



Refresh Your Soul

MEDIA KIT

One Patient. One Place. Many Services.

Refresh Your Soul is a Sacramento-based wellness clinic. Our primary goal is to provide you - our patient - with a broader understanding and access to holistic health services. Our unique approach to wellness focuses on YOU the person, all aspects of your being – MIND + BODY + SOUL – when it comes to addressing issues of health, wellness, and modern life. We live in a world that is focuses on treating the symptoms of disease. At *Refresh Your Soul* we look for the root cause of the disease and start treating there.

We strongly believe that there is no one, single way to treat disease. For that reason, we have developed this holistic approach to treatment - a combination of modern science and the wisdom of the ancient healing.

We give each patient a treatment and wellness plan, based on their own unique health needs. This holistic approach includes nutrition assessments and diet plans, colon hydrotherapy, detoxification, exercise, juice cleanses and more.

DETAILS

Refresh Your Soul is located in Midtown Sacramento, just minutes from the state Capitol and is easily accessible by most major freeways:

Refresh Your Soul

1014 S St. Suite B
Sacramento, CA 95819

916-207-7446 | www.wendysebastian.com



About Our Services

Colon Hydrotherapy

Colon HydroTherapy is a critical component of any holistic wellness program. Colon Hydrotherapy has been used throughout history to cleanse and improve digestion. A colonic session detoxifies the colon and removes the buildup of waste material (toxins) that accumulated there.

These toxins are poison to the body and can re-enter and circulate in the blood stream making us feel ill, tired or weak. Impacted materials impair the colon's ability to assimilate critical nutrients, including minerals and vitamins. Also, a buildup of materials on the colon wall can inhibit peristalsis muscular action causing sluggish bowel movements and constipation.

Sport Nutrition + Fitness Coaching + Wellness Consultation

Our philosophy is very simple: *Eat from the earth!* We work with clients of all physical levels - house moms to elite competitors. Using a combination of science and naturapathic approach, we create a unique program designed for *you* and *your body*. We, humans, are complex creatures and understanding metabolism and health is nothing short of complicated. We understand the human body and bring both worlds – East and West - together.

"We don't believe in fad diets. We believe in sustainable lifestyle changes."
- **Wendy Sebastian, Owner, Nutritionist & Colon HydroTherapist**

Detox Programs

Refresh Your Soul offers a wide variety of Detox Programs, each one is uniquely design to meet your needs. We have partnered up with local juicery Liquidology to make the Detox process easy and efficient. Each program comes with juice designed and handpicked by our nutritionist to ensure that you are getting the vitamins and nutrients to cleanse and rebuild your body. You'll receive a Detox Guide that takes you through every step of the program, from Preparation to the Post-Cleanse Follow Up.

Detox Program revitalizes your internal organs and resets your habits, eliminated the unhealthy ones. You are encouraged to relax throughout the detox process, allowing you to release emotionally, spiritually, mentally, and physically. You will be surprised by how enjoyable the process is, and you will feel rejuvenated and refreshed throughout your journey!

Workshops

Living a Detox Life.

The environment we live in is filled with toxins of all types. This informative workshop focuses on identifying those toxins, understanding their effects, and mitigating their impact on our bodies and lives. You will leave this workshop with a new understanding of how to optimize your health by avoiding certain toxins, cleansing your body, and boosting basic elements of your nutrition. Feel empowered and take responsibility for your health and the health of those you love. You will leave the workshop with practical tools to help you live a healthy, sustainable lifestyle.

The Mysterious Metabolism: Why I'm Not Losing Weight

What is the metabolism and how does it impact our health? Most people know very little about the metabolism, but its function in our bodies is ENORMOUS. This workshop will focus on understanding how the modern US diet and low mobility habits are decimating our metabolisms. We'll look at the interplay of the metabolism, hormones, insulin, leptin, thyroid, and adrenal, and begin to understand how these imbalances keep us from optimizing our health and weight. Human beings have evolved in "survival mode" often subsisting on the bare minimums, but not the modern Western diet is centered around gluttony. Leave this workshop with a deeper understanding of your body, what you put in it, and how it reacts. We will also explore modern food marketing and how that has influenced our eating habits... and not in a good way! Gain clarity around modern nutrition, metabolism, your body, and the world of food.

Digestion 101: What is going on inside?

If we understood what happened to food after it enters our body, we would be MUCH more selective about what we put into it. This workshop focuses on the fundamentals and functions of digestion, nutrient absorption and the important interplay with Microbiota. We will discuss how food choices and medical treatments impact the long-term health and balance of our delicate digestive system. Leave this workshop with a strong understanding of the digestive process and how you can make some very simple changes that will benefit your internal organs for decades to come, mitigating and eliminating many digestive issues.

Living a HealthFULL Life

It's not as difficult as you think! In this informational workshop we will explore the components of a healthFULL lifestyle and identify tips and tricks for developing daily healthy habits. We'll look at topics like: nutrition, exercise, meditation, sleep, and yes, even finances. Living a healthFULL life is not about deprivation; it is about moderation, balance, and connection. We live in a time of instant gratification – smartphones, fad diets, pills for any ailment. We want the quick fix, but do they ever really work in the long run? Leave this workshop with a new strategy for balancing your life – all aspects. What you will discover is that the answers are already within you! This workshop will shed light on them. Together, we will discover the tools to live a healthFULL life!

Message from Wendy Sebastian:

Since I was a little girl I have been tinkering around in the kitchen playing with ingredients and creating dishes. I mastered my art working in a culinary kitchen as head chef; then, began to hone my skills by working with raw, natural, earth-focused meals. I had re-discovered my love for raw foods and this brought me back into connection with the holistic health and wellness community.

Two things motivate me: Health and fitness. I have learned the hard way that those two things usually don't belong in the same house. Throughout my life, I struggled with a serious eating disorder, which drove me to seek out and educate myself on ways to recover and restore my body to optimum health.

As a national fitness athlete I discovered that fitness does not equal health. I felt the inner conflict of the differing philosophies. I wasn't living in my power. I was out of integrity. It has become my personal mission to bring those two worlds together.

That's what inspired my business: Refresh Your Soul. I knew from experience that I wasn't alone in my struggles. In the process of healing by own body, I was able to help others do the same with theirs.

It's been an incredible journey and I'm honored that you are on it with me.

