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New Optimum Nutrition for the Mind Amazon co uk Holford

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Similarly, the harmful things we take into our bodies, or anti-nutrients - including oxidants, alcohol, sugar, and stimulants - negatively impact mental health. These are the main issues world-renowned author Patrick Holford discusses in his New Optimum Nutrition for the Mind. The book is broken into eight parts.

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The Optimum Nutrition Bible Arabic Edition Holford

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