



The Seven Pillars Of Health

Don Colbert

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What you can do for yourself concerning your health, God will not do. It's up to you to do it now. Most diseases are caused by unhealthy lifestyles, poor diet, lack of exercise, stress, and inadequate sleep. This book, based on best-selling author Dr. Don Colbert's life message, reveals seven fundamental principles that will enable people to walk in and enjoy the health God intended. Dr. Colbert explains the body's vital need for:

- Water
- Sleep and rest
- Living food
- Exercise
- Detoxification
- Supplements
- Coping with stress

Colbert, who conducts comprehensive seminars in churches based on the subject of this book, presents a noncondemning, lifegiving approach to optimal health. His well-respected life plan outlined in *The Seven Pillars of Health* will help people make healthy choices one day at a time!

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