

Patrick Holford CV

Education and Qualifications

1973- 1976 B.Sc. Experimental Psychology, University of York
1995 Dip.ION Honorary Diploma in Nutritional Therapy
2004 F.BANT Fellow of the Association of Nutritional Therapists

Positions and Employment

1984 – 1998 Director of the Institute for Optimum Nutrition
1995 – 2005 Director of the Mental Health Project
1998 – 2005 Director of 100% Health Ltd
1998 - Director of Holford & Associates Ltd
2000 - Consultant to the Institute for Optimum Nutrition
2003 – Director of the Brain Bio Centre
2005 – CEO of the Food for the Brain Foundation

History

Patrick Holford is a pioneer in new approaches to health and nutrition, specialising in the field of mental health. He is widely regarded as Britain's best-selling author and leading spokesman on nutrition and mental health issues, hence being frequently quoted almost weekly in national newspapers from the Daily Mail to the Guardian. Patrick is also popular on radio shows and national television as a presenter, interviewer and guest.

He started his academic career in the field of psychology. While completing his bachelor degree in Experimental Psychology at the University of York he researched the role of nutrition in mental health and illness. He became a student of the late Dr Carl Pfeiffer, director of Princeton's Brain Bio Center, and later a student of Dr Abram Hoffer, Director of the International Schizophrenia Foundation in Canada, who were leading the field in mental health and nutrition. In 1980 he started treating mental health patients with nutritional medicine.

In 1984 Patrick founded the Institute for Optimum Nutrition (ION), a charitable and independent educational trust for the furtherance of education and research in nutrition, now the largest training school in the UK offering a degree-accredited training in nutritional therapy and widely respected as a leading edge organisation by professionals and media alike. He formed a relationship with the late Dr Linus Pauling, who became the Patron of the Institute for Optimum Nutrition.

In 1986 he started researching the effects of nutrition on intelligence, collaborating with Gwilym Roberts, a headmaster and student at ION. This

culminated in a randomised controlled trial testing the effects of improved nutrition on children's IQ - an experiment that was the subject of Horizon documentary and published in the Lancet in 1988. This study was the first of its kind in the world and considerably raised awareness of the role of nutrition in intelligence.

During his years as director of ION Patrick ran many educational campaigns that raised awareness of the importance of zinc and pyrolluyria, disglycaemia, antioxidants, methylation and homocysteine, IgG food allergies, essential fats in mental health – factors still greatly underestimated in the treatment of mental illness. Patrick retired as Director of ION in 1997 to focus on writing, teaching and researching.

Patrick was awarded an honorary Diploma from ION and is also an Honorary Fellow of BANT. (The British Association of Nutritional Therapists). In 2003 he founded the Brain Bio Centre at ION, a treatment centre pioneering the optimum nutrition approach for mental health, to formalise the treatment of mental health with nutrition and to act as a research centre.

Together with Professor André Tylee, professor of primary care mental health at the Institute of Psychiatry, he formed the special interest group in mental health and nutrition, now operating as the charitable Food for the Brain Foundation. The Brain Bio Centre is owned by the Food for the Brain Foundation.

Current

Patrick lectures and conducts workshops throughout the world on a wide range of topics, to the public and health professionals and the medical profession. In the UK he presents around 50 workshops and lectures a year. His knowledge, personality and enthusiasm, together with his strong scientific approach helps him to stimulate lively debates, simplifying complex issues and helping the public and professionals expand their understanding of health issues.

“There have been dramatic changes over the past decade in our views about healthcare and Patrick Holford has been right at the forefront of many of these changes, particularly with our revised appreciation of nutrition. The road to bad medicine and bad health is built on the foundation of dogma. It is refreshing to have this dogma subjected to fresh examination.”

**Dr John Marks, Life Fellow and former Director of
Medical Studies, Cambridge University**

Patrick is frequently involved in government campaigns and debates and is invited to the House of Commons, House of Lords and the Food Standards Agency as an expert in optimum nutrition.

