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Description of the book "New Optimum Nutrition for the Mind": How we think and feel is directly affected by what we take into our bodies. Eating the right food has been proven to boost IQ, improve mood and emotional stability, sharpen the memory, and keep the mind young.

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As a senior lecturer in nutrition, the author is well able to explode many of the myths and, in their place, provides an accessible guide to the science of nutrition. The relationship between diet and health is fully explored and sound, practical advice is given on the effects of dieting and exercise and about the role of fats, fibre, vitamins

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Patrick Holford illustrated the connection between nutrition and all aspects of health in his best-selling book THE OPTIMUM NUTRITION BIBLE. In OPTIMUM NUTRITION FOR YOUR CHILD, he reveals how crucial optimum nutrition is for children's general health and development, as well as their behaviour and IQ.

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