

The New Optimum Nutrition Bible

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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.

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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.

~~The New Optimum Nutrition Bible by Patrick Holford~~

In the bestselling OPTIMUM NUTRITION BIBLE Patrick Holford revealed precisely how to achieve optimum nutrition. In OPTIMUM NUTRITION MADE EASY, he distills the essence of his unique approach to health and presents it in an easy-to-follow, accessible format. It includes the basics of optimum nutrition, including what to eat, what to avoid and which supplements to take, as well as advice on superfoods and meal planning.

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In the bestselling OPTIMUM NUTRITION BIBLE Patrick Holford revealed precisely how to achieve optimum nutrition. In OPTIMUM NUTRITION MADE EASY, he distills the essence of his unique approach to health and presents it in an easy-to-follow, accessible format. It includes the basics of optimum nutrition, including what to eat, what to avoid and which supplements to take, as well as advice on superfoods and meal planning.

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Optimum nutrition is a revolution in health care - it means giving your body the best possible intake of nutrients to allow you to be as healthy as you can. Through easy-to-follow questionnaires and a simple step-by-step plan THE OPTIMUM NUTRITION BIBLE shows you what to eat and what nutrients to take to live a healthier, happier life.

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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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