Recent lectures and seminars include :

Department of Health, Dubai – Mental Health and weight management
Oxford University, School of Medical Sciences – post-graduate courses
National Association of Head Teachers – Food for Children’s Brains
Academy of Chief Executives – optimising performance
Prince of Wales Foundation – nutrition and mental illness
Food Standards Agency – defining optimum nutrition
House of Commons – vitamin debate
Catering for Kids Conference – nourishing the next generation
Anti Ageing Conference – homocysteine and the ageing brain
International Society of Orthomolecular Medicine – methylation and psychosis

Publications:

Since 1997 Patrick has written 27 books selling more than a million copies worldwide. His books are available in 30 countries of the world and are in 15 different languages, from Arabic to Chinese:

The Optimum Nutrition Bible	and co-authored:
Optimum Nutrition for the Mind	Food is Better Medicine Than Drugs
The 30 Day Fatburner Diet	Optimum Nutrition for Your Child’s Mind
The Holford Low GL Diet	The Alzheimer’s Prevention Plan
The Holford Low GL Diet Made Easy	The H Factor
Natural Highs	Hidden Food Allergies
Natural Energy Highs	The Holford Low GL Diet Cookbook
Natural Chill Highs	Optimum Nutrition Before During and After Pregnancy
100% Health	The Optimum Nutrition Cookbook
Say No to Cancer	Balancing Hormones Naturally
Say No to Arthritis	Boost Your Immune System
Say No to Heart Disease	Improve Your Digestion
Beat Stress & Fatigue	Six Weeks to Superhealth.
Supplements for Superhealth	
500 Health Questions Answered	

His 100% Health newsletter is published in the UK (see www.patrickholford.com) and his Wellness Advisor newsletter is published in the US (see www.holfordhealth.com). He also writes a free e-newsletter. His newsletters are read by over 50,000 a month and his website receives over 150,000 visits a month.

Research papers:

In 2004 he authored Britain's largest ever health and diet survey (ONUK) comparing the health and diet of 37,000 people and is now conducting a nationwide survey on children's diet and its correlation with mental health.

Recent published papers include:

P. Holford et al, 'The Effects of a Low Glycemic Load Diet on Weight Loss and Key Health Risk Indicators' *Journal of Orthomolecular Medicine* (2006); 21(2): 71-78

ONUK Survey, ION, 2004

P Holford. 'Alzheimer's and Dementia: the nutrition connection'. *Primary Care Mental Health* (2004); 2: 5-12

A. Chaudary; A. Porter-Blake; P. Holford. 'Indices of Pyridoxine Levels on Symptoms Associated with Toxicity: A Retrospective Study' *Journal of Orthomolecular Medicine*. (2003); 18(2); 65-76.

P. Holford, S. Heaton. 'Vitamin B6: Extract of Submission to the UK's Food Standards Agency' *Journal of Orthomolecular Medicine* (2003); 18 (3 & 4): 161

P Holford 'Depression:the nutrition connection' *Primary Care Mental Health*(2003)1: 9-16

P. Holford 'Food for thought – and feelings: nutrition's role in restoring mental health' *Human Givens*. Winter 2003; 9 (4)

Press:

Patrick frequently appears on television and in the press, with a regular slot on ITV's GMTV and is often called in as an expert for ITV's Tonight with Trevor MacDonald news documentary programme.

Recent TV appearances include:

Horizon

Tonight with Trevor MacDonald

GMTV

ITV This Morning

BBC Breakfast

BBC News

London Tonight

Tyne Tees TV

Sky News

CBS News (US)

The Late Late Show (Ireland)

He is widely regarded as a leading edge and reliable source of information by the press:

"If there's one person who's done more than anyone to transform the perception of food in Britain, it's the visionary nutritionist Patrick Holford." *The Independent*
"Patrick Holford is one of the world's leading authorities on new approaches to health and nutrition." *Daily Mail*

"Patrick Holford offers the most informative, easy to read, cutting edge alternative information you can trust. The Times 'Health Journalist of the Year'

"Health guru Patrick Holford addresses the true causes of illness – diet. Holford may be regarded as being outside the mainstream, but increasingly his approach is being fostered in conventional medicine." *Guardian*