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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 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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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 Britain's top nutrition expert and the author of over 25 health books.

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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

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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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### **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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### **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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"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

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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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### **Does Fruit Lose Nutrients in Oxidation Livestrong com**

Heat, water and oxidation are the three primary enemies of vitamins and minerals, according Patrick Holford, author of "The New Optimum Nutrition Bible," who also notes that vitamin C and the fat-soluble vitamins A and E are particularly prone to oxidation, and are lost over a relatively short period

of time.

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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, 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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### **Patrick Holford's Supplement Choice Diet Plan Workout**

Patrick Holford is a British nutritionist, author and entrepreneur. He has a degree in experimental psychology. Holford founded the Institute for Optimum Nutrition in 1984, and retired as director in 1998. He is a co-founder of Food for the Brain Foundation, a charity for promoting health through nutrition.

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