



Los Siete Pilares De La Salud (Spanish Edition)

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¡Ahora es el tiempo para comenzar una forma nueva y natural para tener una vida saludable! La mayoría de las enfermedades son causas por estilos de vida poco saludables, malos hábitos alimenticios, la falta de ejercicio, el estrés y malos patrones de sueño. Este libro, basado en el mensaje de vida del autor de éxitos de venta Dr. Don Colbert, revela siete principios fundamentales que permitirán que las personas disfruten y caminen en la salud que Dios desea que tengamos. Colbert explica la importancia vital que tiene para nuestro cuerpo el agua, el descanso, el sueño, los alimentos vivos, el ejercicio, la desintoxicación, los suplementos vitamínicos y la habilidad para manejar la tensión. Es una forma de llegar a obtener una salud óptima sin ninguna clase de condenación.



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