



The Optimum Nutrition Bible: The Book You Have to Read If Your Care About Your Health

By Patrick Holford

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Optimum Nutrition Bible: The Book You Have to Read If Your Care About Your Health, Patrick Holford, 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. Discover how to: boost your immune system; increase your energy and fitness levels; prevent serious diseases such as cancer, diabetes and heart disease; turn back the ageing clock; lower your blood pressure without drugs; increase your IQ, memory and mental performance. You'll also find fascinating information on why the wrong fats can kill and the right fats can heal, and what a well-balanced diet really means. Based on scientific research and written by one of the world's leading nutrition experts, this book is a must if you care about your health.



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