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"Patrick Holford, BSc, DipION, 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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