

# **Nutrition Bible**

Isra Wynn

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**Optimum Nutrition Bible** Patrick Holford, 1992 The Optimum Nutrition Bible Patrick Holford, 1999 Optimum nutrition means the best possible intake of nutrients to allow your body to be as healthy as possible Founder of London s Optimum Nutrition Institute Patrick Holford shows you how to achieve this ideal state boost your immune system increase your energy and fitness levels prevent illness and disease and increase mental performance all through nutrition 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 Fad-Free Nutrition Fredrick John Stare, Elizabeth M. Whelan, 1998 Explains how to recognize harmful fad diets why supplements aren t necessary nd why the food guide pyramid is a healthy way to eat with information onhe best books on nutrition Simplifying Nutritional Wealth Isra Wynn, 2010-03-26 Isra 5 time woman s boxing champion has dedicated herself to educating the public about health and wellness as a way of life Take a journey with Isra to uncover the reasons for disease and illness and why simply eating the right types of foods will prevent this from happening Isra s motto It Starts From Within Optimum Nutrition for the Mind (Volume 1 of 3) (EasyRead Super Optimum Nutrition for the Mind (Volume 1 of 2) (EasyRead Large Bold Edition), Large 24pt Edition), The **Creator's Diet** Nicola Burgher, 2006-06-01 Sensing the importance of the issue at hand Nicola Burgher approaches the subject of Healthy Eating as consummate professional not only does she possess the qualifications to address the subject but she has undergirded her study with the fundamental principles of the Bible It is upon this that the strength of her work lies and it is reminiscent of the book Back to Eden by Jethro Kloss published first in 1946 Ms Burgher takes us back to the beginning and to the Creator and reminds us that there is a better way to live if we follow the Creators manual Sensing the importance of the issue at hand Nicola Burgher has written a must read book for the survival of this generation and

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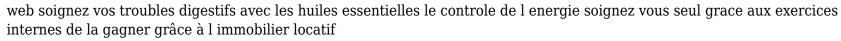
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