

Did you know that negative emotions can adversely affect your health? Depression, anger, guilt, condemnation, low self-esteem-these are only a few of the lethal toxins that threaten body and spirit. Offering a clear definition of deadly emotions-what they are, where they come from, how they manifest themselves, and their effects on the body-Dr. Colbert uses scientific evidence to support his views. He further offers hope in the form of Gods power to deliver readers from these toxins, focusing on the power of forgiveness and repentance, the value of a merry heart, and the joy of the Lord. Finally, Dr. Colbert shares insights on the role nutrition plays in removing the physical toxins that inhibit true health.

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