

## Chapter 1 : The Maker's Diet Revolution from Jordan S. Rubin

*Discover the day diet for eating biblically, losing weight, and detoxifying your body, mind, and spirit! Sharing everything he's learned in the years since writing The Maker's Diet, Rubin discusses food myths and truths; the importance of organic foods, and much more.*

Is this a vegan diet? The day cleansing program is vegan while the long term maintenance plan is for both vegans and non-vegans alike. Get the "good" in nutrients Get the "bad" out toxins Q: How many calories per day will I consume on the day plan? You will consume approximately 1, to 1, nutrient dense calories per day. How much weight can I lose? When an initial focus group of people committed to the diet, the average weight loss in 10 days was Why is the plan referred to as "The Daniel Diet? While on a mission trip to India, Jordan was inspired by a vision God gave him of a healthy diet plan similar to what Daniel and his three friends consumed in biblical times nearly 2, years ago. What is "pulse," as described in biblical times? In biblical times, pulse was described as all leguminous plants, fruits, vegetables, nuts, seeds, beans and grains. What are the Beyond Organic foods mentioned in the book? Do I need these in order for the diet to work? Those interested in convenience or consuming the healthy foods Jordan has formulated, look to the Beyond Organic products featured on this website. What are some signs that the fast is working? Physically, since your body will begin to detoxify, you may experience a coated tongue, headaches, bad breath, body odor, digestion and elimination changes, fatigue, and even the sniffles. This means the fast is working! Remember, any side effects are temporary and your reward of better health is only days away! Eat what God created for food. The inspiration for these three principles comes from Rex Russell, M. Russell was a mentor and a good friend of mine right up until his death in The truth is that the Bible has a definition of food and a definition of filth. This is clearly laid out in Leviticus 11 and Deuteronomy 14 as it pertains to animal foods. In addition, there are many items in our modern diet that are made exclusively of laboratory-created chemicals. God did, however, create "for us to enjoy" wonderful foods that are teeming with nutrients, beneficial compounds, and best of all, great taste. The rise of Big Agriculture in the last century means that fewer and fewer farmers are growing more and more food on larger and larger plots of land. To increase crop yields and to get the most of their acreage, large-scale farming operations plant seeds containing genetically modified organisms GMOs that are resistant to insect infestation. In other words, these seeds were modified in the laboratory by taking genes from one organism and inserting them into another to make them grow higher, larger, denser, and more resistant to pests. As of this date, these laboratory-created mutations have not been subjected to any sort of rigorous testing on humans, but genetically modified foods have been linked to toxic and allergic reactions causing sickness and sterility in livestock, which is why they are banned as food ingredients in Europe and other nations. GMO foods offer no benefits, only health risks. Stop being a victim today. A prime example of hybridization would be seedless watermelons, which were created in the laboratory by a Japanese scientist who figured out that pollinating plants with a normal complement of chromosomes with a plant genetically modified with double the number of chromosomes would produce a fruit that lacked seeds. Crop-duster planes routinely douse crops with chemicals that are toxic, resulting in a less healthy food supply. In addition, synthetic fertilizers used to replenish soil fertility may stimulate rapid plant growth, but they bring along unintended consequences. These fertilizers are made up of nitrogen salts, which return little, if any, vital minerals to the soil and actually cause micronutrient imbalances. Thus, the nutritive value of foods grown in our soils has declined significantly in the last hundred years. The use of pesticides and herbicides extends to the meat and dairy we eat as well. These days, cattle, chickens, and "farm-raised" fish are fattened on feed containing unhealthy chemicals as well as antibiotics that are added to compensate for the unsanitary and deplorable living conditions on factory farms. To add insult to injury, the majority of U. These ingredients have been stripped clean of nutrients and pumped up with additives and preservatives. The list is endless. The final principle "to not let any food or drink become your idol" refers to how we are addicted to foods and beverages in the American culture. We wake up and march like zombies, either to the kitchen to make coffee or driving to a local coffee shop. We sit down to big breakfasts with eggs, pancakes, sausage, and hash

browns; enjoy bacon deluxe burgers and fries at lunch; and dine on hubcap-sized platters of food in the evening. Sugar or salt, we love them both, and caffeine—well, it can be considered the most widely abused drug in the world. Coffee is the most popular beverage in the United States—even above bottled water. On average, Americans drink cups of coffee annually. For many, life is justifying the next ice cream. Go get an ice cream to celebrate. Get an ice cream to make you feel better. He wants us to live long, healthy lives so that we can be beacons of light to a lost generation for as long as we can. When it comes to health, there are only two governing principles, which are agreed upon by virtually every health expert: Get the bad out, meaning we need to stimulate the excretion of toxins out of the body. The cleansing process is the key to a healthy body, and we were created to undergo a specific cycle of cleansing and building to break down waste and to build up strength. If you look back into history at the natural health experts of the past—even to the father of Western medicine, Hippocrates—they all said that removing waste from the body is the starting point for good health. Cleansing is not something you do every once in a while. Cleansing is something the body does every day, whether you like it or not or whether you cooperate or not. That said, cleansing comes in many forms. Since they ate the same fish, why were some doubling over in pain two hours later and some were sleeping just fine? The difference was their terrain. These products are not intended to diagnose, treat, cure, or prevent any disease, but rather are dietary supplements intended solely for nutritional use.

