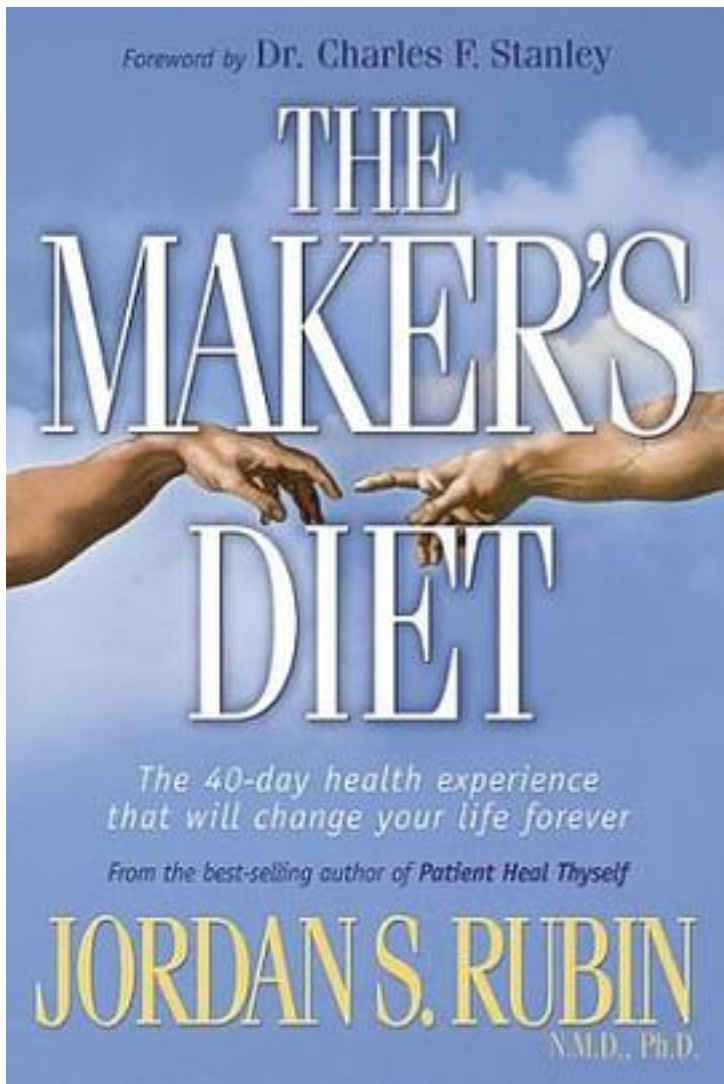


# The Maker's Diet



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著者:Jordan Rubin

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Discover the most talked about, groundbreaking health plan in years - Biblically based, scientifically sound, and proven to work.

After facing an "incurable" disease, Dr. Rubin baffled conventional doctors by discovering a cure - by turning to "man's first - and only - true health plan" using the dietary principles found in the Bible. It's a truly holistic approach that:

- Boosts the immune system.
- Enables followers to maintain ideal weight.
- Produces abundant natural energy.
- Improves physical appearance.
- Reduces stress.
- Helps digestion.

Dr. Rubin achieves all this and more by incorporating the four pillars of health (spiritual, physical, mental, and emotional), and prescribing a plan for diet, nutrition, exercise, hygiene, and body therapies for complete and total physical and spiritual wellness.

作者介绍:

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