

**Client:** Patrick Holford  
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# You really are what you eat

**Sam Giltrow** talks to top TV nutrition expert and author Patrick Holford

**O**n a scale of 100 per cent how healthy are you? You may not be as well as you think according to top TV nutritionist Patrick Holford.

At a recent seminar in Milton Keynes he outlined the simple steps people can follow to take their health into their own hands and it seems you really are what you eat.

The 5 Secrets for 100% Health Campaign aims to give people more energy, a sharper mind, better mood, clearer skin, freedom from pain and help them achieve a healthy weight.

So, how can people go about setting on the path to dietary righteousness?

The first step is to visit Holford's website at [www.patrickholford.com](http://www.patrickholford.com) where you can take part in a free on-line questionnaire that works out your health score.

"Most people in Britain are vertically ill - that means upright, but not feeling great. When they keel over they become horizontally ill, and it's off to the doctor," explains Holford.

"The purpose of the 100% Campaign is to make sure this never happens. It's all about prevention, which is better than cure."

Celebrity Big Brother contestant and model Danielle Lloyd is a case in point.

Beautiful and healthy looking on the outside she draws many admiring glances with her perfect curves.

But when she completed the form she came out with a score of just 37 per cent healthy.

She cited low energy, bloating and stomach pains, irregular periods and weight gain as her health issues.

"But with six weeks following my diet plan and taking the right supplements her health score went up to 76 per cent," says Holford.

"She says she has much more energy now and feels 100 per cent better," says Holford.

So far 80,000 people have completed the on-line health survey.

Once they have their health percentage they can then get follow-up dietary advice and discover which supplements they need to take to boost their health.

Holford, founder of the Institute for Optimum Nutrition in London, is a great believer in supplements and says while a healthy, balanced diet is vital for everyone, most people do need extra help.

He says the three most important

ones that everyone should take are high strength multivitamins, vitamin C and essential omega 3 and 6 fats.

He has formulated his own range of supplements with experts BioCare.

They include supplementary supports for maintaining a healthy weight and body shape, optimum nutrition for the mind, for female health and supplements for children.

"Vitamins play such an important part in the nutrition of children," says Holford.

For a Tonight with Trevor McDonald programme they did a test whereby they gave vitamins to a class of children who were not achieving as well as they should in their SATs exams. After taking the vitamins the exam results were up by 20 per cent.

Holford says his work is also being advocated by GPs. They even go along to his seminars along with people from all walks of life keen to hear how they can improve their general health or certain conditions.

"I have even helped a woman who is now completely cured of rheumatoid arthritis," says Holford.

And on GMTV, on which he talks

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regularly about nutrition, he took part in a diet test to discover the best diet on the market. Testers tried various diets and his Low -GL diet came out on top. His latest book, Food is Better Medicine than Drugs, to support the 100% Health Campaign has received a thumbs up from the NHS Alliance chairman, Dr Peter Dixon.

"It's a crusade against ignorance - enables patients to remove their straightjackets and take a new approach to improving health. It should have a major impact on health policy," he says.

The book explains how to treat arthritis, diabetes, depression, heart disease, even Alzheimer's, with a combination of specific foods and nutritional supplements.

And judging by the fans he had enthralled with his nutritional knowledge on a pre-seminar stop-off at the Alternatives Clinic in Shenley Church End copies will be flying out the door.

For more information on this or to find out more about his tour or take the on-line questionnaire visit

**[www.patrickholford.com](http://www.patrickholford.com)**

### **Holford's top tips for 100% health:**

- Minimise sugar, choosing slow-releasing carbohydrates such as oats, wholewheat pasta, brown rice, apples and pears
- Drink 8 glasses of filtered or bottled water a day
- Eat berries and greens every day and minimise crispy, burnt foods and deep-fried foods
- Have oily fish three times a week such as salmon, mackerel, herring, kipper, sardines and tuna and eat seeds such as pumpkin seeds
- Supplement a high strength multivitamin with extra vitamin C and essential omega 3 and 6 fats, such as BioCare's Optimum Nutrition Pack

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