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OPTIMUM NUTRITION FOR YOUR CHILD: HOW TO BOOST YOUR CHILD S HEALTH, BEHAVIOUR AND IQ (PAPERBACK)



Little, Brown Book Group, United Kingdom, 2008. Paperback. Condition: New. Language: English. Brand New Book. Patrick Holford illustrated the connection between nutrition and all aspects of health in his best-selling book THE OPTIMUM NUTRITION BIBLE. Here, 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..

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- Authored by Patrick Holford, Deborah Colson
- Released at 2008



Reviews

Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. Its been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe. -- Dr. Bethany Lindgren

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book. -- Prof. Tyson Hilpert

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