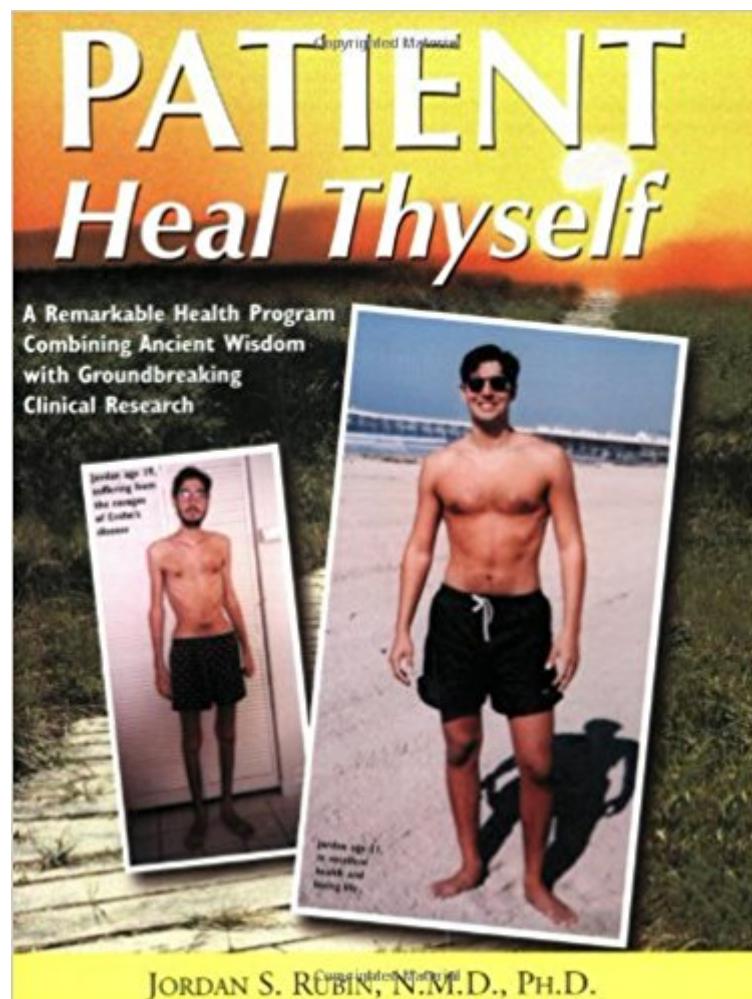


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# Patient Heal Thyself



## **Synopsis**

Author Jordan Rubin, N.M.D., C.N.C., survived terminal Crohn's disease. This story of his experience with alternative medicine and the cure that he eventually discovered in homeostatic soil organisms and the Maker's Diet gives hope to everyone with an incurable disease. "No matter what health challenges plague you today, there is hope for an answer." So says Jordan Rubin in the introduction to this truly unique book. After all, he knows: Once at death's door, he turned his life around. This book details how you too can make lasting changes in your life. In these pages, you will learn the health secrets that allowed our ancestors to live long, diseasefree lives. You will learn how to regain your health if you've lost it or how to maintain the excellent health that you currently enjoy and even slow premature aging. If you're looking for an optimal health plan for you and your family that is validated by history, science and our Creator, then buckle up; you're in for a wild ride!

## **Book Information**

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## **Customer Reviews**

Let me start by saying that I have never written a review for before but I believe that this book is so important that I felt that I needed to come out in defense of it and give it my highest recommendation. It's hard for me to believe how cynical some people can be when they read a book such as this, and pass judgment on it without even trying the recommendations put forth. It's obvious that the people who have slammed this book and given it one star haven't really tried anything that the author recommends. Too bad for them. But it's also too bad for people who might be looking for something to either cure themselves or cure others--and this book might have just the information

they need--are turned off by people who are irresponsibly critical. Yes, he does have a supplement company and some of the products are a little pricey and yes you can find similar products a little cheaper. But that doesn't negate the fact that the book is full of useful, backed-up-by-research information that will make a radical difference in a person's diet and health. One doesn't have to buy his supplements to get full use of this remarkable book, anyway. He does have one supplement though, Primal Defense, which are the Healthy Soil Organisms that cannot be found anywhere else as far as I know, which created the major turning point in his being cured of Crohn's disease. We all need these healthy probiotics and if you read the book you will understand why. (If you get this in the powdered form it ain't that expensive anyway.) I have a cousin who had been sick with Crohn's Disease (a supposedly incurable disease) for years. She had been wasting away, could barely eat any food and the doctor's had given up on her.

I'd heard of the maker's diet several years ago but am not particularly religious at all and it just didn't resonate with me. As my symptoms became more debilitating I eventually tried the Specific Carbohydrate Diet. I do competitive bodybuilding and so am VERY accustomed to strict year round dieting...but I still struggled with the Specific Carb Diet as it just seemed to exclude everything and anything that could possibly ever be triggering of symptoms. It took me several months after trying that diet, and being put on steroids and sleeping pills on top of high doses of anti-inflammatories, before I decided to give another go at healing myself outside of traditional medicine. My current trainer at the time actually recommended the book in addition to his own plan for finding out what my trigger foods were. I didn't get the book for months, and we made small improvements such that I was off my medicine but having symptoms that were teetering on the verge of a major flare up. I got the book because I was desperate not to go back on medication for the rest of my life. I began reading it page for page but then started to flare up pretty seriously. So I skipped immediately to the specific dietary recommendations and those tailored to my diagnosis (severe ulcerative colitis) and just dove in with his recommendations. Now I don't know about anyone else, but this is what happened for me: Within days of incorporating a few foods and excluding a few others that he thought were most important...my symptoms abated. Within a week or so however, they worsened BIG TIME. Far worse than what I had been experiencing with my trainer. I knew how long I could experience my symptoms before they would become a medical emergency, so I waited it out.

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