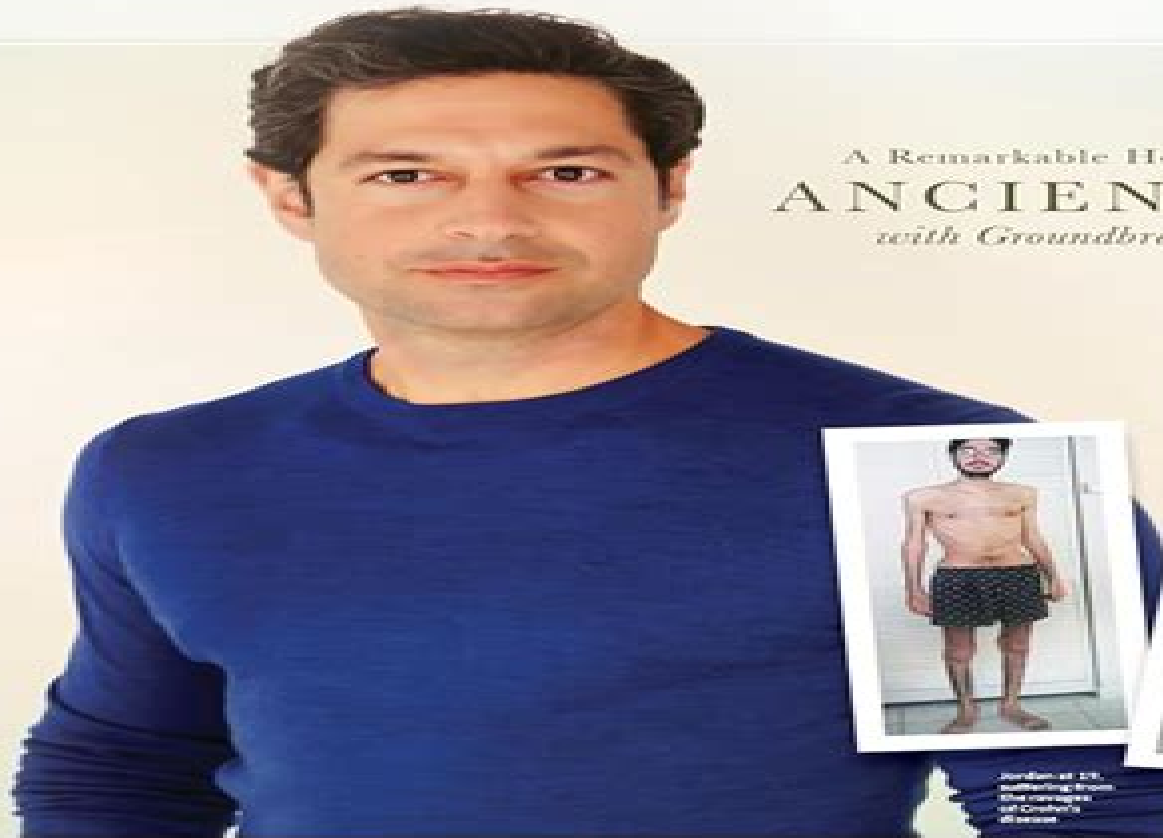


INTRODUCTION BY DR. JOSH AXE
BESTSELLING AUTHOR OF EAT DIRT

PATIENT HEAL THYSELF

A Remarkable Health Program Combining
ANCIENT WISDOM
with Groundbreaking Clinical Research



Jordan at 29,
suffering from
the ravages
of Crohn's
disease



Jordan at 35,
in excellent health
and living free

NEW YORK TIMES BESTSELLING AUTHOR

JORDAN RUBIN



Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research

Jianjun Gao



Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research:

Patient Heal Thyself Jordan Rubin, 2003 A remarkable health program combining ancient wisdom with groundbreaking clinical research

