

Access Free The
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The Makers Diet Paperback

*How would you like
to feed your family a
delicious, biblically-
inspired, beyond
organic diet each
and every day?*

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Maker's Diet Meals will give you a step-by-step guide to creating 150 mouth-watering breakfasts, lunches, dinners, snacks, smoothies, and desserts to help you lose weight and feel great.

Combining the Bible's ancient wisdom with the

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best of modern science, Maker's Diet Meals unveils an eating plan that can help you shed unwanted pounds while cleansing and detoxifying your body. More than just a cookbook, Maker's Diet Meals will teach you the health secrets of the Bible

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*and introduce you to
an ancient way of
eating that is gaining
the attention of
modern science.*

*More than just a
cookbook, Maker's
Diet Meals will teach
you the health
secrets of the bible
and introduce you to
an ancient way of
eating that is gaining*

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*the attention of
modern science.*

*Soup Maker Recipe
Book, Vegetarian
Cookbook,*

*Smoothie Recipe
Book, 5 2 Diet*

*Recipe Book: Soup
Maker Recipe Book:
We all find ourselves
attempting and
failing to tackle the
limited time we have*

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during the day! This soup recipe cookbook not only includes a wide variety of soup recipes that will leave you feeling satisfied but it was based on a shared goal that most everyone strives for better health in half the time! If you are

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*tired of the fatty,
carb-filled cycle of
eating you are stuck
in, then this
cookbook will help
you to see that you
too can create tasty,
healthy meals from
home! If you love
soup, then this book
is designed just for
you as you rebuild a
better lifestyle with*

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*convenience and
ease in mind.*

*Vegetarian
Cookbook:*

*Maximize your
vegetarian lifestyle
with this collection of
super easy to make
(all recipes ready in
under 30 minutes)
and delicious
vegetarian recipes.*

The book is packed

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with a variety of recipes from a range of culinary traditions to make it easy for beginners to whip up quick and delicious vegetarian meals without fuss. It is divided into three handy sections for breakfast, lunch and dinner recipes. Click the buy button today

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*to whip up quick,
easy and delicious
vegetarian treats!
Smoothie Recipe
Book: If you are
ready to put a stop
to being tempted by
convenience foods
and becoming
agitated at the hum-
drum of eating better
Smoothies are an
amazing creation*

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that has the power to withhold a variety of good-for-you ingredients all in one delicious concoction. If you are looking to lose weight, get a better boost of energy that lasts longer, eager for more radiant skin, or just seeking an easy way to

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*consume your fruits
and veggies, then
this book is just the
right fit for you!*

*Here's a quick
sneak peek to some
recipes: Vitamin E*

Green Smoothie

Zesty Fat Burner

Smoothie Alkalinity

Bliss Smoothie

Toxic Blast

Cleansing Smoothie

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Morning Magic

*Smoothie Leafy Anti-
Aging Power*

Smoothie Kick Booty

Kale Smoothie 5 2

Diet Recipe Book:

*The 5:2 fast is one
of the easiest and*

quickest ways for

you to lose weight. It

works with your

body, helping you to

burn fat and weight

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without counting all the calories and while still being able to go on a diet that works around your schedule. The idea behind this diet plan is that you will pick two days during the week where you will keep your calories low, usually under 500 to 700 for the

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whole day. As long as these days are not back to back, they can be any day that you would like.

Pick a few days during the week when you are usually really busy and it won't seem so bad. For the other five days of the week, you will be

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able to eat regular calories. You should be careful about not going overboard, but if you eat a relatively healthy diet, even if you splurge a little bit on these other five days, you will still end up taking fewer calories thanks to those two fast days. It is that

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simple! You want to lose weight, but if you feel deprived all the time, you will give in to the cravings and never see the results that you want. This is where this guidebook can come in!

We all should strive to be better

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Christians. This book will change your life! Learn what God wants us to eat in order to healthy enough to work in ministry! Scriptures can bring our bodies into subjection, because we allow the spirit of God direct steps in life. When we put the

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spirit first and it is saturated in nutrients; then, we can concentrate on the body. Within the pages of this book you'll also discover the customs of man verses the Creator's plan.

Practical steps for losing weight the best way! The

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Maker's Way! So you've started living a life of health according to The Maker's Diet, but you want more. This companion resource provides you with the nuts-and-bolts knowledge you need to succeed on your 40-day health experience. This

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*book will not only
give you the
practical advice you
need for success,
but also encourage
you and your family
to live out the three
phases of your Bible-
based health plan.
This detailed guide
will help you:
Develop meal plans
for 40 days Prepare*

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*foods using healthy,
tasty recipes Create
shopping lists
featuring healthy
ingredients
Featuring
information not
found anywhere
else, this book is an
indispensable tool
for fully experiencing
The Maker's Diet. It
offers you daily help*

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*in the places you
need it most: the
kitchen, the dinner
table, and the
grocery store.*

*It Ain't No Darn Diet
Book*

*The Maker's Diet
Cooking 2 Live*

*The Big Book of
Health and Fitness*

*Meal plans for 40
days - Shopping lists*

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- Recipes

*The 40-Day Health
Experience That Will
Change Your Life
Forever*

*Change the World
with Your God-
Given Dream*

**The Maker's Diet
Is Back! Follow a
Health Plan
Designed by Our**

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**Creator! More
than fifteen years
after its
groundbreaking
release, The
Maker's Diet is
still changing
lives with a
vibrant program
that can pull you
out of the grip of
debilitating**

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**disease and help
you enter the
Promised Land
of excellent
health. Jordan
Rubin knows
what it was like
to be living at
death's door.
Twenty-five
years ago, he
was suffering**

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**from Crohn's
disease in
addition to a host
of incurable
digestive
illnesses, leaving
him with a bleak
future. At just
nineteen years
old, Jordan
wondered if he'd
survive to his**

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next birthday.

