



# Seven Pillars 50 Day Journal: A 50-Day Journey to Better Health

*Don Colbert MD*

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**The Seven Pillars of Health 50-Day Journal**

By Don Colbert

Designed to be used in tandem with the 50-day program outlined in the New York Times best seller, this companion journal enables readers to:

- Start each day with helpful action steps for implementing the daily principles, and an inspirational or motivational thought.
- Log the daily choices made pertaining to their drinking, sleeping, eating, and exercising habits and record the related benefits, such as weight loss, lower blood pressure, lower cholesterol levels, decreased headaches, backaches, joint pain, and more!
- Evaluate the daily results they experience as they detoxify, eat healthier, and manage stress.
- Take notes on important information, jot down questions for doctor visits, and record the emotional and spiritual aspects of their journey to better health.

## **About the Author**

DON COLBERT, MD, one of the country's foremost authorities on the integration of natural and conventional health care, brings a twenty-first-century approach to a timeless message of healthy lifestyle habits. Dr. Colbert, who conducts comprehensive seminars in churches based on the subject of this book, is a board-certified family practice physician, a best-selling author, and a dynamic public speaker. His tremendously popular books exceed 4 million copies in print.

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