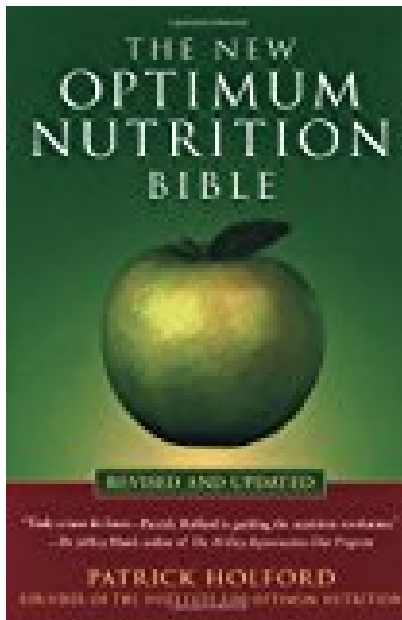


# The New Optimum Nutrition Bible

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## BOOK DETAILS

- Author : Patrick Holford
- Pages : 592 Pages
- Publisher : Crossing Press
- Language : English
- ISBN : 1580911676

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## BOOK SYNOPSIS

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 to health if the circumstances are right. Additional chapters cover boosting your immune system; preventing cancer and heart disease; how to increase your IQ, memory, and mental performance; improving skin health; and much more. THE OPTIMUM NUTRITION BIBLE sold more than 500,000 copies worldwide. From the Trade Paperback edition.

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