

What has Dr. Shook Been Reading?

Patient Heal Thyself

By Jordan Rubin, N.M.D., C.N.C

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Patient Heal Thyself is the story of Jordan Rubin's quick and desperate fall from health. Both conventional and alternative medicine failed this him. Suffering from Crohn's disease, his body savaged by digestive disorder, fever, weakness and a failing immune system, this once a vital young man was quickly approaching death's door.

Now don't you fret, this story has a happy ending.

Jordan Rubin's health is restored when he adapts a diet based on biblical principles ("I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." Genesis 1:29), a primitive diet, a diet based upon the eating habits of ancestors 1000 or more years ago. A time before man learned to pasteurize, hydrogenate and chemically modify his food. A time when fruit was fresh, meat was wild, sugar uncommon and grains unrefined.

Rubin's health was transformed. To facilitate sharing this vital information Jordan Rubin did two things, he became a naturopathic doctor and he founded Garden of Life nutritional company.

Patient Heal Thyself provides a good explanation for how the modern diet of processed, fast foods and a food industry saturated with pesticides, hormones and antibiotics has resulted in toxic overload, challenged immune systems and a plethora of modern disease. Heart disease, diabetes, cancer, chronic fatigue, fibromyalgia, asthma, allergies the list goes on and on. Rubin discusses how most health care issues can benefit from or be reversed with a primitive diet that incorporates the right combination of quality/organic/hormone-antibiotic-pesticide free nutrients.

Now, don't you fret, to benefit from a primitive diet you won't have to abandon city life, join a commune and live off the land. No, because Jordan Rubin has put all the healthful phytonutrient and microorganism rich goodness of a primitive diet into his nutritional supplements and his book, *Patient Heal Thyself* will explain to the reader why these supplements are superior in manufacture and effectiveness and exactly how the reader should use these supplements to optimize their health and heal disease.

Isn't that convenient?

In the world of supplements such an abundance of written information is rare and remarkably refreshing. These products may very well be of extraordinary quality. But this is a book review not a review of nutritional supplements.

Filled with excellent information, *Patient Heal Thyself* is more than a reality check on the weirdness of the modern diet. The repeated references to brand specific food supplements and an abundance of testimonials regarding the miraculous healing attributed to these same supplements, gave me the sneaky impression that I was reading a 270 page product brochure.

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