



The 10 Secrets of 100% Healthy People: The Grounbreaking Guide to Transforming Your Health

By Patrick Holford

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Do you know the ten habits that could help you thrive - not just survive - in the 21st century? In order to discover what those secrets are, Patrick Holford and his team have carried out Britain's biggest-ever health and diet survey, the 100% health survey, which has now been completed by over 55,000 people. This book is a distillation of the fascinating insights provided by the survey's top scorers and the author's 30 years of experience studying good health and how to achieve it.

It shows readers how to discover where they are on the scale of 100% health and provides a new system of good health that is easy to follow and easily measurable - one that will enable people to transform their health and wellbeing, whether they are relatively fit and healthy or struggling with various health issues.

This highly informative and practical book covers ten areas crucial to a healthy - and happy - life, including the key to gaining energy and losing weight, how to slow down the ageing process, keeping your body and mind well oiled, sharpening your mind and improving your mood, keeping fit and supple, and finding your purpose in life.

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Review

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About the Author

Patrick Holford BSc, DipION, FBANT, NTCRP pioneers new approaches to health and nutrition. He is the founder of the Institute for Optimum Nutrition in London (Europe's leading training centre for nutritional therapists), is Chief Executive of the Food for the Brain Foundation and the author of over 30 books.

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