

By Patrick Holford The New Optimum Nutrition Bible

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[Smart Food for Smart Kids](#) - Patrick Holford

2010-06-16

This full-colour cookbook is designed to help parents improve their child's diet. The ground-breaking Food for the Brain study, in which Patrick and his team worked with parents, teachers and school caterers to improve children's nutrition, showed dramatic improvements in energy, mood and concentration amongst the children following the study guidelines. The aim of this book is to share those guidelines and the recipes that produced such great results. Each recipe is carefully designed to provide optimum nourishment to aid with mental development, behaviour and academic performance. Smart Food for Smart Kids also contains menu plans and practical advice on planning, shopping, eating out and dealing with fussy eaters.

[Burn Fat Fast](#) - Patrick Holford 2013-06-06

Burn Fat Fast is quite simply the easiest, healthiest and most effective way to lose weight. Alternate-day dieting, which involves taking in a very low amount of calories on alternate days, is all the rage - this diet takes it to a whole new level. In this book Patrick Holford outlines how, by combining elements of alternate-day fasting with a low glycemic-load (GL) diet, you can lose fat fast, without going hungry or compromising your health. For those new to the low-GL diet it is a way

to keep you blood sugar even. Why do this?

Because if your blood sugar level resembles a rollercoaster ride you'll have a lot of insulin in your system - and insulin is the fat-storing hormone. In Burn Fat Fast you'll find: * Simple, easy-to-follow guidelines on how the diet works * An outline of what to eat and what to avoid on both phases of the diet * Guidance on fitting the diet into your lifestyle * A short, highly effective fat-burning exercise routine developed by former Gladiator and Olympic athlete Kate Staples And if you need any more encouragement, consider this: as well as encouraging the storage of fat, insulin promotes disease and ageing, so by combining a low-GL diet with alternate-day fasting you will not only lose fat fast but also improve your health and longevity.

New Optimum Nutrition for the Mind, Patrick Holford - Patrick Holford 2007

[Optimum Nutrition for Your Child's Mind](#) - Patrick Holford 2008

"A science-based guide to understanding how choosing the right foods (and avoiding the wrong ones) can boost your child's intelligence and improve mood and behavior"--Provided by publisher.

The Perfect Pregnancy Cookbook - Patrick Holford 2010-04-14

This practical book is designed to help women achieve optimum nutrition before and during pregnancy. Patrick Holford and Susannah Lawson provide sound guidance on the right pre-conception diet, what to eat and which supplements to take if you have experienced difficulties conceiving, and the perfect diet for optimal nourishment during pregnancy. Fiona McDonald Joyce draws on this nutritional advice to provide over 80 easy-to-prepare, delicious recipes that include everything from breakfasts and snacks to easy mid-week meals and healthy desserts. And of course, all of them are safe to eat and will positively nourish your body during one of the most important times of your life - and that of your baby. Many of the dishes are illustrated with full-colour photographs and this, combined with a wealth of practical guidance, makes this an invaluable guide for all mothers to be.

The 10 Secrets Of Healthy Ageing - Patrick Holford 2012-04-05

Life expectancy is increasing, but this is only good news if you stay well and can enjoy it. The 10 Secrets of Healthy Ageing draws on the latest research findings, and the health secrets of long-lived people, to outline the diet and lifestyle that will help you stay healthy, look younger and feel great as you age. It explains how your body changes as you age and what you can do to avoid the illnesses of old age, as well as the aches, pains, poor sleep and eyesight deterioration that many believe are an inevitable part of ageing. It also shares the secrets of staying as fit and as mentally alert as possible, for as long as possible. Comprehensive, fascinating and practical, The 10 Secrets of Healthy Ageing will help you enjoy better health and stay drug-free as you age.