**Chapter 2 : Jordan Rubins new Makers Diet Revolution book**

*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.*

Eat what God created for food. The inspiration for these three principles comes from Rex Russell, M. Russell was a mentor and a good friend of mine right up until his death in The truth is that the Bible has a definition of food and a definition of filth. This is clearly laid out in Leviticus 11 and Deuteronomy 14 as it pertains to animal foods. In addition, there are many items in our modern diet that are made exclusively of laboratory-created chemicals. God did, however, create "for us to enjoy" wonderful foods that are teeming with nutrients, beneficial compounds, and best of all, great taste. The rise of Big Agriculture in the last century means that fewer and fewer farmers are growing more and more food on larger and larger plots of land. To increase crop yields and to get the most of their acreage, large-scale farming operations plant seeds containing genetically modified organisms GMOs that are resistant to insect infestation. In other words, these seeds were modified in the laboratory by taking genes from one organism and inserting them into another to make them grow higher, larger, denser, and more resistant to pests. As of this date, these laboratory-created mutations have not been subjected to any sort of rigorous testing on humans, but genetically modified foods have been linked to toxic and allergic reactions causing sickness and sterility in livestock, which is why they are banned as food ingredients in Europe and other nations. GMO foods offer no benefits, only health risks. Stop being a victim today. A prime example of hybridization would be seedless watermelons, which were created in the laboratory by a Japanese scientist who figured out that pollinating plants with a normal complement of chromosomes with a plant genetically modified with double the number of chromosomes would produce a fruit that lacked seeds. Crop-duster planes routinely douse crops with chemicals that are toxic, resulting in a less healthy food supply. In addition, synthetic fertilizers used to replenish soil fertility may stimulate rapid plant growth, but they bring along unintended consequences. These fertilizers are made up of nitrogen salts, which return little, if any, vital minerals to the soil and actually cause micronutrient imbalances. Thus, the nutritive value of foods grown in our soils has declined significantly in the last hundred years. The use of pesticides and herbicides extends to the meat and dairy we eat as well. To add insult to injury, the majority of U. These ingredients have been stripped clean of nutrients and pumped up with additives and preservatives. The list is endless. However, the products that Jordan used when he wrote The Makers Diet, are increasingly difficult to find. Now, Jordan has written a new Book and is producing the actual foods that are talked about in the book:

**Chapter 3 : The Maker's Diet Revolution: Free Featured Sample by Jordan Rubin**

*Known as America's Biblical Health Coach, Jordan Rubin is a New York Times best-selling author of The Maker's Diet, TV personality, motivational speaker, organic farmer and founder of Garden of Life, Beyond Organic, and Get REAL Nutrition.*

July 18, Stephanie Crumley Hill Stephanie Crumley Hill is a childbirth educator who for more than 20 years has written professionally about pregnancy, family and a variety of health and medical topics. In this book, the author recounts the story of how he became ill in college and regained his health following a diet consistent with biblical Old Testament principles. In addition to promoting spiritual and hygiene practices, the book provides lists of foods that should be included in the diet, and foods that should be avoided. According to Rubin, you should consume foods in an unprocessed, natural state for optimum health. Clean meats come from animals that chew their cud and have a divided hoof. Pork is not allowed. Fish must have both scales and fins, such as tuna, trout, mahi mahi, tilapia, salmon and snapper; Rubin encourages wild-caught fish. Shellfish is not allowed. Poultry, such as chicken, is allowed. Chicken and duck eggs are allowed. Caviar is allowed so long as it is fresh, not preserved. Most beans and legumes are allowed, and should be soaked before cooking. Most nuts and seeds are allowed and should be raw or dry roasted; some nut butters, such as almond butter, are also allowed, but nuts fried in oil are not. Rubin recommends organic vegetables, fresh or frozen. Rubin recommends organic fruits, fresh or frozen. Permitted fruits may be eaten in dried form so long as they are prepared with no sugar or sulfites. All grains and grain products should be organic, and should be soaked for 6 to 12 hours before cooking. Rubin allows hard cheeses made with raw goat or cows milk, yogurt made from goat milk or organic cows milk, and raw goat milk or homemade kefir made using raw goat milk. He encourages organic dairy products, allowing for occasional servings of organic goat milk. Fats and Oils For cooking, Rubin recommends extra virgin coconut oil. Other organic fats may be used in foods, but not for cooking. These include extra virgin olive oil, ghee and butter made from goat or cows milk. No artificial sweeteners are allowed. Rubin allows natural sparkling water no added carbonation , purified water with no chlorine, herbal tea sweetened with honey or unsweetened, raw not pasteurized fruit or vegetable juices, and coconut water.