**After visiting
seventy doctors
and trying every
"miracle" drug,
diet, and
supplement on
the market, he
found himself
tearing through
the pages of the
world's oldest,**

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**most sacred, and
bestselling
book--the Bible.
What he found
was a superb
health plan that
literally
transformed his
life and gave rise
to The Maker's
Diet. Using a
truly holistic**

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**approach to
good health, The
Maker's Diet will
help you:
Improve
digestion Boost
your immune
system Increase
your energy
Attain and
maintain your
ideal weight**

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**Reduce stress
Improve your
physical
appearance
While Jordan's
three-phase,
40-day health
plan remains
intact, in this new
edition, he's
directed his
healthy-living**

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**prescription to a
new audience
living in a unique
time: the first
generation to
suffer in alarming
numbers from
chronic
degenerative and
autoimmune
diseases such as
multiple**

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**sclerosis, lupus,
chronic fatigue
syndrome,
Crohn's disease,
Type I diabetes,
and even
Parkinson's
disease.**

**Additionally, the
addiction to
opioids--from
prescription pain**

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**relievers to
fentanyl--has
created an
"overdose crisis"
among young
people. With all
this bad news,
our very
existence as a
species is
threatened if we
don't**

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**change--and
change quickly.
But Jordan has
some good news:
you can redirect
your own health
destiny, no
matter how old,
or how
unhealthy, you
are right now.
Now is your**

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**opportunity to try
the Maker's Diet
40-Day Health
Experience--forty
days that will
change your life
forever
Diet books
contribute to a
\$60-billion
industry as they
speak to the 45**

Access Free The
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million

**Americans who
diet every year.
Yet these books
don't just tell
readers what to
eat: they offer
complete
philosophies
about who
Americans are
and how we**

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**should live. Diet
and the Disease
of Civilization
interrupts the
predictable
debate about
eating right to
ask a hard
question: what if
it's not
calories—but
concepts—that**

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**should be
counted?**

Cultural critic

Adrienne Rose

Bitar reveals how

four popular

diets retell the

“Fall of Man” as

the narrative

backbone for our

national

consciousness.

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Intensifying the moral panic of the obesity epidemic, they depict civilization itself as a disease and offer diet as the one true cure. Bitar reads each diet—the Paleo Diet, the Garden

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**of Eden Diet, the
Pacific Island
Diet, the
detoxification or
detox diet—as
both myth and
manual, a story
with side effects
shaping social
movements,
driving industry,
and constructing**

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**fundamental
ideas about
sickness and
health. Diet and
the Disease of
Civilization
unearths the
ways in which
diet books are
actually utopian
manifestos not
just for better**

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**bodies, but also
for a healthier
society and a
more perfect
world.**

**In today's world,
toxicity has
become a matter
of great concern.
That is due to the
fact that today's
life style is**

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**causing a lot of
toxic substances
to accumulate in
the human body.
The primary
factors causing
this
accumulation are
air and water
pollution,
stronger
chemicals,**

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**radiation and
nuclear power.
Put into this are
all the new
chemicals and
drugs that people
are ingesting
along with sugar,
refined, foods,
stimulants and
sedatives.
The Jerusalem**

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**Diet is a
remarkably
simple and
flexible plan that
will transform
your perspective
on food, diets,
and health. You'll
rediscover how
to relax and
enjoy life, moving
steadily toward**

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**your ideal weight
while still taking
pleasure in the
foods you love.**

**SIMPLE: No
expensive foods,
supplements, or
exercise
equipment
required. All you
need is a good
digital scale, a**

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Makers Diet
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**calendar, some
basic food items
available at any
grocery store,
and a willingness
to “lighten
up”—physically,
spiritually, and
emotionally.**

GUILT-FREE:

**This easy-to-
follow plan frees**

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**you to stop
counting
calories,
agonizing over
menu choices,
and pursuing
extreme exercise
programs.
Instead, you'll
learn how to lose
weight while still
eating the foods**

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**you love and
enjoying life to
the fullest. LIFE-
CHANGING: The
Jerusalem Diet
reenergizes not
only your body
but also your
outlook on life.
As you move
toward your ideal
weight—one day**

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Makers Diet
Paperback

**at a time, one
pound at a
time—you will feel
better, look
better, and live
better.**

**Developed by a
busy pastor who
loves food and
admits to a lack
of self-control
when it comes to**

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**eating, The
Jerusalem Diet is
designed to work
for anyone who
can manage to
stay on a diet for
just 24 hours. If
you want to shed
pounds and keep
them off—without
starvation,
deprivation, or**