Optimum Nutrition For Your Child - Patrick Holford 2012-09-20

Patrick Holford illustrated the connection between nutrition and all aspects of health in his best-selling book THE OPTIMUM NUTRITION BIBLE. In OPTIMUM NUTRITION FOR YOUR CHILD, he reveals how crucial optimum nutrition is for

children's general health and development, as well as their behaviour and IQ. He explains why certain foods are so beneficial and why others are damaging, and enables you to identify common problems in children which can be improved or solved with the right foods and supplements. With invaluable advice on getting children to eat healthy food, food plans and practical tips, this book is the definitive guide for parents.

The Little Book Of Optimum Nutrition - Patrick Holford 2012-09-20

Discover easy ways to balance your diet, quick explanations of vitamins and minerals, advice on what you should, and shouldn't be eating, lists of healthy superfoods, and many other ways to achieve an abundance of good health and vitality. The Little Book of Optimum Nutrition makes a healthy lifestyle easy and fun!

Optimum Nutrition for Vegans - Patrick Holford 2020-12-17

We know that a plant-based, vegan diet is healthy. But how easy is it to incorporate it into our lifestyle? Are there any other steps that need to be taken to ensure our body is getting the nutrients it needs? In Optimum Nutrition for Vegans, Patrick Holford, bestselling author of over 25 health books, shows you how to achieve optimum nutrition while following a vegan diet. This book features 100 delicious, easy recipes that will nourish your body and your brain. Patrick will also show you how to ensure you are getting enough protein and brain fats, control your sugar and energy, and other steps that need to be taken for overall health for vegans. Whether you already follow a plant-based lifestyle or you simply want to incorporate more meat, dairy and egg-free meals into your week, Optimum Nutrition for Vegans will be your guide for overall health.

Say No To Heart Disease - Patrick Holford 2012-09-06

We have a 50 per cent chance of dying from heart or artery disease. However, these devastating diseases can be prevented by using a simple yet

powerful medicine - food. In *Say No to Heart Disease* you will learn how eating the right foods and correctly supplementing your diet can eliminate your chances of a heart attack, lower your blood pressure without drugs, reverse artery disease, maximise recovery after a stroke or heart attack, and add twenty years to your healthy lifespan. Informative and practical, it describes the cardiovascular system and what goes wrong with it, the key theories on the major contributors to heart disease, how to work out your own risk, and which areas of your diet and lifestyle to focus on in order to minimise your risk. It also gives advice on maximising recovery from a heart attack or stroke.

[Optimum Nutrition for the Mind](#) - Patrick Holford
2009-04-21

This book is one of the better ones because of its wide coverage of every aspect of orthomolecular practice, with descriptions of all the syndromes with which psychiatrists must deal. For interested physicians, this makes it much easier to enter the field, as they can find the information they need in one or two books. We desperately need doctors to transform their practices as quickly as possible in order to slow the ever-increasing rate of disease development. The curve that relates prevalence of serious chronic illness against time is not linear. It is curvilinear upward, and if unchecked we will see over 75 percent of our populations suffer from one or more serious chronic illnesses in the next decade or two. *Optimum Nutrition for the Mind* gives us a most powerful weapon in our fight against mental disease. It is also essential reading for anyone wanting to stay in top mental health throughout life, free from depression, memory decline, and, even worse, senility.

The New Optimum Nutrition Bible - Patrick Holford
2011-03-30

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.

[Optimum Nutrition for the Mind](#) - Patrick Holford
2007

OPTIMUM NUTRITION FOR THE MIND is the classic guide to improving your mood, boosting your memory, sharpening your mind and solving mental health problems through nutrition. The book outlines breakthrough discoveries on how specific essential fats, vitamins and minerals can improve depression and anxiety; discusses the effects of stress, alcohol and exercise on mental health; gives details of new discoveries in the treatment of autism and schizophrenia; and provides concrete and well-researched guidance for those with mental health difficulties. With a questionnaire-based method to work out your own nutritional programme for improving your mood,

mind and memory this book is essential reading for anyone wanting to stay in top mental health throughout life, free from depression, memory decline and other common mental health problems.

