

The Maker's Diet
by Jordan S. Rubin
Review by Koach Karl

This book was right up my alley! *The Maker's Diet* by Jordan S. Rubin tied nutrition and religion together. That may put off some people, but I encourage you to read it. I am a Christian and proud of it; I do not shy away from mentioning my religion to be politically correct. That being said, it does not matter what your religious beliefs are, because this book can help you move towards a more organic lifestyle.

Dr. Rubin starts by telling his tragic story of overcoming Crohn's disease. He went to a lot of medical specialists all over the world to find an answer to his struggle. He finally turned to a more holistic approach. A nutritionist said he was ill because he wasn't "eating the diet of *The Bible*." Being a Christian, this was not difficult for him to believe. This change in BELIEVING began his journey to health.

From a sickly 111 pounds to gaining 29 pounds in 40 days, Dr. Rubin changed his life. Following a Biblically clean diet he transformed his body. Keep in mind he is 6'2" and weighed around 180 when he was healthy. What is a "Biblically clean diet?" Read the book and find out! It is about as organic as one can get and then some.

I have implemented most of his program, as my wife and I have been eating organic for a while. He did have some interesting comments about hygiene and disease prevention. I agree with about 90% of his recommendations, no one is going to agree 100%. His take on cardio was a little disturbing, saying there was not much need for long-term endurance training. Since that is what I do for a living, and regularly run marathons and ultras, I would have to respectfully disagree with his stance on that issue.

I think the most important thing you should take away from this book is the fact that "you are what you eat." Literally! Garbage in, garbage out! Over the past few years I have taken nutrition to the next step. I have trained people for the last 25 years and dabbled in nutrition, but it is now the cornerstone of everything I do as a coach, trainer, husband and father. My wife and I focus on our nutrition for our fitness and endurance goals as well as our daughter's needs for focus in school and her growing years. If you think that the average person going to the drive-thru in the morning, having a bagel and coffee for breakfast or skipping it all together can do better, then you are RIGHT. Over the years, through technology, we have improved everything around us, or so we think. Nutritionally, everything we have ever needed has been here all a long. We were not meant to eat processed, chemically enhanced, soil eroded fast food. We were meant to eat from GOD's gifts of fruits, veggies and clean meats.

Many people believe that nutrition can help fight disease and keep viruses at bay. I am one of those people. Dr. Rubin is as well, and his journey is proof (as far as I am concerned) that it is possible to live a disease-free and healthy life through organic living and GOD's word. Do not worry... this book isn't "preachy," rather its focus is nutrition with slight religious undertones.

I think this is a great addition to your fitness and nutrition library and could change your life.