

Jordan Rubin's Story

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Jordan Rubin is one of America's most recognized and respected natural health experts. He is the author of the New York Times best-selling book, *The Maker's Diet*, as well as the author of 19 other health related titles, including his latest work *Perfect Weight America*. An international motivational speaker, Jordan hosts the weekly television show *Extraordinary Health with Jordan Rubin* that reaches more than 30 million households worldwide. He is Founder and CEO of Garden of Life, a leading health and wellness company committed to empowering extraordinary health with whole food based supplements, functional foods, and educational resources.

Jordan's struggle with finding his own path to health has resonated with millions around the world and is one of the most dramatic natural healing stories ever told. His health was excellent during his childhood, but when he was 19 years old and attending Florida State University, he experienced nausea, digestive distress, and an alarming weight loss of more than 80 pounds. Eventually, he was diagnosed with Crohn's Disease, a chronic digestive illness that affects the immune system. Wheelchair-bound and 104 pounds, one doctor's grim diagnosis was that it was "the worst case of Crohn's" he had ever seen and he did not expect Jordan to live.

Fortunately, Jordan and his family were determined and sought more than 70 alternative nutritional therapies throughout the world after conventional medicine and numerous hospitalizations failed. His quest for answers concluded with a visit to a California nutritionist who simply told him he was not healthy because he was not following God's plan.

Inspired by this advice, Jordan voraciously studied hundreds of biblical references about living a healthy lifestyle. He changed his diet to whole foods consumed in biblical times: raw, organically grown whole grains, fruits, vegetables, and fermented dairy, grass fed beef and poultry. He also added a daily regimen of probiotics teeming with beneficial bacteria in soil based organisms. After gaining 29 pounds in 40 days, Jordan knew he was finally on the right track. By his 21st birthday he was tipping the scales at more than 180 pounds, free of the digestive problems that had plagued him for years, and ready to restart his life.

Because Jordan was deeply moved by his restored health, he promised he would dedicate the rest of his life to sharing his health wisdom with the rest of the world and to transforming the health of the nation one life at a time. He and his wife, Nicki, wanted to provide others with the educational resources and whole food supplements that spurred Jordan's recovery, so in 1999 they founded Garden of Life, now a leading whole foods nutrition company. The company's innovative products and commitment to efficacy quickly resounded with health conscious consumers and by 2004, Garden of Life was named one of the fastest growing privately held companies by *Entrepreneur Magazine* and Inc. 500.

Determined to share his vision of health with as many people as possible, Jordan embarked on a successful publishing career with his first two books, *Patient Heal Thyself* and *Restoring Your Digestive Health*. It was his eye-opening book, *The Maker's Diet: the 40-day health experience that will change*

your life forever (April 2004, Siloam) that spent a total of 47 weeks on the New York Times best seller list and remains popular today with more than two million copies in print.

The Maker's Diet propelled Jordan into the limelight and resulted in appearances on hundreds of radio and television programs, including Good Morning America, NBC Nightly News, FOX News, Inside Edition, and The Food Network. Jordan's story of recovery from a devastating illness captured the interest of Christian and secular audiences alike, and has been featured in many national publications such as Time, Newsweek, The New York Times, Reader's Digest, People, Woman's World, Women's Health, and O, The Oprah Magazine.

In addition to The Maker's Diet, Jordan has also authored 19 other books, including the Great Physician's Rx Health Series with titles including: Cancer, Diabetes, Healthy Heart, Women's Health, and Children's Health. (Thomas Nelson) His published works now culminate in Perfect Weight America (2008, Siloam), in which he urges readers to Change Your Diet, Change Your Life, and Change Your World. In 2008, Jordan will devote an entire year to traveling to approximately 200 cities across America to take his message directly to the people at health fairs, churches, schools, bookstores, organic farms, and into the homes of families willing to commit to a total health makeover.

Weekly, Jordan reaches millions of viewers worldwide through his TV series, "Extraordinary Health with Jordan Rubin" that airs on Trinity Broadcasting Network (TBN) and on Sky Angel satellite TV. A dynamic, authoritative, and engaging speaker, Jordan has shared his message at conferences worldwide, including the Get Motivated seminars with Zig Ziglar, Hillsong Colour Conference in Australia and London, The Global Pastor's Network, Integrity Leadership Ministry, The Messianic Jewish Alliance of America and numerous others.

Jordan lives in Palm Beach Gardens, Florida with his wife, Nicki, and their three children.