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PATRICK HOLFORD is one of the world's leading authorities on nutrition and mental health. He has written 30 health books and is the founder of the Institute of Optimum Nutrition. He lives in London, England. --This text refers to an alternate kindle_edition edition.

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If not, this book can help you achieve this and much more. 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. In the bestselling OPTIMUM NUTRITION BIBLE Patrick Holford revealed precisely how to achieve optimum nutrition.

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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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The Optimum Nutrition Bible Patrick Holford

The Optimum Nutrition Bible (1997, Judy Piatkus Publishing) (figure 1) is a general nutrition book written by Patrick Holford. Holford is a well known author in nutrition circles, and was also a founder of the Institute for Optimum Nutrition in London, England.

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Holfordism Understanding Patrick Optimum Nutrition and

With its god-like revealer, Pauling, and his messenger in Britain, Patrick, its special college, somewhat outside of the main education establishments, its rather closed synod, BANT, and not forgetting its holy scriptures, the New Optimum Nutrition Bible. Optimum Nutrition has more in common with scientology than science.

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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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