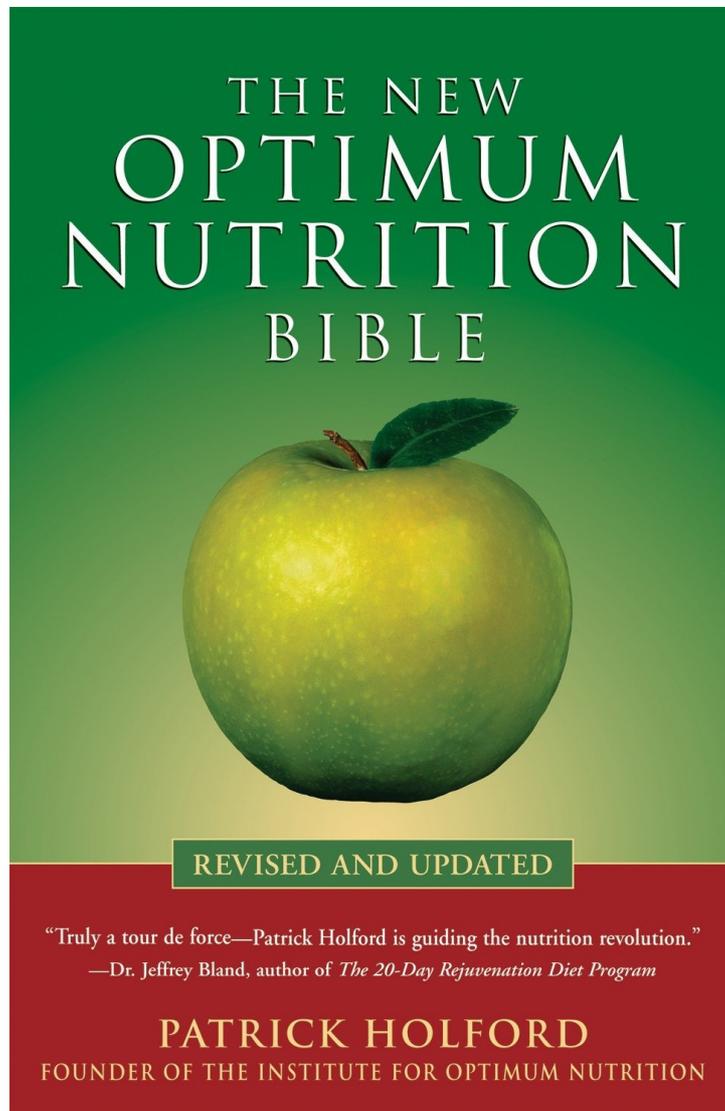


The New Optimum Nutrition Bible by Patrick Holford

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Review: This book continually reiterates a lot of common sense things - Eat Well, Sleep, get rid of Stress, Exercise. But, who is Patrick Holford? He has a degree in Psychology, but NO degree in nutrition or chemistry or biology. He cites a relationship with Linus Pauling and meeting two nutritionists, such that he is a self-taught nutritionist. Many...

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