The 5-Day Diet - Patrick Holford 2020-05-28

Kickstart ketosis, lose weight, gain energy and transform your health in just five days Pioneering research has shown that a diet that is low in carbs and calories and high in good fats that trigger ketosis can counteract many diseases and boost wellbeing better than water fasts. In *The 5-Day Diet*, nutrition expert and co-author of *The Hybrid Diet* Patrick Holford provides you with a tried and tested plan to trigger a self-repair process, called autophagy, which renews and rejuvenates your cells, reboots your metabolism and detoxifies your body. This book breaks down the science and how it works while giving you daily meal plans, recipes and exercises. Whether you are after a quick fix with lasting results or looking to improve overall wellbeing, *The 5-Day Diet* is a springboard to better health.

Say No To Cancer - Patrick Holford 2010-10-07

Cancer is increasing at an alarming rate and one in three people will develop cancer at some point in their lives. According to the World Cancer Research Fund, up to 39 per cent of the most common cancers - lung, breast, colorectal, skin, mouth/throat and oesophagus, liver, stomach, prostate, cervical ovarian, testicular, endometrial and pancreatic - are preventable through diet, physical activity and weight control alone. *SAY NO TO CANCER* was originally published by Piatkus in 1999 and this greatly expanded edition contains new chapters that reflect the very latest information on the connection between diet and lifestyle and the risk of developing cancer. It offers guidance for people who wish to avoid getting cancer, and for those who want to know what they can do nutritionally if they have cancer and/or want to prevent reoccurrence. By improving your diet and taking the right nutritional supplements you really can say no to cancer.

Optimum Nutrition Before, During and After Pregnancy - Patrick Holford 2010-03-03

This book is the essential guide to nutrition for women who are either planning to conceive, are pregnant or have given birth. It will also help women who are having difficulty conceiving or taking their baby to term. Top nutritionist Patrick Holford and Foresight practitioner Susannah Lawson start with a pre-conception nutrition checklist, moving on to cover nutrition in pregnancy, complete with diet and meal plans, and follow up with useful advice about your own nutrition in early parenthood - from beating the baby blues to how to produce the best-quality milk. The final section deals with optimum nutrition for babies and young children, with information about weaning, prevention of allergies and the ideal diet for a healthy child. Discover top nutritional advice that will help you to achieve maximum fertility and good health, prevent birth defects, avoid sickness and other pregnancy problems, prevent allergies in your baby, feed your baby in the best way possible, and much more.

Optimum Nutrition Cookbook - Patrick Holford 2010-06-02

Contrary to popular belief, healthy food does not need to be boring. In this invaluable cookbook, Patrick Holford, bestselling author of *The Optimum Nutrition Bible*, has teamed up with top cookery writer Judy Ridgway to create sumptuous and imaginative recipes using the ultimate in healthy superfoods. In *THE OPTIMUM NUTRITION COOKBOOK*, what tastes good does you good! Beautifully designed with over 35 pages of outstanding colour photographs, *THE OPTIMUM NUTRITION COOKBOOK* contains over 200 recipes and menu ideas. From exotic feasts to fantastic fast food, and from hearty winter warmers to delicious desserts, these dishes are designed to appeal to everyone. The recipes are specially coded so you can easily eat the perfect balance of proteins, carbohydrates, essential fats, vitamins and minerals each day. You will also find general guidance on

eating a healthy diet, including how to balance your diet, which fats are vital to good health, how to boost your immune system and eating for a healthy heart.

Solve Your Skin Problems - Patrick Holford
2010-12-02

Your skin reflects your health, so improving it from the inside out is vital. This practical guide outlines the diet and supplements that are crucial to correcting skin problems and rejuvenating the skin. Amongst many other things you will discover how diet can help you to detox for clear skin; conquer acne, cold sores and rashes; prevent skin cancer; heal psoriasis, eczema and dermatitis; and banish cellulite.

