



Pre-treatment Preparations

In order to cleanse your body before the therapy session, it is recommended that you only eat organic fruits, vegetables, and gluten-free grains 24 to 48 hours before your session. It will also help you greatly to drink half of your body weight in ounces of water per day, in the days before the therapy.

On the day of your treatment, eat lightly. Consume light fruits, vegetables, and juices. It is also important that on the actual day of your treatment, you do not consume liquid or food 2 hours before your procedure so as not to be full or urinate during your session.

Your colonic will take 45 min.

It is highly suggested that you drink 16 oz. of raw organic carrot juice or green juice, the night before and again at wake the morning of your colonic.

Why Carrot Juice?

The most effective thing to drink before your colonic session is 16 oz raw organic carrot juice. The juice should be consumed the night before a colonic and the morning of, but it is recommended even when not receiving a colonic treatment.

But why carrot juice? Carrot juices contain oils that work on the mucus membranes of the stomach and the colon. It helps with digestion and the general functionality of your bowels while providing you with essential vitamins like B, C, D, E, K, carotene, sodium, and potassium.

Refresh Your Soul is partnered up with Liquidology Cold Pressed Juice so you are now able to get organic fresh cold pressed juices daily. So we take the work out of juicing for you. You can grab your juice right at Refresh Your Soul or swing by Liquidology and pick up one of your favorite detox juice to help your cleansing goals. We encourage you to include a juice a day, or try any of our detox programs. If you like more information feel free to contact me directly or if you would like to know more about

the juice or juice cleanses you can go to www.liquidologybar.com and Let them know your with Refresh Your Soul.

Why Juice?

One of the most efficient ways to bring about transformation of a human body that has accumulated any amount of waste and toxic residue from day to day living with the plethora of synthetic compounds that fill our air, water and food sources is flooding the tissues/cells with living plant nourishment. Juice extraction from organic produce is a method of fresh pressing the plants so all the vital nutrients, juvenile water, living enzymes and chlorophyll is released for immediate absorption into the cells. All the plant fiber is withheld in the process so the delivery of all nutrients is speedy, allowing the body to release the cellular waste quickly, stimulating the whole lymphatic system to release any rancid build up. The result of drinking a high-quality, fresh pressed juice extraction in therapeutic quantities has the ability to restore health in a very profound manner. It's simply one of the best choices a human being can make to take loving care of themselves.

Why Liquidology?

1. We use organic produce to maximize the nutrient value of our juices while reducing our clients exposure to harmful pesticides.
2. Our juices are cold pressed, which means extraction is completed without introducing oxygen or heat into the process, thus preserving all the micronutrients and enzymes.
3. We have a rotating Seasonal Harvest menu of juices that take advantage of the most nutritious local produce in season.
4. We use glass bottles to protect the nutrients and flavor of our juices. Glass is also endlessly recyclable which supports the the environment.
5. Our juices are delicious!!