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**frustration—this is
the plan you've
been waiting for.
A Compilation of
One Soccer
Mom's Favorite
Traditional Food
Techniques and
Recipes
The Maker's Diet
Revolution
Become a Diet**

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**Rebel and Make
Friends with
Food
Societal Customs
Vs the Creators
Diet Design
A Practical Guide
to Simple
Sustainability
Recipes and
Reasons
The 10 Day Diet**

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**to Lose Weight
and Detoxify
Your Body, Mind,
and Spirit**

*Over 85% of
Americans today
express concern
about health
and the
environment,
but only a small
fraction say they*

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*know where to
begin. Whether
you are
concerned
about climate
change,
personal health,
or just want to
live more lightly
on the planet,
this book is for
you. It helps you*

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Makers Diet
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*get past the
worry and take
positive action
to improve both
your health and
the health of our
environment.*

*Based on a
lifetime of
research and
practice, this
practical guide*

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*for living green
offers advice
and solutions
you can easily
put into
practice, like:
*The 10 foods
you should
always eat
organic to avoid
pesticides,
herbicides,*

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*hormones and
antibiotics.*

**Affordable and
practical ways
to offset your
"carbon
footprint" and
neutralize your
personal impact
on global
warming. *The
most chemically-*

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Makers Diet

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intensive

personal care,

household

cleaning and

lawn care

products, and

their effective

natural

alternatives.

**How soft*

plastic water

bottles hurt

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Makers Diet
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*your health,
your pocket
book and our
environment,
with a simple
and refreshing
alternative.*

**How a simple
carbon filter can
dramatically
improve your
everyday health*

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*and potentially
add years to
your life. *The
truth about
hybrids and flex
fuels. *Why an
organic
mattress is the
most important
health
investment you
can make.*

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*Foreword by
Jordan Rubin,
New York Times
best-selling
author of The
Maker's Diet.
Our foods have
lost up to 70%
of some
nutrients in the
last 70 years.
Even organic*

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foods have little more nutrient density than those conventionally grown. This loss of nutrition may explain our increasing health concerns. Whatever your goals and

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*dreams in life,
all will be more
easily achieved
when your body
and mind
receive the best
nutrition from
optimally-grown
foods. Learn how
the Beyond
Organic
Growing System*

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(BOGS) can produce Nutrition Grown foods, with many times the nutrient content of typical produce. Plants must receive the optimal nutrition they need to be able

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*to express their
full potentials to
create large
arrays of health-
giving
phytonutrients.
In turn, people
and animals
who eat these
Nutrition Grown
plants receive
the*

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*phytonutrients
and biophoton
energy they
need to help
them express
their full
potentials."The
cure just might
be in the garden-
the Nutrition
Grown
garden!"Praise*

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*for Beyond
Organic..."In
order to take
control of your
health, I
recommend you
make an
attempt to grow
your own food
the Beyond
Organic way."*

Jordan Rubin,

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*NMD, PhD, New
York Times
Bestselling
Author, The
Maker's Diet,
Founder,
Garden of
Life" For
decades 'fast,
convenient and
cheap' seemed
to be what food*

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Makers Diet
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*production was
all about. Now
Dr. Bogs
suggests it
might be about
'nourishing
people.' What a
novel idea!"*

*Frederick
Kirschenmann,
Author of
Cultivating an*

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*Ecological
Conscience:
Essays From a
Farmer
Philosopher,
Distinguished
Fellow of
Leopold Center
for Sustainable
Agriculture,
President of
Stone Barns*

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*center for Food
and Agriculture,
and President of
Kirschenmann
Family
Farms"Any type
of food
produced on
fully
mineralized soil
in proper
balance*

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contains much more nutrition. I'm not talking here about the insignificant 20 percent more nutrient density that the organic farming industry claims their fruits and vegetables have

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when compared to conventionally grown stuff; I'm talking about 200 to 300 percent more nutritional content, which is possible to achieve by going beyond

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*what most
people think of
as 'organically
grown.' In case
you don't realize
the benefits
from taking in
several times
more nutrition
than the
average person
gets today, the*

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*reasons why you
should are
explained in
plain talk (and
unobtrusively
documented
with peer-
reviewed
publications) by
Dr. Jana Bogs, a
soil-health
consultant*

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*working in
Hawaii. Her
book Beyond
Organic:
Growing for
Maximum
Nutrition and
Flavor will make
you stand up
and demand
nutrient-dense
food." Steve*

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*Solomon, author
of The
Intelligent Gardener
"Beyond
Organic:
Growing for
Maximum
Nutrition and
Flavor, the
important new
book by Dr Jana
Bogs, is a tour-*

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de-force

*covering the
profound*

*relationship
between soil
health and*

human health.