Patrick Holford's New Optimum Nutrition for the Mind - Patrick Holford 2007

A totally revised and expanded edition of a bestselling book Optimum Nutrition for the Mind is the classic guide to improving your mood, boosting your memory, sharpening your mind and solving mental health problems through nutrition.

[The Alzheimer's Prevention Plan](#) - Patrick Holford
2011-02-17

Alzheimer's disease and age-related memory loss are on the increase. The burden this condition places on sufferers, their families and health care systems is immense. In this reassuring and practical book, top nutritionist and mental health expert Patrick Holford argues that memory decline and Alzheimer's disease can be arrested, and the risks of developing such diseases reduced significantly, if you take action early. THE ALZHEIMER'S PREVENTION PLAN is based on research into nutritional medicine from experts around the world, and features the latest scientific findings on how nutrition can help prevent this devastating condition. It features a specially formulated Alzheimer's prevention diet and a ten-step plan to enhance your memory, which includes a simple test to discover your risk, and reverse it in eight weeks; memory boosting vitamins and minerals; essential fats that help your brain think faster; and

simple lifestyle changes and exercises to keep your mind young.

New Optimum Nutrition for the Mind - Patrick Holford 2011-02

How we think and feel is directly affected by what we take into our bodies. Eating the right food has been proven to boost IQ, improve mood and emotional stability, sharpen the memory, and keep the mind young. Similarly, the harmful things we take into our bodies, or anti-nutrients - including oxidants, alcohol, sugar, and stimulants - negatively impact mental health. These are the main issues world-renowned author Patrick Holford discusses in his New Optimum Nutrition for the Mind. The book is broken into eight parts. Part 1 provides "food for thought" - what are the best foods to eat and which nutrients are most beneficial? Part 2 discusses how to protect the brain from becoming polluted and how to identify and avoid "brain allergies." Part 3 teaches readers how to boost their intelligence, enhance their memory, beat the blues, solve sleep problems, and more. Part 4 turns to mental illness, Part 5 to depression and schizophrenia, and Parts 6 and 7 to mental health in the young and old, respectively. These parts include information on identifying and understanding specific problems and how to treat them naturally and effectively. Part 8 provides a complete action plan for regaining and maintaining good mental health. The book closes with a helpful resources section that provides readers with useful addresses and a comprehensive product and supplement directory. From boosting one's memory, solving depression, and beating addictions to overcoming eating disorders, preventing age-related memory decline, and balancing out mood swings, New Optimum Nutrition for the Mind covers a wide range of important topics and should be of interest to anyone who wants to think and feel great. This edition is in two volumes. The first volume ISBN is 9781458763150.

The 10 Secrets of 100% Healthy People - Patrick Holford 2009-12-24

Do you know the ten habits that could help you thrive - not just survive - in the 21st century? In order to discover what those secrets are, Patrick Holford and his team have carried out Britain's biggest-ever health and diet survey, the 100% health survey, which has now been completed by over 60,000 people. This book is a distillation of the fascinating insights provided by the survey's top scorers and the author's 30 years of experience studying good health and how to achieve it. It shows readers how to discover where they are on the scale of 100% health and provides a new system of good health that is easy to follow and easily measurable - one that will enable people to transform their health and wellbeing, whether they are relatively fit and healthy or struggling with various health issues. This highly informative and practical book covers ten areas crucial to a healthy - and happy - life, including the key to gaining energy and losing weight, how to slow down the ageing process, keeping your body and mind well oiled, sharpening your mind and improving your mood, keeping fit and supple, and finding your purpose in life.

