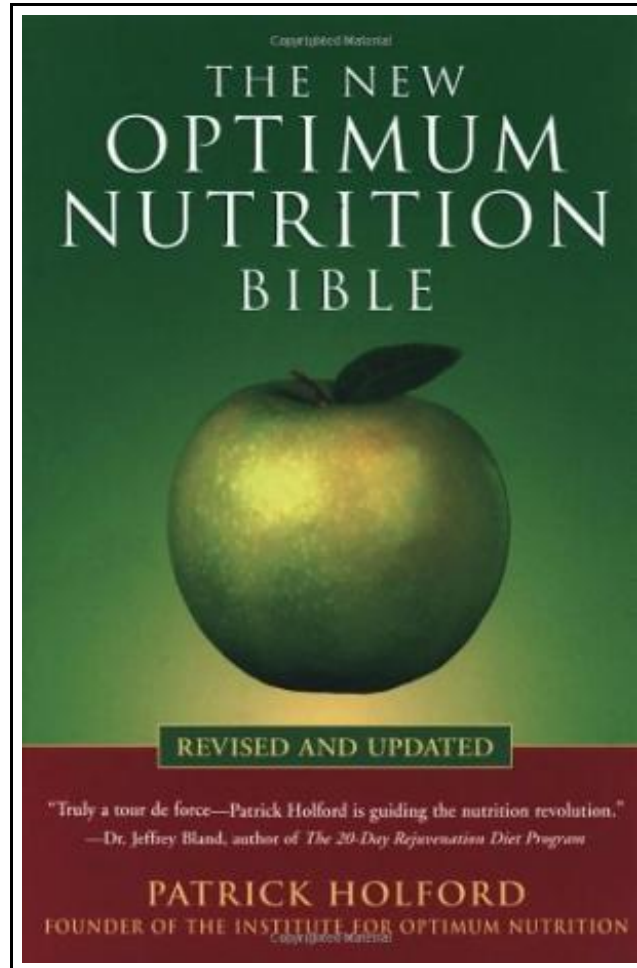


## The New Optimum Nutrition Bible



Filesize: 7.43 MB

### **Reviews**

*This publication is wonderful. I could comprehend every thing out of this published e publication. You can expect to like the way the blogger write this publication.*

*(Eliseo Rippin)*

## THE NEW OPTIMUM NUTRITION BIBLE



Crossing Press. Paperback. Book Condition: New. Paperback. 592 pages. Dimensions: 9.2in. x 5.9in. x 1.5in. 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 Britains top nutrition expert Patrick Holford, with new chapters on stimulants, water, eating right for your blood type, detox, homocysteine, and toxic minerals. Youll 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. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



[Read The New Optimum Nutrition Bible Online](#)



[Download PDF The New Optimum Nutrition Bible](#)

## See Also

---



### **The Poems and Prose of Ernest Dowson**

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The PoemsAnd Prose Of Ernest Dowson by Ernest...

[Save eBook »](#)

---



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Save eBook »](#)

---



### **DK Readers Day at Greenhill Farm Level 1 Beginning to Read**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

[Save eBook »](#)

---



### **NIRV Outreach Bible**

Biblica. Paperback. Book Condition: New. Paperback. 1344 pages. Dimensions: 8.4in. x 5.6in. x 2.5in.This low-cost New International Readers Version Bible (NIRV) is affordably priced for giving away, and is a very effective translation for children,...

[Save eBook »](#)

---



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

[Save eBook »](#)