



Understanding Your Body

FACTS TO HELP YOU HELP YOURSELF

Better Overall Health Starts With Better Digestion

(NAPSA)—Consumption of whole, living, enzyme- and probiotic-rich foods is the foundation for superior nutritional health. That's the message of Jordan S. Rubin, who made an extraordinary recovery after a near-fatal case of Crohn's disease, a debilitating digestive condition.

No one knew why Rubin contracted the life-threatening illness and finding a solution proved to be even more of a challenge. The intravenous and oral antibiotic and anti-inflammatory drugs prescribed for him only made his condition worse, causing the former 19-year-old college athlete to lose 81 pounds in a few months.

After more than 500 treatments from 70 health professionals, Rubin discovered the connection between health and nutrition. Rubin found that the body's gastrointestinal tract or "gut" is central to maintaining overall health. A healthy GI tract makes it possible for food to nourish the body as it was meant to do. This means maintaining the proper balance of good and bad bacteria. By following a historically-based diet rich in whole foods, nutrients, enzymes, and naturally occurring probiotics (a Greek word meaning pro-life) called soil-based organisms, he empowered his body to fight back.

A modern diet of overprocessed food along with environmental toxins, overuse of antibiotics and agricultural chemicals (pesticides, etc.) will put stress on the diges-



At left, Jordan Rubin, a victim of Crohn's disease, before his extraordinary transformation. He credits his recovery largely to a strict diet of whole foods, fermentation and probiotics.

tive system and further disturb balance in the body.

To restore the beneficial bacteria normally found in the digestive tract, Rubin advocates a diet rich in whole, fermented foods and probiotic supplements.

Following his recovery, Rubin founded Garden of Life in 2000 to help people attain better health.

Rubin has spread inspiration through hundreds of public appearances as well as several books, including his latest publication, *The Maker's Diet*.

For more information, visit www.gardenoflife.com as well as www.makersdiet.com.