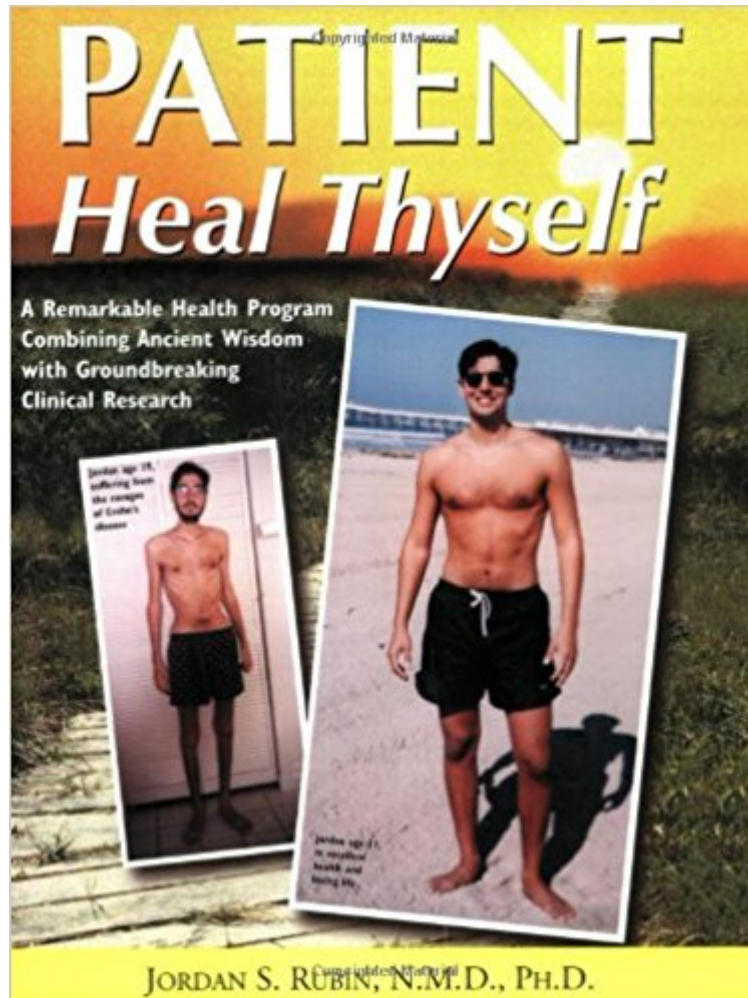




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# Patient Heal Thyself



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## 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

Jordan S. Rubin, N.M.D., Ph.D. Jordan Rubin CNC, NMD is a Doctor of Naturopathic Medicine, Certified Nutritional Consultant and member of the National Academy of Sports Medicine. He also has a Ph.D. from the Academy of Natural Therapies. After winning his battle with an incurable illness, Jordan has devoted his life to developing solutions to help those who suffer as he did. He founded Garden of Life in 2000. Jordan has authored three books: Patient Heal Thyself (2003, Freedom Press), Restoring your Digestive Health (2003, Kensington Publishing), and The Maker's Diet (2004, Siloam).

Excellent resource for all types of ailments but especially for GI related issues. So glad that a friend recommended this to me.

I sent this to a friend with Chrones disease. She has been mis-diagnosed many times, but when I read this I knew she needed to read it. Great book, great author.

This was for someone suffering the same.

A must for anyone with (or who knows someone with) Crohn's disease.

We bought this book hoping it would help us to decipher the intestinal issues my younger son is having. I was impressed with the thoroughness of the research, and with the author's courage in facing his life threatening illness. The book is giving us hope that we can overcome my son's issues with time, and that we can learn to manage his condition and eventually to cure him completely.

Jordan does own a supplement company. HOWEVER they came about because of his life and death battle with Chrons disease. That being said, there is a wealth of knowledge in his book. It is based on a very personal level of experience and backed up with the how's and whys of each suggested diet and/or supplement. I personally was having a great deal of stomach trouble that my doctors could not diagnose. I'm pretty sure I was on my way to the catch all ... IBS. I did purchase 5 of his products to start and have now tapered off to 3. I have my life back! His products are amazing and I can tell the difference if I miss them. (Needless to say, I rarely forget) If you can get past the 'sales pitch' in this book, it will be of great service to those who are suffering. I have no doubts that Jordan is making a ton of money from his product line. BUT, I believe his heart is in the right place and and that his motivation comes from a true desire to help people get better. The profit margins are just his blessing for doing so. Be well!

I was introduced to this book by one of my wonderful university instructors. This book changed my view of my condition and once I started using Garden of Life supplements I was totally healed. I still have some flares ups sometimes but nothing like before. I highly recommend this book and Garden of life supplements.

I have read many of Jordan Rubin's books and wondered if I would find new and helpful information in this one; I am learning new facts concerning my health and immune system and believe this book is beneficial. I do wish that Dr. Rubin would not reference his own products so much but do believe that Garden of Life is a trustworthy company and I do purchase some of these supplements. A good resource for all who struggle with health issues and are looking for answers from scripture as this is based on the Bible.

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