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Optimum nutrition means giving yourself the best possible intake of nutrients to allow your body to be as healthy as it possibly can. This guide shows how to achieve this, and also: what a well-balanced diet really means; how to boost your immune system; how to increase your energy and fitness levels; how to prevent cancer and turn back the ageing clock; how to avoid heart

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The New Encyclopedia of Modern Bodybuilding (Paperback) The Bible of Bodybuilding, Fully Updated and Revised. By Arnold Schwarzenegger, Bill Dobbins. Simon & Schuster, 9780684857213, 832pp. Publication Date: November 5, 1999

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