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JM/JCAM/JML

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Patrick Holford Esq
Ion Press
34 Wadham Road
London
SW15 2LR

Dear Patrick

Thank you for your telephone call earlier today. I apologise that I had not sent you a response to your manuscript before you returned from holiday as I had promised, but as I said on the telephone, the last few weeks have been more than somewhat hectic. I completed reading your book about a week ago but had just not got round to writing the letter. I had, in fact suddenly realised that I had let you down and your letter and the manuscript of the book were on my desk on the top of the pile when you telephoned.

I found this a fascinating book and want to congratulate you for it. You would obviously not expect me to accept everything that you say, on the basis of my background and training, but there were very substantial portions where I think that you have made a very good case for your views and I was very impressed by the wealth of references that you have quoted. It is in fact in this area that I would probably have the greatest battle with you. Your references are very extensive and the majority are of high calibre. My objection is that you have been very selective in those that support your views. In some areas in which I know the subject and literature quite well, I feel that you have omitted some very reliable references which put forward a view which is in opposition to the one which you are stating. I know that we are all guilty of this to a greater or lesser extent, particularly when we want to stress a particular point. However there were times when I thought that you had overdone it. I also found that there was rather more repetition than I would have hoped in some of the arguments. But as I said earlier I found it was a book which was well worth reading.

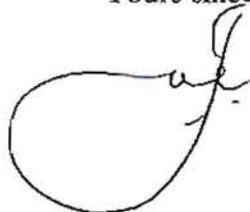
On the basis of this I am entirely happy for you to quote as much or as little of the following comments as you wish. If you change the order of phrases or omit portions of sentences I am confident that you will not alter the general sense and I am therefore happy that you should do so, if it fits better with the general pattern:

There have been dramatic changes over the past decade in our views about that area of health care which comes under the general term "alternative medicine" and Patrick Holford, author of this book has been right at the forefront of many of these changes, particularly those associated with our revised appreciation of human nutrition. I commend this book to you on the basis that it is well researched and written with a substantial backing of references from reliable and peer reviewed scientific and medical journals.

I do not accept all his conclusions and I suspect that his other readers will not agree with all that he says. On the other hand there is considerable food for thought in each chapter and adequate arguments on which you will be able to make up your own mind about the ideas which he puts forward. The road to bad medicine and bad health is built on the foundation of dogma and it is very refreshing to have, in a single readable volume, much of this dogma subjected to fresh examination. Certainly a book which is well worth reading.

With best wishes

Yours sincerely

A handwritten signature in cursive script, appearing to be 'A. J.', written in black ink.