

[PDF] The Seven Pillars Of Health

Donald Colbert, Mary Colbert - pdf download free book



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Description:

From the Back Cover Dr. Don Colbert is a board-certified medical doctor, highly trained in alternative medicine, and Christian author with thirty-six titles totaling over 3.5 million copies sold. He believes in combining alternative and traditional medical practices for optimum results in achieving optimal health...and he shares his life message in a program that guarantees wellness in just seven weeks.

THE SEVEN PILLARS OF HEALTH A seven-week journey to great health

Americans are the unhealthiest people in the world! Dr. Don Colbert is on a mission to turn that

around. His 50-day plan provides information that will not only change your life but also challenge your thinking, motivate you, and impact your entire community-forever.

Yes, you know what the pillars are-but you may not know how to incorporate them into your daily life in a way that will energize you, help you think more clearly, feel better, look younger, and live longer. You have nothing to lose and everything to gain. Try it!

About the Author

Don Colbert, MD, is board-certified in family practice and anti-aging medicine and has helped millions of people to discover the joy of living in divine health. He is the author of numerous books, including the *New York Times* best sellers *Dr. Colbert's "I Can Do This" Diet* and *The Seven Pillars of Health*.

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