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5.0 out of 5 stars Optimum Nutrition Bible! Reviewed in the United States on January 26, 2000 I was given this book as a christmas present by my Grandad last year and at the time I was to grasp certain aspects of my Nutrition Diploma.

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The Optimum Nutrition Bible Patrick Holford

The book is written in a fairly colloquial manner, but is supported by large numbers of well references scientific papers to support the authors opinion. Figure 1. The front and rear dust cover of The Optimum Nutrition Bible by Patrick Holford. Generally, The Optimum Nutrition Bible is a well written and comprehensive reference guide.

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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 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 Bible" guides you to the best possible intake of nutrients to allow you body to be as healthy as possible. Patrick Holford, best selling author and founder of the Institute for Optimum Nutrition (ION), is at the forefront of nutritional research, known as "the medicine of the future," according to two-time Nobel Prize winner Dr. Linus Pauling.

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