

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 best-selling diet book in the world, now a major motion picture
starring Jordan S. Rubin, the author of the book, and the film's director, Jordan S. Rubin

Foreword by Dr. Charles F. Stanley

JORDAN S. RUBIN

The Makers Diet Paperback

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Reminders Jordan Rubin, 2013-12-28 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 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 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 to cheat without getting off track With

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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

Honoring God's Temple Denise Thomas, 2008-12-10 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 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 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 Jerusalem Diet Ted Haggard, 2010-06-09 The Jerusalem 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 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 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 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 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 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 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 frustration this is the plan you ve been waiting for

The Rave Diet & Lifestyle Mike Anderson, 2009-03-01 A brilliant program I highly recommend it Neal Barnard M D author of Program for Reversing Diabetes The Rave Diet Lifestyle describes a diet and lifestyle program that is designed for weight loss as well as the reversal of a wide range of diseases including heart disease and diabetes and the prevention of our common cancers The author explains why Americans cannot lose weight why modern diets don t work and shows you how to reach your ideal weight by going back to the old fashioned foods Americans used to eat before losing weight was a problem The book describes the relationship between diet and disease and explains why the standard American diet is responsible for the two largest killers in America today cardiovascular disease and our common cancers It also explores the relationship of diet to other diseases and how government policies are promoting diet related diseases For more information go to RaveDiet com

The Everything Anti-Inflammation Diet Book Karlyn Grimes, 2011-03-18 Why live with chronic pain when the remedy can be as simple as changing the foods you eat Learn how to modify your diet to reduce your risk of developing serious life threatening conditions

Not Another Diet Book Bobbe L. Sommer, 1987

Books , **Library Journal** Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2005 Includes beginning Sept 15 1954 and on the 15th of each month Sept May

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Food Isn't What It Used to Be Christine Andrew (Cnc),2013 From four thousand years ago and earlier to current time food has taken a dramatic transformation The consequences of this change are taking a drastic toll on our health The reader will learn what God s Word reveals about food beverages our health and what responsibility we have in caring for the bodies with which He has entrusted us Compounding the effects of poor food quality with the magnitude of onslaughts from toxins is there any hope This book will leave the reader with guidelines for food and beverage selections as well as remedies aligned with God s Word giving renewed hope

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