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remarkable and successful battle with Crohn's disease by using his new self designed Guts and Glory Program a revolutionary new diet and health regime **Perfect Weight Canada** Jordan Rubin,2008 *What the Bible Says about Healthy Living* Rex Russell,2010-10-27 Three Biblical Principles that Will Change Your Diet and Improve Your Health In a world infatuated with junk food and fad diets why have we overlooked the simple instructions provided in the Bible that have guided and people for thousands of years toward better health You don't have to be Jewish or a Christian to discover wisdom for healthier living in this doctor's scripturally based book on eating and feeling better and living longer These simple principles will help you find energy freedom from illness and more vibrant health **Essential Fasting** Jordan Rubin,Dr. Josh Axe,2020-09-15 Let fasting unleash the healer within you Do you wish there was a simple way to lose weight feel healthier and increase your energy without the hassle of counting calories or planning meals There is It's the ancient practice of fasting The term fasting may sound intimidating but effective fasting simply **The Joseph Blessing** Jordan Rubin,Pete Sulack,2014-12-16 Step into God's divine blessing and fulfill your dreams Are you ready to see your dreams go from vision to fulfillment To see God's promised blessings revealed in your life Join Jordan Rubin and Dr Pete Sulack as you discover how Joseph endured incredible opposition and persecution only to be elevated to a key position of influence and watch his dream come to pass before his very eyes You'll unlock the powerful secrets that will take your dreams from birth to fulfillment In this easy to follow process you will learn how to protect your dream during seasons of adversity resurrect vision when you believe it is dead have hope even when you feel like your dream is impossible and watch God miraculously fulfill your life purpose through your God given dreams Experience The Joseph Blessing in your life today **The Great Physician's Rx for Health and Wellness** Jordan R. Rubin,2007-06 A Christian man who went on a quest to find the nature of his illness and any treatments and cures associated with it tells his story and how he overcame it *Planet Heal Thyself* Jordan Rubin,2016-01-12 Its Time for the Planet and Its People to Heal Thyself Whether you're aware of it or not you've been born into a system of degeneration that harms the planet and every person and creature alive In order for transformation to occur says author Jordan Rubin you must make a decision to take steps today to become part of the solution Planet Heal Thyself will teach you how to start a Revolution of Regeneration in the areas of health and nutrition sustainable agriculture and food production as well as economic prosperity and abundance Within these pages you will learn Why rebuilding our nations disappearing topsoil should be our highest priority How real nutrients from real foods create real health How you can help our planet by growing your own food The health and well being of you your family and our planet rests on your shoulders and the daily decisions you make If you're ready to do your part to heal our planet and restore your health then the revolution begins with you **Maker's Diet Meals** Jordan Rubin,Josh Axe,Deborah Williams,2014-12-16 How would you like to feed your family a delicious biblically inspired beyond organic diet each and every day Maker's Diet Meals will give you a step by step guide to creating 150 mouth watering breakfasts lunches dinners snacks smoothies and desserts to help you lose

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