



# **The Maker's Diet: The 40-day health experience that will change your life forever**

*Jordan Rubin*

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## **The Maker's Diet: The 40-day health experience that will change your life forever** Jordan Rubin

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

Improve digestion

Reduce stress

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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