6 Weeks To Superhealth - Patrick Holford
2010-12-02

This highly practical, six week health plan is the fastest way to achieve superhealth in six easy weeks. Step by step, top nutrition expert Patrick Holford shows you how to use diet, supplements and eating plans to: Increase your energy; Balance your hormones; Boost your brain power; Tune up your digestion; Increase your immunity; Prevent pain and inflammation; And much more. After only six weeks, you will be healthier, stronger and fitter, with a real basis upon which to build lifelong health. 'This is do-it-yourself health at its very best' - Hazel Courteney, Sunday Times

Optimum Nutrition For The Mind - Patrick Holford
2010-12-02

OPTIMUM NUTRITION FOR THE MIND is the classic guide to improving your mood, boosting your memory, sharpening your mind and solving

mental health problems through nutrition. The book outlines breakthrough discoveries on how specific essential fats, vitamins and minerals can improve depression and anxiety; discusses the effects of stress, alcohol and exercise on mental health; gives details of new discoveries in the treatment of autism and schizophrenia; and provides concrete and well-researched guidance for those with mental health difficulties. With a questionnaire-based method to work out your own nutritional programme for improving your mood, mind and memory this book is essential reading for anyone wanting to stay in top mental health throughout life, free from depression, memory decline and other common mental health problems.

How To Quit Without Feeling ST** - Patrick Holford
2010-12-02

This groundbreaking book from the UK's leading spokesman on nutrition looks at why millions of people have cravings for substances such as coffee, sugar and alcohol, as well to drugs such as sleeping pills, antidepressants, marijuana and cocaine. It uncovers how the brain becomes addicted and how it can be 'unaddicted' through a combination of diet, supplements and lifestyle factors. The book is written in association with Dr David Miller, who has worked in the addiction field for 25 years and is an expert in relapse prevention. It looks at each of the most common substances that people become addicted to and offers specific advice on how to tackle that particular substance safely and effectively yourself. In-depth yet practical and accessible, HOW TO QUIT WITHOUT FEELING S**T, will allow you to understand why you feel the way you do, whether you have a dependency or have already given up but still feel lousy. The book provides a 12-week action plan for becoming addiction free - without suffering the deeply unpleasant symptoms of withdrawal that most addicts believe they must go through

Food is Better Medicine than Drugs - Patrick Holford
2011-02-17

FOOD IS BETTER MEDICINE THAN DRUGS is

an important and potentially controversial book from top nutritionist Patrick Holford and leading health journalist Jerome Burne. Brilliantly researched and based on solid scientific trials and illuminating case histories, *Food is Better Medicine than Drugs* will revolutionise the way you think about your health and put you back in charge. The authors reveal how modern medicine has become distorted and is now, for reasons largely to do with profit and power, heavily dependent on prescription drugs. They look at common health problems (pain/arthritis, heart, depression, diabetes, memory, hormones, digestion, breathing, infections etc) and compare the effectiveness of nutrition-based approaches with today's potentially harmful commonly used medicines.

The 30-day Fat Burner Diet - Patrick Holford 1999
Are you always on a diet? Do you eat fewer calories than ever? Do you eat less fat than before? But do you still seem to pile on the pounds? If you are overweight the chances are your body is programmed to turn food into fat instead of energy. Today's diet and stressful, sedentary lifestyles stop you burning away those extra inches. Patrick Holford, Britain's leading nutrition expert, has created a revolutionary way to reverse this process. Discover how to re-program your body to burn off the pounds. No more calorie counting, no more low-fat dieting, no more food combining. Just follow *The 30-Day Fatburner Diet* to get slim without suffering and control your weight forever! Here, finally, is a diet that really works.

Natural Highs - Hyla Cass 2003-06-02
What does it take to make you feel "high"? Do you routinely reach for caffeine, alcohol, cigarettes, or sugary snacks to get you through the day? Unfortunately, the quick fixes we have become accustomed to don't work long-term, and often contribute further to the underlying problems of fatigue, depression, brain fog, and anxiety. In *Natural Highs*, two leading authorities in psychology and nutrition present a prescriptive breakthrough program based on nutritional

supplements, herbs, and simple mind-body therapies that will help to increase energy, sharpen the mind, elevate mood, relax the body, and beat stress. Their remarkable research shows how to formulate the perfect "brainfood" to improve how we think and feel, resulting in a greater sense of connection and joy in everyday life-the natural high.

