



## *Refresh Your Soul*

with Wendy Sebastian

*One Patient. One Place. Many Services.*

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## MEDIA KIT

WENDY SEBASTIAN

Owner of Refresh Your Soul, EST 2014

BS in Nutrition Science, Colon  
Hydrotherapist, Health Coach, Author

### ABOUT US

We provide our clients with broader access to and understanding of healthy, sustainable, integrative lifestyle choices. Our unique approach to wellness focuses on the individual; bringing all aspects of their being—MIND BODY SOUL—into alignment to address issues of internal and external wellbeing.

At Refresh Your Soul, we use individualized services, educational workshops, and group retreats to uncover the root causes of our discomfort and educate ourselves on how to live a healthier life, from the inside out.

### WHY WORK WITH WENDY

Wendy believes each one of us has the power to RYSE from within. She works closely with her clients, identifying the physiological and psychological triggers that cause dis-ease in the body. While each client is unique, there are patterns that have emerged over the years as unhealthy cycles, aligned with our modern lifestyles, that many of us get stuck in.

Through education, awareness, and ritualized living she helps her clients retrain their behavioral patterns to support a healthier, sustainable life. Wendy is the author of RYSE from Within, a book on her journey back to a healthy gut. She shares all that she's learned from her lifetime of healing her own health issues and years of professional experience helping others. Wendy loves partnering with like-minded wellness providers to offer workshops, retreats, and referrals.

# SERVICES

*Colon Hydrotherapy, Detoxes, Nutrition Coaching, Educational Workshops, Wellness Retreats*

## WORKSHOP THEMES

### 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 metabolism and how does it impact our health? Most people know very little about 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!

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