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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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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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Once optimum nutrition is in place, you can look forward to a consistent high level of energy, emotional balance, alertness, physical fitness, resilience against infectious diseases, and longevity. A revised edition of the best-selling nutritional guide, with an A-to-Z guide to specific health problems and how to heal them with optimum nutrition.

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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. 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 books.

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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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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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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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