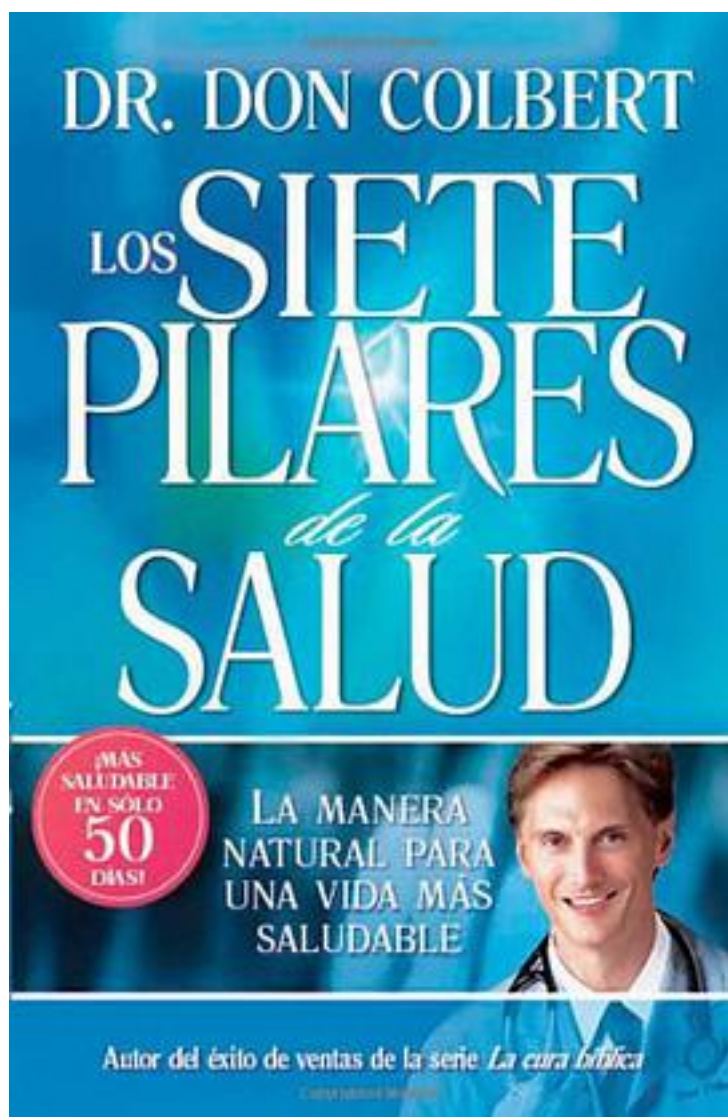


# Los Siete Pilares de la Salud = The Seven Pillars of Health



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出版者:

出版时间:

装帧:

isbn:9781599790367

Now is the time to start a new and natural way for a healthy life 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. Colbert explains the body's vital need for water, sleep and rest, living food, exercise, detoxification, supplements and coping with stress.

作者介绍:

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