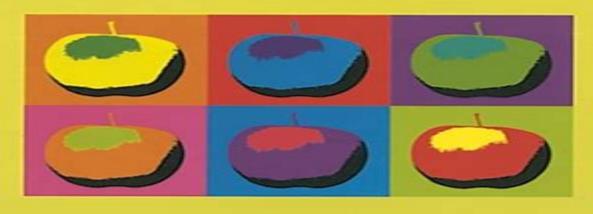
# PATRICK HOLFORD

Bestselling author of The Optimum Nutrition Bible



# 6 WEEKS TO SUPER HEALTH

AN EASY-TO-FOLLOW PROGRAMME FOR TOTAL HEALTH TRANSFORMATION



# 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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