The Holford Low GL Diet - Patrick Holford 2030-12-31

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

New Optimum Nutrition Bible Bkclb - Patrick Holford 2004-11

Optimum Nutrition for the Mind - Patrick Holford 2009-04-21

This book is one of the better ones because of its wide coverage of every aspect of orthomolecular practice, with descriptions of all the syndromes with which psychiatrists must deal. For interested physicians, this makes it much easier to enter the field, as they can find the information they need in one or two books. We desperately need doctors to transform their practices as quickly as possible in order to slow the ever-increasing rate of disease development. The curve that relates prevalence of serious chronic illness against time is not linear. It is curvilinear upward, and if unchecked we will see over 75 percent of our populations suffer from one or more serious chronic illnesses in the next decade or two. *Optimum Nutrition for the Mind* gives us a most powerful weapon in our fight against mental disease. It is also essential reading for anyone wanting to stay in top mental health throughout life, free from depression, memory decline, and, even worse, senility.

Optimum Nutrition - Patrick Holford 1992

Beat Stress and Fatigue - Patrick Holford 2010-08-05
Feeling tired and stressed out much of the time is common for many people. Yet it is possible to supercharge your system, and keep your emotions

and body balanced without dramatically changing your life or resorting to prescription drugs. The key is eating the right food and correctly supplementing your diet. In this breakthrough book you will learn how to beat the sugar blues, balance your stress hormones and turn food into energy - not fat. You will also discover the power of sleep, and how to increase your concentration, and control impatience and irritability. Practical and effective, this invaluable book will help you improve your vitality and sense of wellbeing.

The Optimum Nutrition Bible - Patrick Holford
2009-04-02

COMPLETELY REVISED AND UPDATED TO INCLUDE THE LATEST CUTTING-EDGE RESEARCH. The best-selling Optimum Nutrition Bible has revolutionised health. It explains how, by giving yourself the best possible intake of nutrients, to allow your body to be as healthy as it possibly can. This revised and updated edition shows you: What a well balanced diet really means; How to boost your immune system; How to increase your energy and fitness levels; How to prevent cancer and turn back the ageing clock; How to avoid heart disease and lower your blood pressure without drugs; Why the wrong fats can kill and the right fats can heal; How to increase your IQ, memory and mental performance; Includes new charts and six new chapters, on Stimulants, Water, Eating right for your blood type, Detox, Homocysteine and Toxic Minerals.

Optimum Nutrition for the Mind - Anne Dickson
2003

Optimum nutrition is a revolution in healthcare. Patrick Holford's first major book, and Optimum Nutrition Bible, dealt with the effect of good nutrition for the body. Optimum Nutrition for the Mind reveals what good nutrition can do for the mind. Some 80 per cent of us suffer from 'affluent malnutrition', and struggle to cope with the demands of 21st-century life. No wonder the World Health Organization has reported that mental health problems are fast becoming the world's number-one

health issue. This is the first definitive, readable and practical guide to solving mental health problems through nutrition. Read this book and find out how you can use optimum nutrition to--Increase your IQ and improve your concentration--Boost your memory and sharpen your mind - whatever your age--Improve your mood, banish mood swings and beat depression--Conquer stress and anxiety and get a great night's sleep and how optimum nutrition can--Reverse learning difficulties, dyslexia and hyperactivity--Help children with Down's syndrome and autism--Prevent and arrest dementia, Alzheimer's and Parkinson's disease--Speed up recovery from schizophrenia

Optimum Nutrition Before, During And After Pregnancy - Patrick Holford 2012-09-20

