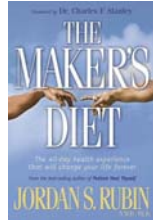


## “The Maker’s Diet”



**Author:** Jordan S. Rubin  
**ISBN:** 0884199487  
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*“We have departed so far from the wisdom of our forefathers that fully 55 percent of the American diet is “new food” – not designed by the Creator or eaten by our ancestors.”*

### Synopsis:

Treading along the same lines as many of the nutrition books hitting the store bookshelves, “The Maker’s Diet” advocates a break away from the Western Diet for it truly is the cause of almost all of society chronic diseases, from arthritis to heart disease to diabetes to perhaps the worst epidemic in society right now, obesity.

### Strengths:

1. Dr. Rubin’s nutrition chapters are some of the most up-to-date I have yet to read, from his chapter on digestive health and the need for probiotics (Chapter 3) to the health benefits of goat’s milk (p. 148) and coconut oil (p. 150).
2. Dr. Rubin is one of the very few to openly state that it is NOT saturated fat and cholesterol causing the heart disease in this country (p. 102), the first I have yet to find citing Dr. Uffe Ravnskov’s phenomenal book “The Cholesterol Myths” (p. 134).
3. Dr Rubin talks about the biology behind stress and the dire consequences it has on our health (Chapter 9), the health benefits of fasting (Chapter 10), and herbs/oils (Chapter 11).

### Weaknesses:

1. Dr. Rubin asserts “the lack of scientific evidence showing efficacy of multivitamin/mineral supplements” despite the study by the largest medical journal in the world stating taking a multivitamin/mineral supplement will help stave off chronic disease.<sup>[1]</sup>
2. Dr. Rubin takes a strong stance against aerobic exercise (p. 89), citing “intense aerobic exercise may lower the immune response and create more oxidation through stress than anaerobic exercise.” Aerobic exercise, while performed in your target heart rate zone (55-70% of your maximal heart rate), can be one of the most effective exercises for fat-burning and overall cardiovascular health.

### Overall Impression:

This book ranks up there with “The Paleo Diet” because of the chapters on probiotics, his sections talking about goat’s milk and coconut oil, and the need to handle stress.

Dr. Rubin is correct when he says The Maker’s Diet “is designed to attack the three I’s – insulin, infection, and inflammation.” This book does it, and it’s one you should have.

### Reference

1. Fairfield, K.M. and R.H. Fletcher, *Vitamins for chronic disease prevention in adults: scientific review.* *Jama*, 2002. 287(23): p. 3116-26.