

Treat Your Body Like God's Temple

Building a body for victory takes planning. Just like building your own house, there are requirements that must be met during each phase of the building project until its completion.

We have already established what must be done during the mental motivational phase. Your mental attitude makes up the foundation that you will need to build upon to get things started—and it enables you to stay focused. Now we are going to get into the actual building phase. But first, you will need to have a set of drawing plans.

Cleaning the Inside

Dr. Bernard Jensen, a leading holistic practitioner, has said this:

“In the 50 years I’ve spent helping people to overcome disability and disease, it has become crystal clear that poor bowel management lies at the root of most people’s health problems. In treating over 300,000 patients, it is the bowl that invariably has to be cared for first before effecting healing can take place.”

When talking about custom building your body, you need to consider the current condition of your health today. Without a doubt you have been polluting your body over time, whether intentionally or unintentionally. We all do this, so don’t think that I am singling you out. This happens as a result of the way you live your life—your life style. It happens because of the kinds of liquids you drink and because of the unhealthy food choices you make, consuming food with artificial additives and preservatives in them. By absorbing poisonous chemicals and pollutants into your body from the water you drink and the food you eat—and even from the air you breathe,

your body becomes a toxic dump. Added to this are the medications you take (some of which are prescribed for you by a doctor), the lack of exercise you get, and a myriad of other things that affect your health. I am most certain your body is in need of some serious cleanup and repair work, so the first place we are going to start with is your “invironment”—your colon. The term *invironment* was coined by Dr. Albert Zehr, a trailblazing nutritionist, who believed that life and death occurred in the colon.

The two best things that you can do for your body to start the healing processes are:

- Stop polluting!
- Start cleaning!

Knowing your body and how it works is vitally important. Being aware of what’s going on inside your body is the place to start. In his book *Healthy Steps to Maintain or Regain Natural Good Health*, Dr. Zehr states:

“While the environment is the atmosphere and surroundings in which we live, the ‘invironment’ is the atmosphere and surroundings inside of us. Just as our environment is being plagued by pollution, our invironment is no different. Unless we do two things, stop polluting and clean up the existing pollution, we will be faced with unnecessary health-related illnesses and eventually have a less than acceptable quality of life to the point that we experience premature death.”

As you understand how your digestive system operates, it will better help you understand why I am placing so much importance on this phase of the job. Working from the inside out, colon pollution is directly related to nearly every illness and disease that occurs in your body.

Where Does the Food Go?

I realize that elimination is not the central focus of our

daily conversations. But as a result, it is probably the least understood of all our bodily functions. It is very easy to take it for granted until your health becomes an issue. Proper elimination leads to vibrant health and outward beauty, but when left unattended, it can lead to a lack of energy, at best, and even works, to sickness and disease.

Dr. Tom Spies, recipient of the American Medical Association's Distinguished Service Award, reminds us, "All chemicals used in the body—except for the oxygen we breathe and the water we drink—are taken through food." The choices of food selections we make have a direct link to the way the bowel responds. Studies have shown that the regular intake of refined carbohydrates or sugars and the lack of sufficient fiber in the diet slow down the elimination process, increase the buildup of waste and fecal matter, and promote putrefactive bacteria.

Remember that your colon is a garbage bag, and you cannot afford to neglect it. Through neglect or ignorance, thousands of people suffer from diverticulitis, irritable bowel syndrome, colon cancer; and many other chronic diseases. An unhealthy colon impacted with sugars, burgers, fries and white-flour products is at the root of these poor health problems.

Most individuals start experiencing more digestive disorders after the age of 40 because of their bodies' enzyme production slows way down. That's why I highly recommend that you take digestive enzymes along with your meals.

Editor's Note: *The preceding is an excerpt from Joseph Cristiano's book, My Body God's Temple. The book was written to help motivate you to improve your health, help you have a fit body, and give you an eternal purpose in dedicating to God a body that is built for His glory*

Christiano's God-inspired plan will help you:

- Detoxify and cleanse the colon—the starting point for

walking in victory

- Identify the ideal “food types” to protect your health
- Understand the link between your blood type, diet, disease and weight loss
- Discover how dietary supplementation helps fight illness and disease
- Implement a 12-month building protocol that covers aspects of your body/mind, diet/nutrition, exercise and relationship with God

Joseph Cristiano, ND, CNC, is a certified natural health professional that has spent more than 35 years in the field of nutrition and exercise. A former Mr. USA runner-up, he has helped coach Hollywood celebrities and major media personalities.