

Noakes and Holford collaborate in new TV series

My Food Addiction, a reality TV series starring psychologist, Patrick Holford and nutritional expert, Professor Tim Noakes, with a guest appearance from chef, Jamie Oliver, will air in 2017.

The series will display Holford and Noakes developing science based, tailored programmes for participants on the show seeking help with specific health issues such as weight loss, diabetes, digestion, and inflammation. Through the course of the show, these participants will learn how to take charge of their health and live a better, fuller life.

In preparation for the show, Holford will be in South Africa and presenting in-depth health seminars in Cape Town, Port Elizabeth, Durban and Johannesburg between 9 and 12 May. Book your ticket online at <https://www.quicket.co.za/events/?search=Patrick%20Holford>.

For further information, visit <http://www.holforddirect.co.za/patrick-holfords-feel-amazing-right-now-tour/>.

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