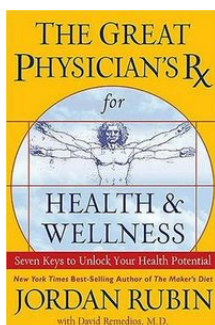


# THE GREAT PHYSICIAN'S RX FOR HEALTH AND WELLNESS



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## The Great Physician's Rx for Health and Wellness

Author	<b>Jordan S. Rubin</b>
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## Reader's Opinions

I was not impressed. The good advise is common sense: eat fruit and veg, get regular exercise, take supplements etc. The scriptural quotes are fine. But the factual errors and ideas about daily life undermine what was good. Take vitamins at every meal, plus enzymes, plus probiotics. Every day have a green drink, take cod liver oil etc....

The author's testimony is truly inspiring. This is a reference book, a practical guide to eating and living well, as it pertains to the Bible. This book covers topics such as; eating to live, whole food nutritional supplements, advanced hygiene, conditioning your body with exercise, reducing toxins in your environment, avoiding deadly...