*In her personal,
passionate and
articulate style*

she

demonstrates

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*that we are
what we eat,
and what we eat
comes from
soils that are a
shadow of their
former selves.
Beyond Organic
is a call to arms
for both food
producers and
consumers.*

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While industrial, extractive agriculture has often delivered contaminated, sub standard produce, the prevalent 'organic by neglect' model has also failed us. On many

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*occasions we
pay premium
prices for
chemical-free
food that is
demonstrably
lacking in the i
mmune-
enhancing
nutrients for
which there is
such a need.*

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Jana's nutrition-focused alternative offers proven solutions and strategies for both home and commercial food producers. Growers and gardeners will discover the

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*secrets of
profitable,
chemical-free
food production
whilst acquiring
an invaluable
insight into
their own
health,
happiness and
longevity.*

Beyond Organic:

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*Growing for
Maximum
Nutrition and
Flavor is a must-
have for those
seeking to
produce
nutrient-dense
food with
forgotten flavors
and enhanced
medicinal*

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qualities. Thank you Jana, for sharing your personal journey and your in-depth understanding of both the problem and the solution."

*Graeme Sait,
CEO Nutri-Tech*

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*Solutions and
author of
Nutrition Rules!
Expanding
beyond the
solely
nutritionally
based
information in
his former book,
The Maker's
Diet, Jordan*

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Rubin will take readers through a comprehensive look at their body and their health in The Great Physician's Rx for Health and Wellness Study Guide. In this

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*study guide,
Rubin will walk
readers through
7 Keys to
achieve good
daily health
habits-not only
for the disease-
ridden, but also
for anyone
desiring to live
an abundant life*

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*of health and
wellness.*

*If you are ready
to put a stop to
being tempted
by convenience
foods and
becoming
agitated at the
hum-drum of
eating better
Then you will be*

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*surprised at
what this
smoothie recipe
book has to
offer for your
valuable time
and your overall
health!*

*Smoothies are
an amazing
creation that
has the power*

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*to withhold a
variety of good-
for-you
ingredients all
in one delicious
concoction. If
you are looking
to lose weight,
get a better
boost of energy
that lasts
longer, eager*

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for more radiant skin, or just seeking an easy way to consume your fruits and veggies, then this book is just the right fit for you! Fruits and vegetables should be always part of

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*the human diet!
They supply our
body with the
vitamins and
minerals needed
to boost the
immune system
and for the body
to function
properly.
Smoothies are
great drinks*

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*that changes
how you intake
fruits and
veggies to your
body. With
smoothies, you
are likely able to
consume a cup
of whole fruits
and veggies 3x
faster than
when you eat*

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them solid.

*Amazing, right?
In a study, it has
been found that
only 4% of
students eat a
serving of fruit
in their
breakfast. But
when fruits
were served in
schools as*

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smoothies, the number of students eating full serving of whole fruit increased to 45%. That's how smoothies create a strong impact to our health and diet. Many of us don't

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*have the time to
whip up
breakfast and
snacks, but
everyone has
the time to
blend up a
healthy and
delicious
smoothie that
not only
satisfies the*

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*taste buds but
fuels us with
energy,
vitamins, and
nutrients our
bodies crave.
This is what
makes
smoothies
perfect any time
of the day! You
can quickly*

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*make yourself a
smooth, tasty
smoothie in just
a zap in your
blender. No
need to preheat
the oven, no
need to turn on
the stove, no
need to clean
skillets and pans
and tongs and*

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*other stuffs -
just drop the
ingredients in
the blender and
voila! A
smoothie is
served, a great
beverage to
make you feel
full and will
make you
healthy. This*

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book is jam-packed with easy-to-make healthy smoothies in an assortment of flavor. The recipes were categorized based on their optimum benefit for the health.

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*We have
smoothie
recipes for anti-
aging, for
boosting and
amplifying
energy, and
smoothies filled
with
antioxidants and
other much-
needed minerals*

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and vitamins.

*Here's a quick
sneak peek to
some recipes:*

*Vitamin E Green
Smoothie Zesty
Fat Burner
Smoothie*

*Alkalinity Bliss
Smoothie Toxic
Blast Cleansing
Smoothie*

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*Morning Magic
Smoothie Leafy
Anti-Aging
Power Smoothie
Kick Booty Kale
Smoothie Being
healthy does not
have to be hard!
Make taking
care of your
health easy with
this book filled*

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*with more than
100 smoothie
recipes! You are
the only one
stopping
yourself from
becoming the
healthiest
version of
yourself
possible. What
are you waiting*

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*for? A better life
and
extraordinary
health are just
one blend away!
The Maker's
Diet Shopper's
Guide
Simple and
Tasty Recipes
Featuring God's
Ingredients*

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*Re-Size America
The Maker's
Diet: Updated
and Expanded
Biblically-
Inspired
Delicious and
Nutritious
Recipes for the
Entire Family
Maker's Diet
Meals*

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*The Joseph
Blessing*

***Our obsession with
being healthy and
living forever has
driven us to push
our bodies to the
absolute limits, but
still every year
we're being told
how unhealthy we
are as a
population. Despite***

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a wealth of information at our fingertips, there are still so many things we get wrong about food and health. The No Need To Diet Book explains the reasons why diets and over exercising don't work; the problems with eating for aesthetic

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***goals; the science
behind orthorexia,
food anxieties and
emotional eating,
and other
unhealthy habits
formed by
misinformation.
This book will
challenge our
misconceptions
about what is
healthy, and get to
the heart of it***

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using evidence-based science.

