

How to Build a Stronger, Healthier Body

THE MAKER'S DIET

A close-up photograph of two hands, one from a person with darker skin and one from a person with lighter skin, gently holding a small, translucent globe of the Earth. The hands are positioned on either side of the globe, with fingers slightly curled around it. The background is a soft, out-of-focus blue sky with wispy white clouds.

The #1 New York Times Bestseller
A practical, science-based guide to building a stronger, healthier body

Foreword by Dr. Charles F. Stanley

JORDAN S. RUBIN

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The Publishers Weekly, 1987

The Great Physician's Rx for 7 Weeks of Wellness Success Guide Jordan Rubin, 2006-02-05 Expanding beyond the solely nutritionally based information in his former book The Maker's Diet Jordan 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 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 of health and wellness

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