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Planet Heal Thyself: The Revolution of Regeneration in Body, Mind, and Planet

Jordan Rubin

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It's Time for the Planet and Its People to Heal Thyself

Whether you're aware of it or not, you've been born into a system of degeneration that harms the planet and every person and creature alive. In order for transformation to occur, says author Jordan Rubin, you must make a decision to take steps today to become part of the solution.

Planet Heal Thyself will teach you how to start a "Revolution of Regeneration" in the areas of health and nutrition, sustainable agriculture, and food production as well as economic prosperity and abundance. Within these pages, you will learn:

- Why rebuilding our nation's disappearing topsoil should be our highest priority
- How real nutrients from real foods create real health
- How you can help our planet by growing your own food

The health and well-being of you, your family, and our planet rests on your shoulders and the daily decisions you make. If you're ready to do your part to heal our planet and restore your health, then the revolution begins with you.

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