Are you ready to lose weight and transform your body, mind, and spirit in just ten days? If so, Jordan Rubin, one of Americas most recognized and respected natural health experts, has a revolutionary

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***approach to help
you win the battle
of the bulge and
experience a true
health
breakthrough.
Combining the
Bibles ancient
wisdom with the
best of modern
science, The
Makers Diet
Revolution unveils
an eating plant***

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Makers Diet
Paperback

*that can help you
shed unwanted
pounds while
cleansing and
detoxifying your
body. More than
just a diet, The
Makers Diet
Revolution will
help you power
your mind,
supercharge your
spirit, and walk in
a lifetime of favor*

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Paperback

and blessings. This new edition includes the 10-Day Transformation journal that is uniquely customized to bring you spiritual refreshing and encouragement during the Maker's Diet Revolution experience.

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A great book that mixes real-life reminders and tips on how to eat healthy and control weight every day and at special events with humor mixed in. I have always understood what to do to lose weight. This book helps the mind in how to really put

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***that knowledge
into action.***

***(Monica K., age
45) I recommend
this book. It was
full of humor as
well as a lot of
personal stories
related to weight
loss. It was a good
motivator for me to
even make small
changes in my
eating habits not***

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***only to lose weight
but to be healthier.
I never would have
thought about
making a list of my
favorite foods and
then matching
recipes to make
that have those
foods in them or
having soup as a
meal if the scale
says I'm up. (Kim
W.) Interesting***

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book that lists the benefits of making better food choices. Has creative hints on how to eat more nutritious food and portion control mixed with parts of humor and small portions of autobiography of the author's life. Would be an easy

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and fun read for anyone looking to lose weight. (Lisa R., age 36) I truly enjoyed reading this book. Many diet books tend to be very boring and "matter of fact." This book is written with a great deal of humor. It gives a lot of suggestions

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Makers Diet
Paperback

***and helps to
establish good
eating habits for a
lifetime. (Lois G.)
Honoring Gods
Temple explores
the relationship
between the mind,
body, soul, and
spirit. To live a life
of peace and
purpose, we must
have all facets of
our being in one***

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Paperback

accord. As we begin to shift our understanding and transform our pattern of thinking, our life will manifest itself as healthy and holy. Honoring Gods Temple gives very practical methods to achieve each step of a lifetime change.

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***No extreme diets
and no radical
exercises are
necessary to
achieve the new
life you desire. Just
simple, effective,
biblical guidelines
are offered to help
you achieve your
goal.***

***The Publishers
Weekly
Finding Your***

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Paperback

***Perfect Weight
Living Green
The Everything
Anti-Inflammation
Diet Book
The Treating
Arthritis Diet Book
As Told on the
Internet
The easy-to-follow,
scientifically-
proven plan to
Reverse and
prevent disease***

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Makers Diet
Paperback

***Lose weight and
increase energy
Slow signs of aging
Live pain-free***

Presents a guide to maintaining health and physical fitness, providing advice on nutrition, healthy eating, exercise, and preventive measures against disease.

Simple and delicious recipes that can help

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you achieve optimal health: Cooking 2 Live takes the natural approach to healthy cooking and yields successful results to even the most discriminating palate. This extraordinary book takes you where no other cookbook has gone before. Within these pages, you will discover:

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Simple recipes using natural, wholesome ingredients; Little-known food facts that will change your grocery-shopping habits; Biblically-based principles that will teach you how to improve your overall health; Yummy dishes, perfect for every occasion! All the fad diets and

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contradictions over what is and isn't healthy can be downright confusing. However, *Cooking 2 Live* simplifies healthy living deliciously! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (III John 2) Throughout Sandy's thirty years in

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the food manufacturing business, she has been involved in many aspects of the overall food industry, including product development. Yet, even with all this knowledge, she spent years taking injections and antibiotics for chronic sinus and upper-respiratory

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infections, never imagining that these illnesses could be food-related. In early 2005, she read the book, *The Maker's Diet*, by Dr. Jordan Rubin and the revelation of God's design for our health completely changed her life. Sandy combined her professional food

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expertise with the Biblical food plan originated by The Creator, and immediately began developing a wide variety of delectable recipes from natural ingredients. She has now been totally healthy for years, with no more occurrences of sinus or respiratory problems. Today,

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Sandy's personal mission is to help carry this good news to others seeking optimum health through her own book, *Cooking 2 Live*. For more information and additional recipes, visit www.cooking2live.com.

Re-Size Your LIFE!

Look around. What do

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you see? American obesity is at an all-time high, even while eating disorders plague teenagers, and the stick-thin model is touted as the pinnacle of beauty. Does this seem right? New York Times best-selling author Jordan Rubin certainly doesn't think so. His 16-week health plan

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isn't about losing ten pounds to look like a picture in a magazine. It's about finding the perfect weight for you. This may not be what you weigh right now. It may not be what your best friend weighs, or what your mother weighs. But somewhere inside you, there is a perfectly thin you just

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waiting to be revealed. Based on a landmark study conducted by Rubin in “one of the unhealthiest cities in America,” Re-Size America has been created as a program to help you achieve your perfect weight. With solid medical advice from Bernard Bulwer, MD, an

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advanced clinical fellow at one of the premier teaching hospitals at Harvard Medical School, this book contains the blueprint for re-sizing your life!

