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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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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 Books List of books by author Patrick

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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

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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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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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Mouthwatering recipes and simple, sound advice for boosting your health If you love fresh exciting food but like to stick to a healthy diet, this book will revolutionise your meals. Delicious, Healthy, Sugar-Free combines the in-depth knowledge of leading nutrition expert Patrick Holford, who founded the Institute for Optimum Nutrition, and

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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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Patrick Holford has 116 books on Goodreads with 6838 ratings. Patrick Holford's most popular book is The New Optimum Nutrition Bible.

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