



The Maker's Diet

Jordan Rubin

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The Maker's Diet

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Are you looking 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 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 your physical appearance
- Reduce stress
- Improve digestion

Discover how Jordan Rubin's faith-based journey from near death to vital health led him to uncover the timeless principles of the world's healthiest people. By following The Maker's Diet, your health dreams can become a reality.

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