This book is the essential guide to nutrition for women who are either planning to conceive, are pregnant or have given birth. It will also help women who are having difficulty conceiving or taking their baby to term. Top nutritionist Patrick Holford and Foresight practitioner Susannah Lawson start with a pre-conception nutrition checklist, moving on to cover nutrition in pregnancy, complete with diet and meal plans, and follow up with useful advice about your own nutrition in early parenthood - from beating the baby blues to how to produce the best-quality milk. The final section deals with optimum nutrition for babies and young children, with information about weaning, prevention of allergies and the ideal diet for a healthy child. Discover top nutritional advice that will help you to achieve maximum fertility and good health, prevent birth defects, avoid sickness and other pregnancy problems, prevent allergies in your baby, feed your baby in the best way possible, and much more.

The 10 Secrets Of Healthy Ageing - Patrick Holford
2012-04-05

Life expectancy is increasing, but this is only good news if you stay well and can enjoy it. The 10 Secrets of Healthy Ageing draws on the latest research findings, and the health secrets of long-

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The Low-GL Diet Bible - Patrick Holford

2012-02-16

First published in 2005 in B format as *The Holford Low-GL Diet*, this book quickly established itself as one of Patrick Holford's core nutrition titles. Patrick is at the forefront of research into fast, safe and lasting weight loss, pinpointing that the secret of successful weight loss is to balance your blood sugar. By eating foods with a low glycemic load (GL), you can balance your blood sugar and not only lose weight quickly but keep it off, feel full of energy and enjoy greatly improved health. In the four years since first publication, thousands of people have followed Patrick's low-GL system with great success, and numerous scientific trials have validated the initial research. As well as encouraging weight loss, it has been proven that a low-GL diet can slow down the ageing process, improve mood and memory, lower cholesterol without drugs, prevent and reverse diabetes and heart disease, and cut cancer risk. This expanded and updated edition - **THE LOW-GL DIET BIBLE** - is packed with new information on why low GL beats low-fat, low-calorie and high-protein diets every time, and why it is number one for weight loss and good health.

Optimum Nutrition Made Easy - Patrick Holford

2010-12-02

Are you rarely ill? Do you have abundant energy, clear skin and a happy outlook? If not, this book can help you achieve this and much more. Optimum

nutrition is a revolution in health care. It means giving yourself the best possible intake of nutrients to allow your body to be as healthy as it possibly can. In the bestselling **OPTIMUM NUTRITION BIBLE** Patrick Holford revealed precisely how to achieve optimum nutrition. In **OPTIMUM NUTRITION MADE EASY**, he distills the essence of his unique approach to health and presents it in an easy-to-follow, accessible format. It includes the basics of optimum nutrition, including what to eat, what to avoid and which supplements to take, as well as advice on superfoods and meal planning. The author also provides a simple programme for achieving optimum health and, through a series of questionnaires, allows you to develop a nutrition programme that is right for you.

The 9-Day Liver Detox Diet - Patrick Holford

2010-12-28

Boost your energy, improve your digestion, and detox your liver in 9 days—without fasting! A healthy liver keeps your bloodstream and other organs clean. But when it's overloaded with toxins from alcohol, caffeine, pesticides, pollution, and artificial sweeteners, the liver can't function properly. In *The 9-Day Liver Detox Diet*, nutrition and alternative treatments expert Patrick Holford guides you through his swift, easy-to-implement program for cleansing the liver and improving body function without feeling deprived. What will a 9-day liver cleanse do for you? • Boost energy levels • Improve digestion • Support healthy skin • Counteract effects of stress Holford's safe and effective plan centers on eating foods—such as fish, nuts and seeds, cruciferous vegetables, leafy greens, and more—that superboost your liver's ability to detoxify. Featuring more than 30 tasty liver-supporting recipes formulated by a nutrition specialist plus friendly real-world examples, like the woman who detoxed to get rid of acne in time for her wedding day, this targeted regimen will bring health and balance to your body without fasting and without disrupting your normal routine.