The Best Way to Lose Weight! The Maker's Way! Designed as a follow-up to his New York Times best-seller, The Maker's

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Diet, Jordan Rubin takes his nutritional strategies to the next level in this 16-week program calculated to help you not only achieve your weight-loss goals, but maintain them in the future. By addressing your whole person—body, mind, emotions, and spirit—The Maker's

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Diet for Weight Loss
will help you reach a
weight that makes
you look good and
feel great about
yourself as you: Eat
for your body type,
age, gender, and
region Maximize
nutrients while
reducing calories
Eliminate toxins inside
and outside your body
Learn the best ways

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to “cheat” without getting off track With sold medical advice from Bernard Bulwer, MD, an advanced fellow at one of the premier teaching hospitals at Harvard Medical School, The Maker’s Diet for Weight Loss presents a holistic approach to weight loss that will change your life

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Paperback
forever.

Eat Fat, Lose Fat
The Maker&'s
Diet For Weight Loss:
16-week Strategy for
Burning Fat,
Cleansing Toxins, and
Living a Healthier Life!
Romans 12:1
Enhancing Low Carb
Diets
Honoring God's
Temple
The Healthy

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Alternative to Trans
Fats

The Natural Way

*"There are many
items in our
modern diet
that are made
of laboratory-
created
chemicals.*

*These are
clearly not
part of the*

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*Creator's
eating plan."
In a world
infatuated with
junk food and
fad diets, why
have we
overlooked the
simple
instructions
provided in the
Bible that have
guided people*

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*for thousands
of years toward
better health?
You don't have
to be Jewish or
a Christian to
find wisdom for
healthier
living in this
doctor's
scripturally
based book on
eating and*

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*feeling better,
and living
longer. You'll
learn the truth
about grains
and nuts, and
the ins and
outs of meat,
fat and
sweeteners.
Discover why
beverages can
be the elixirs*

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*of life or
death. The
principles here
will help
anyone who is
sick and tired
of feeling sick
and tired find
energy, freedom
from illness
and more
vibrant health.*

Dr. Rex Russell

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*through his
book What the
Bible Says
About Healthy
Living has made
a difference in
so many
people's lives
who he'll never
see on this
side of heaven
and I proudly
count myself as*

**Access Free The
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one of them. -

Jordan S.

*Rubin, New York
Times*

Bestselling

author of The

Maker's Diet

and The Great

Physician's Rx

for Health and

Wellness

Olive oil

protects your

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heart.

*Mushrooms fight
free radicals.*

*Ginger can
combat*

rheumatoid

arthritis Why

live with

chronic pain

when the remedy

can be as

simple as

changing the

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*foods you eat?
Diets high in
processed,
fatty, and
sugary foods
are the main
cause of
chronic
inflammation,
which wreaks
havoc on your
body and
contributes to*

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*heart disease,
diabetes, Alzhe
imer's--and
even cancer.
But with this
easy-to-use
guide, you will
learn how to
modify your
diet to reduce
your risk of
developing
these serious,*

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life-

*threatening
conditions.*

Inside,

nutrition

expert Karlyn

Grimes shows

you how to:

Identify

inflammatory

foods Add infla

mmation-

fighting foods

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to any diet

*Create an anti-
inflammation*

plan you can

live with Get

the whole

family on board

This book

includes

flexible meal

plans, 150

delicious

recipes, and

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*time-saving
shopping and
preparation
tips. It's all
you need to
create balanced
meals using
fresh,
unprocessed
foods that
nurture your
body and soul.
Join biblical*

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*health author
Hope Egan and
lifelong
healthy eater
Amy Cataldo as
they unveil the
long-awaited
follow-up to
What the Bible
Says about
Healthy
Living. Helping
you incorporate*

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God's

ingredients

into your life-

simply and

without

sacrificing

taste-this

companion

cookbook shows

you how to

prepare meals,

snacks and

desserts based

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*on the
principles
outlined in
What the Bible
Says about
Healthy Living.
For years
biblical health
experts have
been telling
you how to
think about
biblical*

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*eating. Now
there is a
complete
cookbook that
helps you take
action: [More
than 150 tasty
and easy-to-
prepare
recipes, such
as Sweet Potato
Fries, Pesto-
Crusted Salmon*

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*and Chocolate
Peanut Butter
Balls. [*
*Insights into
the Three
Principles from
What the Bible
Says about
Healthy Living
that will
change your
diet and
improve your*

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health. [
Nutritional
facts that
highlight the
amazing design
behind God's
ingredients.
HOLY COW! Does
God Care about
What We
Eat? HOPE EGAN
has written
several books,

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*including Holy
Cow! Does God
Care about What
We Eat? She is
an editor for
First Fruits of
Zion, an
educational
ministry that
teaches about
the Hebraic
roots of
Christianity.*

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AMY CATALDO, a
lifelong
healthy eater
and homemaker,
is passionate
about cooking
with God's
ingredients—and
sharing her
experience and
knowledge with
others. "I am
enthusiastic in

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my

*recommendation
of the What the
Bible Says
about Healthy
Living
Cookbook. It
is, in many
ways, the long-
awaited
companion to my
book, What the
Bible Says*

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*about Healthy
Living." --Rex
Russell, M.D.*

*"These simple
to prepare
recipes should
inspire anyone
who wants to
honor their
body-God's
Temple-and feed
their family
from a biblical*

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perspective."

