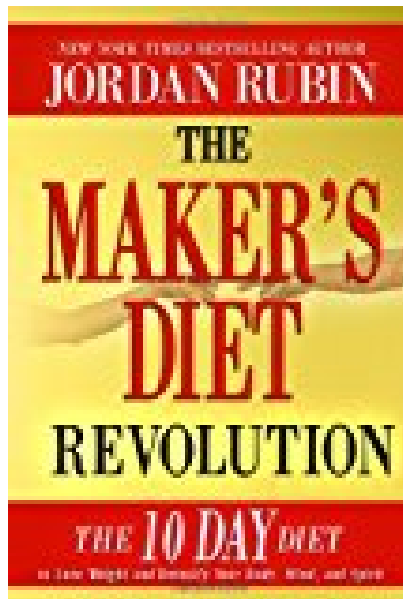


The Makers Diet Revolution The 10 Day Diet to Lose Weight and Detoxify Your Body Mind and Spirit



BOOK DETAILS

- Author : Jordan Rubin
- Pages : 224 Pages
- Publisher : Destiny Image
- Language : English
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BOOK SYNOPSIS

The Makers Diet Revolution is the long awaited sequel to The Makers Diet that Jordan Rubin's fans are ready for. Jordan will share everything he has learned in the years since he wrote The Makers Diet, including: Health and Diet Tips Why our nations food supply is compromised The importance of organic foods Choosing the best water sources Raising healthy children, healing chronic illnesses and much more! His Popular Health Myths and Truths Jordan Rubin is a renowned natural health expert and NYT Best-selling author of The Makers Diet.

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