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He has written 30 health books and is the founder of the Institute of Optimum Nutrition. He lives in London, England. Reviews "Optimum nutrition is the medicine of the future."-Dr. Linus Pauling, two-time Nobel Prize winner"An important contribution to the nutritional field.Holford demystifies scientific data so that it can be understood by all."-

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The Optimum Nutrition Bible by Patrick Holford

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-balanced diet, should be your goal.

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The optimum nutrition bible. [Patrick Holford] -- Aimed at helping the reader to design a personal supplement programme that gives optimum nutrition. There is also a "Nutrient Fact File" that lists every nutrient known and and A-Z of nutritional

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Patrick Holford Nutrition Advice Health Articles Blog

Patrick Holford is a leading nutrition expert providing nutritional health advice, articles, blog posts, reports and more. Join his 100% Health Club for a full health assessment and learn about the Low GL Diet. Ideal for anyone interested in health or needing nutritional advice. Find out more here.

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The Optimum Nutrition Bible book review

The Optimum Nutrition Bible is an invaluable and easy-to-follow reference guide that everyone should have if they care about their health. Patrick Holford writes: The purpose of this book is to show you

how to achieve vibrant health and resistance to disease through optimum nutrition in AD 390 Hippocrates said, let food be your medicine and medicine be your food.

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Patrick Holford Author of The New Optimum Nutrition Bible

Patrick Holford is the author of The New Optimum Nutrition Bible (4.22 avg rating, 297 ratings, 32 reviews, published 1998), The Optimum Nutrition Bible

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Patrick Holford Wikipedia

In 2006 Patrick Holford was discovered to be using his PR advisor to delete content on his Wikipedia page which was critical. HIV. Holford's claim in The New Optimum Nutrition Bible that "AZT, the first prescribable anti-HIV drug, is potentially harmful, and proving less effective than vitamin C" has been criticised by Ben Goldacre.

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"Patrick Holford, BSc, DiplON, 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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About Patrick Holford Leading Nutritionist Founder of

He is the author of 37 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 Healthy Ageing and Good Medicine. To find out more about Patrick click here. TESTIMONIALS

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Optimum nutrition is a revolution in health care - it means giving your body the best possible intake of nutrients to allow you to be as healthy as you can. Through easy-to-follow questionnaires and a simple step-by-step plan THE OPTIMUM NUTRITION BIBLE shows you what to eat and what nutrients to take to live a healthier, happier life.

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Patrick Holford is founder of the Institute for Optimum Nutrition in London. He is Britain's top nutrition expert and is the author of over 20 health books. Bibliographic information

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Patrick Holford. 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

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The Optimum Nutrition Bible Patrick Holford

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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Description : 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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