Patient Heal Thyself Jordan S. Rubin, 2016-03-29 Patient Heal Thyself Finally there s help for those with Heart Disease Cancer Arthritis Diabetes Irritable Bowel Syndrome Asthma and more using ancient principles borrowed from history s healthiest people 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 r the fastest growing nutritional company in America teaches readers how to take control of their own health and unlock the body s phenomenal healing potential In Patient Heal Thyself Jordan shows us The key to attaining and maintaining vibrant health lies in our gastrointestinal tract How by following the Maker s Diet the body will be given the nutritional tools it needs to overcome virtually any health challenge Why homeostatic soil organisms that are missing from our modern diet may be the key to healing a wide range of health conditions Also included are complete protocols including diet lifestyle change and nutritional supplements to improve the health conditions that plague us today Autoimmune Diseases Diabetes Obesity Heart Disease Cancer Allergies Asthma

Patient Heal Thyself Jordan Rubin, 2018-09-18 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 company in America teaches readers how to take control of their own health and unlo

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The IBD Healing Plan and Recipe Book Christie A. Korth, 2012-04-10 Nearly 1 4 million Americans suffer from inflammatory bowel disease and this number climbs every year Christie Korth a nutrition expert helps those with Crohn s and ulcerative colitis understand their food intolerances and lays out a holistic approach to dealing with their IBD that can help them lead healthy and pain free lives Korth also helps the reader explore the possibility of emotional involvement in the disease onset making this the first book to address both the nutritional and the emotional factors of the disease Korth herself suffered IBD and writes with insight supplementing the nutritional and lifestyle information in the book with her own account of achieving wellness She also includes stories of IBD relief told by those who have worked with her The compassionate tone understanding and humor in this book offer emotional support for the reader which is a key component for his or her recovery Much of the focus of the book is on nutrition and Korth introduces and explains menu planning food choices the concept of heating and cooling foods common Crohn s disease drug side effects and how to counter act them nutritionally

acid alkaline imbalance and the major one food intolerance The nutritional information is enhanced by a thorough discussion of beneficial vitamins herbs natural chemicals that readers can take to supplement their diets Korth shares tips on what to buy and how to take certain supplements giving readers a complete idea of the nutritional options available to them In addition to the groundbreaking information on digestive wellness this book contains 100 recipes suitable for those with IBD All recipes for everything from beverages to vegetables from salad to dessert are free of the top eight common allergens There are recipes that are supportive to those having a flare up and lists of foods you should eat and foods you should avoid The book is also complete with shopping substitution cards for those who have food intolerance Along with the abundance of recipes Korth includes daily ideas for lunches on the go so busy readers can eat convenient healthy meals The book also includes sample menus exercises worksheets and personal habit quizzes that can help readers reflect on their own habits and explore the benefits of committing to digestive health Illustrations photos and charts enhance the book's message and a directory of helpful websites directs readers to further information The IBD Healing Plan and Recipe Book gives readers the knowledge they need to manage their pain and offers companionate emotional support during the process The book does not advocate a one size fits all solution nor does it leave readers reliant on prescription drugs or surgery Its recipe and diet advice allows readers to achieve digestive health Though Korth is not claiming to cure IBD she believes that with appropriate intervention there is great hope for someone to live symptom free using natural methods

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Table of Contents Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research

1. Understanding the eBook Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - The Rise of Digital Reading Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Advantages of eBooks Over Traditional Books
2. Identifying Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction

Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research

- Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Personalized Recommendations
 - Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research User Reviews and Ratings
 - Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research and Bestseller Lists
- 5. Accessing Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research Free and Paid eBooks
 - Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research Public Domain eBooks
 - Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research eBook Subscription Services
 - Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research Budget-Friendly Options
- 6. Navigating Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research eBook Formats
 - ePub, PDF, MOBI, and More
 - Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research Compatibility with Devices
 - Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Patient Heal Thyself A Remarkable Health Program Combining Ancient

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- Wisdom With Groundbreaking Clinical Research
 - Highlighting and Note-Taking Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Interactive Elements Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
8. Staying Engaged with Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 9. Balancing eBooks and Physical Books Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Setting Reading Goals Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Fact-Checking eBook Content of Patient Heal Thyself A Remarkable Health Program Combining Ancient Wisdom With Groundbreaking Clinical Research
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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