

patrick
HOLFORD

Optimum Living Made Easy

6 WEEKS TO **SUPER HEALTH**

AN EASY-TO-FOLLOW
PROGRAMME FOR
TOTAL HEALTH
TRANSFORMATION



ESSENTIALS

Six Weeks To Superhealth An Easy To Follow Programme For Total Health Transformation

Patrick Holford



Six Weeks To Superhealth An Easy To Follow Programme For Total Health Transformation:

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of the medical myths that have plagued so many of us take control of our lives and make our health NON NEGOTIABLE

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