**Chapter 4 : Organic Fanatic Presents: The Maker's Diet and More: Approved Maker's Diet Food List**

*The Maker's Diet Revolution In , Jordan traveled to India on a mission trip with his wife and oldest son, Joshua. He saw thousands of people accept Jesus Christ as their Savior and had a vision from God about a diet plan that would transform lives in 10 days.*

For those unfamiliar with the term, snakeoil sales refers to marketing a product using fraudulent claims - like this book does. This book claims that it has a 10 day diet to lose weight and detoxify your body, mind and spirit. Jordan Rubin has several different companies selling supplements Snake oil salesman alert! Jordan Rubin has several different companies selling supplements and health "foods" and his books serve to advertise for his products. This book focuses on his Live Beyond Organic company - a multi-level marketing company that sells "organic" processed food products. At the beginning of the book, Jordan explains how he went on an evangelical trip to India even though he was afraid of the parasites in their food and water because his wife and son had visions that they should go. Then, God spoke to Jordan and told him that since he was so faithful to go and evangelize in India, He would honor Jordan "by giving him an innovative idea and strategy to transform the health of people. God is such a businessman. One way involves drinking water and eating primarily vegetables during certain hours of the day. The other option is to purchase the "Daniel Diet Day Transformation Pack", which the author claims you can have shipped to your door for "about the same price the average American spends on food per day. If you believe that God spoke to Jordan Rubin and told him to sell all this stuff, then feel free to spend your money on it. Considering that Jordan Rubin has been taken to court in the past for making fraudulent claims for his Garden of Life Products, [http: I, for one, am not buying this stuff. I received this book free to review from Netgalley. I am glad that I did not pay for it. Needless to say, I was overj Much of the credit for my health transformation must go to Jordan Rubin, who inspired me to try and live a life free of chemicals, pesticides, and other harmful ingredients found in foods, body products, and household cleaners. Daniel was a Jew in Babylon during captivity. He and three other young men did not want to eat the food the king had to offer because it was defiling to them religiously and nutritionally. Daniel and these three Jewish men were given permission to be given a specific diet of only pulse raw vegetables, fruits, nuts, beans, and seeds and water for 10 days. Rubin uses this biblical account to encourage people in this day and age to have a 10 day fast of only the pulse foods and water. The results are often astounding and result in weight loss, toxin elimination, and increased energy. In addition to encouraging various annual, monthly, weekly, and daily fastings, Rubin also expounds upon dietary habits we must form in order to maintain radical health: Herbs and spices also contain various vitamins that contribute to good, physical health. Why would we want to put that into our bodies? The real culprit in milk is not milk itself, but the A1 Beta-Casein found in most cows here in America. Natural sweeteners such as raw honey, maple syrup, coconut sugar, and stevia are safer options. This is something I need to consume more often! Once inside, they build up in the tissues and can cause tumors and other harmful health issues. Using natural, organic products such as essential oils in place of these chemical-laden products can save us from so many future health problems! It improves circulation and supports a healthy heart. Rubin also includes a health plan and various healthy recipes which I look forward to trying out. There were a few cons while reading this book. First, a lot of the information in this book was repetitive. Having read multiple books by Rubin, I kind of felt like I could predict what was coming in a lot of the chapters. Second, the author spends so much of the book promoting his new line, Beyond Organic. While this is fine, it was kind of a turn off because I was expecting a book of that size to contain a lot of useful information. Instead, it seemed half of it was dedicated to promotion, and half to information. And third, Rubin mentioned that his Beyond Organic products were very much affordable to the average family. That does not seem to be the case. I can afford to live organically, but I am unable to afford his products, which is sad because I was really interested in trying them! Overall, I did enjoy reading the book and recommend it to people who desire to have a radical transformation in their health such as Jordan Rubin and I both experienced.](http://www.gardenoflife.com)

**Chapter 5 : About Jordan Rubin | The Maker's Diet Revolution**

*The Maker's Diet Revolution unveils an eating plan that can help you shed unwanted pounds, while cleansing and detoxifying your body. More than just a diet, The Maker's Diet Revolution will help you power your mind, supercharge your spirit and walk i.*

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### Chapter 7 : Keeping Up-To-Date: Join In the Maker's™s Diet Revolution

*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.*

### Chapter 8 : The Maker's Diet Revolution : The 10 Day Diet to Lose Weight and Detoxify | eBay

*The Maker's Diet Revolution, the 10 Day Diet to lose weight and detoxify your body, mind and spirit by Jordan Rubin The author Jordan Rubin wrote this book and The Maker's Diet after becoming very sick with Crohn's disease.*

### Chapter 9 : The Makers Diet Revolution by Jordan Rubin

*"The Maker's Diet" is the title of a book written by Jordan Rubin. In this book, the author recounts the story of how he became ill in college and regained his health following a diet consistent with biblical Old Testament principles.*