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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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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.

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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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