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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 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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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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