and many other books.

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New Optimum Nutrition for the Mind Patrick Holford

"Patrick Holford, BSc, DipION, FBANT, NTCRP, is a leading spokesman on nutrition in the media, specialising in the field of mental health. He is the author of 36 books, translated into over 30 languages and selling millions of copies worldwide, including The Optimum Nutrition Bible, The Low GL-Diet Bible, Optimum Nutrition for the Mind and The 10 Secrets of 100% Healthy People, 10 Secrets of

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STATES OF NUTRITION Optimal Nutrition: The term "Optimum Nutrition" can be defined as eating the right amounts of nutrients on a proper schedule to achieve the best performance and the longest possible lifetime in good health, assuming that external negative influences like accidents and infectious diseases can be avoided.

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Staying Healthy With Nutrition 21st book by Elson M Haas

And by the same token, he provides warnings against the doubtful claims of both sides. This is not a book, however, for those looking for a quick, capsule synopsis of a dietary approach. Those people might be better served with Patrick Holford's "Optimum Nutrition Bible" which provides much of the same information in a condensed form.

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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 one of Britain's top nutrition experts and is the author of over 25 health books.

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Arnold Schwarzenegger served as governor of California from 2003 to 2011. Before that, he had a long career, starring in such films as the Terminator series; Stay Hungry; Twins; Predator; and Junior. His first book, Arnold: The Education of a Bodybuilder, was a bestseller when published in 1977 and, along with his Encyclopedia of Modern Bodybuilding, has never been out of print since.

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