



# The Optimum Nutrition Bible

By *Patrick Holford*

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## The Optimum Nutrition Bible By Patrick Holford

Since it was first published in 1997, THE OPTIMUM NUTRITION BIBLE has revolutionized health by showing more than half a million readers how to achieve a profound sense of well-being by devising the best possible intake of nutrients for their unique biochemical makeup. THE NEW OPTIMUM NUTRITION BIBLE presents the latest research from Britain's top nutrition expert Patrick Holford, with new chapters on stimulants, water, eating right for your blood type, detox, homocysteine, and toxic minerals. You'll learn to analyze your symptoms, lifestyle, and eating habits in order to formulate a personal ideal diet and vitamin regimen. Once optimum nutrition is in place, you can look forward to a consistent high level of energy, emotional balance, alertness, physical fitness, resilience against infectious diseases, and longevity.

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## **The Optimum Nutrition Bible By Patrick Holford Bibliography**

- Sales Rank: #2098739 in Books
- Brand: Brand: Crossing Press
- Published on: 2004-09-01
- Released on: 2004-09-01
- Original language: English
- Number of items: 1
- Dimensions: .77" h x 6.02" w x 9.02" l,
- Binding: Paperback
- 342 pages

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