

Download The Five Diet Plans From God

The Maker's Diet (or the Bible Diet) is a food diet promoted on radio and in books by writer and motivational speaker Jordan S. Rubin. Rubin presents the diet as based on teachings from the Book of Leviticus, Deuteronomy, and other books of the Bible. He characterizes certain foods as either forbidden ("unclean") or acceptable ("clean") to God. Rubin also markets supplements associated with the ...By Naji M. Hamdan, M.D., cardiologist, Providence Heart and Vascular Institute and Terese Scollard, MBA, RD, LD, regional clinical nutrition manager, Providence Health & Services . Do a Google search for "plant-based diet" and what turns up is more than 6.5 million results on the subject. Dwayne Johnson, aka The Rock, used this workout routine while trying to trim down from 14 to 7% bodyfat for some of his Hollywood movie roles. He trained six days per week, resting on day seven. This is a muscle building workout routine used by The Rock, Dwayne Johnson ...Good Housekeeping is your destination for everything from recipes to product reviews to home decor inspiration.