



The Seven Pillars of Health: Leader's Guide

Don Colbert

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Help your study group experience optimal health - live longer, have more energy, enjoy a brighter outlook, and be able to accomplish God's purposes on earth.

This leader's guide will assist facilitators of small groups studying *The Seven Pillars of Health* by Don Colbert, MD. As you lead your small group, this book will guide you with preparation tips, overviews, key points to bring out during your meetings, and discussion starters, as well as answers to all of the questions in the participant workbooks.

Go deeper with understanding and application of *The Seven Pillars of Health*:

Pillar 1: Water

Pillar 2: Sleep and Rest

Pillar 3: Living Food

Pillar 4: Exercise

Pillar 5: Detoxification

Pillar 6: Nutritional Supplements

Pillar 7: Coping With Stress

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