--Jordan

*Rubin--NewYork
Times best-
selling author
of The Maker's
Diet.*

*The Maker's
Diet for Weight
Loss*

*Patient Heal
Thyself*

The No Need To

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Diet Book

The Jerusalem

Diet

Three Biblical

Principles That

Will Change

Your Diet and

Improve Your

Health

What the Bible

Says About

Healthy Living

Cookbook

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*What the Bible
Says about
Healthy Living*

***This is not a
book. It may
look and feel
like any other
book you've
held in your
hands and
plopped on your
nightstand-but***

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Makers Diet
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***it's not a book.
It's a blog in
print. A book
should be a fluid
continuous
stream of prose,
with a climactic
arch and a
subsequent
dénouement.
This printed
blog doesn't***

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really have those things. It has blog posts, posted comments, and emails in chronological order. It does tell a story, true-but it's neither edited, nor polished. This is

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***an in-the-
moment angst
of a first-time
mother going
through a
Russian
adoption. A
memoir would
be told in the
wise voice of a
narrator who's
been through***

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the process

successfully.

This blog is told

in the frantic

voice of a chick

who had no idea

what was going

on. It's not a

book, but it's

our story.

Are you ready to

change your

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***life? In this
essential
companion to
Re-Size
America, New
York Times best-
selling author
Jordan Rubin
provides you
with the keys to
finding and
maintaining***

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your perfect weight. More than just a daily log of activities, the Re-Size America Journal is a guide to sustaining your inspiration, your focus, and most of all, your perfect weight

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***as you move
through the
sixteen-week
program and
beyond.***

***Included in the
Re-Size America
Journal: A
perfect weight
checklist The
Perfect Weight
Eating Plan A***

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health

assessment

table A daily

diary Continuing

support and

education, and

more! Change

your diet.

Change your

life. Change

your world.

Are you looking

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***for a health plan
that is biblically
based and
scientifically
proven? The
Maker's Diet is
just that. Using
a truly holistic
approach to
health, this
groundbreaking
book leads you***

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***on a journey
that will change
your life. The
Maker's Diet will
help you: Boost
your immune
system Attain
and maintain
your ideal
weight Have
abundant
energy Improve***

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***your physical
appearance***

***Improve
digestion***

Reduce stress

Discover how

***Jordan Rubin's
faith-based***

journey from

near death to

vital health led

him to uncover

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***the timeless
principles of the
world's
healthiest
people. By
following The
Maker's Diet,
your health
dreams can
become a
reality.
With humor and***

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***candid
comments,
Rubin
challenges men
and women of
all ages to look
at health from a
brand-new
perspective in a
book that
documents
historically***

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**healthy
cultures, diet
secrets, and
nutritional
principles,
including
sources of
whole foods
that heal.
Changing from
the Inside out
Personally,**

Page 181/219

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***Practically and
Finally***

***Our Journey to
Kaden***

***The 40-day
health***

***experience that
will change your
life forever***

Smoothie

Recipe Book:

Recipes And

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**Juice Book Diet
Maker Machine
Cookbook
Cleanse Bible
(Smoothie
Recipe Book
Smoothie
Recipes
Smoothie
Recipes
Smoothie)
Diet and the**

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Paperback

***Disease of
Civilization
A Practical
Guide to Diet,
Exercise,
Healthy Aging,
Illness
Prevention, and
Sexual Well-
Being
The Great
Physician's Rx***

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***for 7 Weeks of
Wellness
Success Guide***

A diet and
nutrition book
from a new
perspective,
dispelling the
myth that dietary
fat is bad and
shows that these
saturated fats like

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coconut oil, red
meat, and butter
are actually
essential to
weight loss and
health. Based on
over two decades
of research, Eat
Fat, Lose Fat
flouts
conventional
wisdom by
revealing that

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vegetable oils
(such as corn and
soybean) are in
large part
responsible for
our national
obesity and health
crisis, while
healthy fats such
as those found in
coconut oil may
actually be the
secret to long-

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term wellness.

