



Patient Heal Thyself

Jordan Rubin

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The story of Jordan Rubin's recovery from incurable illness is one of the most dramatic natural healing stories ever told. In Patient Heal Thyself, Jordan, a doctor of naturopathic medicine and founder of Garden of Life, the fastest-growing nutritional supplement company in America, teaches readers how to take control of their own health and unlock the body's healing potential. Jordan shows you how by following the Maker's Diet, the body will be given the nutritional tools it needs to overcome virtually any health challenge.

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