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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 one of the world's leading authorities on nutrition and mental health. He has written 30 health books and is the founder of the Institute of Optimum Nutrition. He lives in London, England. --This text refers to an alternate kindle_edition edition.

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