

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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The British National Bibliography Arthur James Wells, 2002

Superhealth Steven Pratt, Sharyn Kolberg, 2009-01-01 Outlines scientifically supported methods for losing weight fighting disease and improving energy levels by eating strategic food combinations describing a six week program for embracing a healthier lifestyle and detoxifying the body

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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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