Filled with
delicious coconut
oil-based recipes,
this book features
three programs
that help you get
started eating
healthy fats to
lose weight and
achieve good
health for a
lifetime. “ If

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permanently
losing weight
while improving
your health is a
real goal, I highly
recommend Eat
Fat, Lose
Fat. ” —Dr. Joseph
Mercola,
bestselling author
of The No-Grain
Diet “ Dr. Mary
Enig and Sally

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Fallon are two of the most important voices in the wellness revolution. Eat Fat, Lose Fat is a must read. ” —Jordan S. Rubin, New York Times bestselling author of The Maker ' s Diet
WHY YOU ARE

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BUYING THIS
BOOK: -You ' re
sick of dieting and
failing. - You ' re
sick of feeling
miserable,
unhappy, unloved,
and envious of
others. -You are
sick of trying,
knowing you
won ' t succeed.
-You are sick of

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your own

excuses. -You are ready to own your blame and own your life. -You are ready to take control and steer your life in the direction YOU want to go. -----

----- How many times have you thought, “ The

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world is against
me. ” I ’ m here to
tell you that
you ’ re wrong.
The world isn ’ t
for or against you.
The world doesn ’ t
give a rat ’ s
bottom about you.
YOU have to care
about yourself!
You are reading
this book because

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you are a victim; a
victim of your
own self-fulfilling
prophecy of
failure. I know, I
know, “ It ’ s too
hard, I can ’ t do it.
I have too much to
lose. ” Get out of
your funk, quit
your moaning and
do something!
How do you know

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if you can succeed
if you don ' t try?

Take this
experience and
shape your
destiny.

One mom's
favorite traditional
food preparation
techniques and
recipes, from
making yogurt at
home, to

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sauerkraut, to
bone broth, to
soaking grains,
nuts, seeds and
beans. With
beautiful and
descriptive
photography, the
author shares her
favorite uses of
these methods,
with an eye to the
nutritional reasons

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for doing so. From Sally Fallon Morell and the Weston A. Price Foundation: "We've seen a profusion of cookbooks about traditional diets in the last few years, most of them with many excellent qualities, but The Funky Kitchen by

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Phoenix chapter leader Sarica Cernohous fills a real need. Rather than supply us with a large number of recipes, Cernohous focuses on the core principles, giving detailed explanations and

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instructions for each, along with a few well-illustrated recipes...A big Thumbs UP to The Funky Kitchen, a real contribution to those of us who like to escape to the kitchen!" The book offers unique

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ingredient suggestions that the author has learned through her years of making traditionally-prepared foods in her own kitchen.

Additionally, her education and experience as a practitioner of

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Traditional Chinese Medicine infuses different elements of her writing, imparting its theoretical basis for some of the techniques shared. It is an easy-to-follow primer on these basic techniques, so that anyone

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can immediately
begin using them
in their own
kitchen.

Offers
inspirational
advice drawn from
the story of how
Joseph endures
opposition and
persecution only
to see his dreams
realized.

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Healthy Smoothie
Recipe Book, Soup
Maker Recipe
Book, Vegetarian
Cookbook & 5 2
Fast Diet
Beyond Organic
Re-size America
Journal
The Ultimate
Detox Diet Book
A Right-Brain
Program for

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Successful Weight
Management
Not Another Diet
Book

Diet Book By a
Junk Food Junkie

*Finally! A
solution for
those suffering
with cancer,
heart disease,
arthritis,
diabetes,*

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asthma, IBS, and more! Today, Jordan Rubin is a doctor of naturopathic medicine and founder of Garden of Life and Ancient Nutrition. But at the age of 19, Jordan was diagnosed with Crohns diseasean

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*incurable
digestive
ailment. In one
of the most
dramatic natural
healing stories
ever told,
Jordan
discovered a
natural path to
complete healing
and sustained
health. In this
updated and*

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*expanded edition
of Patient Heal
Thyself
(originally
published in
2002), Jordan
Rubin shares his
monumental
discoveries,
teaching you how
to take control
of your own
health and
unlock your*

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*body's phenomenal
healing
potential. In
this book, you'll
discover How the
body can
overcome
virtually any
health challenge
by following the
Makers Diet The
key to attaining
and maintaining
vibrant health*

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*lies in your
gastrointestinal
tract Which
specific foods,
not found in our
modern diet,
hold the key to
healing a wide
range of health
conditions
Complete
protocols for
diet and
nutritional*

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supplements The
simple, life-
changing
strategies and
ancient
principles found
in this book can
help you chart a
path for
wholeness. Get
in the drivers
seat and take
control of your
health journey

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Paperback
today!**

*FOODS TO HELP
AND HEAL
ARTHRITIS - EAT
BETTER, FEEL
BETTER* Hundreds
of thousands of
people with
arthritis have
been helped by
the Margaret
Hills Clinic and
by Margaret's
bestselling

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*book, Treating
Arthritis: The
Drug-free Way.
This companion
title,
completely
updated with all-
new recipes,
offers a full
range of
nutritional
resources to
bring about an
improvement for*

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*struggling with
pain and
mobility.*

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simple
principles that
make this drug-
free protocol so
effective, this
book offers
hundreds of
recipes and
dietary plans,*

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as well as an
overview of why
diet is so
important for
managing
arthritis. It
caters for
vegetarians and
vegans, and has
recommendations
for those
managing auto-
immune
conditions such

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*as coeliac
disease, or food
allergies. There
are clean,
contemporary and
delicious meals
for every
season, as well
as such
essentials as
smoothies,
juices, bone
broth and
healthful bread*

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emphasis on
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local
ingredients, the
recipes in this
book complement
the Treating
Arthritis
programme to
offer gentle,
natural and
manageable steps
to reduce pain*

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*and improve
mobility.*

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