



# Live Beyond Organic Change Your Diet. Change Your Life. Change Your World

*Jordan S. Rubin*

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Do you know what healthy means? In today's day and age, it is getting increasingly difficult to define what healthy food really is. Many look to "USDA Organic" as the ultimate standard to define not only foods and beverages but a healthy lifestyle as well. People often say, "I eat an organic diet," or "I live an organic lifestyle," not even knowing what that really means.

The answers to many of today's health challenges are found in Jordan Rubin's latest work, *Life Beyond Organic*. In these pages, you'll be led on a journey into the world of food and an inspiring story of how Jordan turned a tragedy in his life into a mission to transform the health of this nation and world one life at a time.

Not just another caloric-counting diet book, *Live Beyond Organic* motivates you to make positive changes in your life in body, mind, and spirit and leads you on a path to Change Your Diet, Change Your Life and Change Your World. Included are many recipes and a few pages for notes.

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