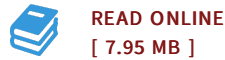


## The New Optimum Nutrition Bible (Paperback)

By Patrick Holford

Random House USA Inc, United States, 2005. Paperback. Condition: New. Revised and Updated ed.. Language: English . Brand New Book. 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. A revised edition of the best-selling nutritional guide, with an A-to-Z guide to specific health problems and how to heal them with optimum nutrition. Unlike modern medicine, which tends to treat diseases not people, the optimum nutrition approach considers a human being as a whole, with an interconnected mind and body designed to adapt...



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