



# My Body God's Temple: A body built for victory

*Joseph Christiano*

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## **My Body God's Temple: A body built for victory** Joseph Christiano

A body built for victory...option or obligation? Do you think that taking care of your body is an option for yourself or an obligation to God? World-renowned health and fitness coach Joseph Christiano shares biblical principles that radically transformed his life from bodybuilding for fame and success to building a temple for God. "Do you know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own." -1 Corinthians 6:19, NIV Fill your temple with God's presence. Learn why your motivation for a healthy body must come from a godly desire to be a faithful steward of God's temple. Using King Solomon's temple as an analogy, Christiano reveals that by honoring God with your body, your "building project" will not be in vain. **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.
- Start a wide-ranging exercise plan, including gravitational and specialized training, total body workout, and exercising on the road.
- Learn how negative thoughts can destroy your health.
- Implement a twelve-month building protocol that covers aspects of your body/mind, diet/nutrition, exercise, and relationship with God.

My Body, God's Temple will 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.

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