



The Maker's Diet Revolution: The 10 Day Diet to Lose Weight and Detoxify Your Body, Mind and Spirit

Jordan Rubin

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The Maker's Diet Revolution is the long awaited sequel to The Maker's Diet that Jordan Rubin's fans are ready for. Jordan will share everything he has learned in the years since he wrote The Maker's Diet, including:

- Health and Diet Tips
- Why our nation's food supply is compromised
- The importance of organic foods
- Choosing the best water sources
- Raising healthy children, healing chronic illnesses and much more!
- His Popular Health Myths and Truths

Jordan Rubin is a renowned natural health expert and NYT Best-selling author of The Maker's Diet.

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