

The Great Physician's Rx for Health and Wellness: Seven Keys to Unlock Your Health Potential


By Jordan Rubin




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At 19 years old, Jordan Rubin was a healthy 6'1" and 180 pounds. Shockingly, his weight fell to just 104 lbs. in a matter of months. His immune system was at an all-time low, as he suffered from Crohn's disease, food allergies, anemia, fibromyalgia, intestinal parasites, and a host of other conditions. After seeing over 70 health professionals, using both conventional and alternative medicines, Rubin was sent home in a wheelchair to die.

But his story didn't end there. Through determination and a powerful faith in God, Rubin refused to give in to disease. Instead, he educated himself on natural health, and applied its principles. Now, ten years later, Rubin is fully recovered—and he desires to share the keys to his own good health. These keys aren't just for the disease-ridden; they are for anyone desiring to live an abundant life of health and wellness.

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Editorial Review

About the Author

Jordan Rubin is the author of the New York Times bestseller *The Maker's Diet* with over 2 million copies in print. His story and his previous books have been featured on Good Morning America, NBC Nightly News, Fox and Friends, and Inside Edition, and in USA Today, Time, and Newsweek. Jordan also founded the Biblical Health Institute to empower the church to live the abundant life that glorifies God. Dr. David Remedios is a bi-vocational pastor, general practitioner, and general surgeon who is also a decorated veteran. He is a member of the Southeastern Surgical Congress and the Society of American Gastrointestinal Endoscopic Surgeons and is a part of the Major Medical Corps of the United States Air Force.

Users Review

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Ernestine Miller:

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