



Sound Mind & Whole Body in collaboration with Raise Him Up

It's Time to "Clean House"

Colon Health & Exercise Workshop

Saturday: January 21st, 2012

10:00 am - 1:00 pm

Fee: \$20

Make a Clean Start in 2012 by first taking out the internal trash from 2011!!
Every day we clean the outside of our bodies. We shower, brush our teeth, do our hair, etc. yet we do nothing for the most important part of our bodies, our INSIDES. **It's Time to Come Clean.**

Take Control of Your Health by Starting at the Bottom. The average adult has between 5 and 40 pounds of compacted waste in their colon and bowels. If you go to the bathroom every 2 to 3 days, suffer from hemorrhoids, diverticulitis or other colon conditions, This workshop is for YOU! Your Health begins in the Colon.

Come to be equipped with the foundational tools for cleansing your body naturally utilizing herbs, homeopaths, liquids and lifestyle changes. Join us for a time of learning and exercise.

Registration is Required. Please call 347.741.8304 or email at health@soundmindwholebody.com
37-24 24th Street, Suite 212, LIC (Queens), NY (7 train - Queensboro Plaza or N train to 36th Ave, Queens NY)

www.soundmindwholebody.com

www.praisedance.org

**Increase your body's ability to remove waste and toxins from the system. Your insides will thank you!!!
But don't just take our word; check out what participants had to say:**

Alphea S.

“Praise The Lord!! This was an informative and interactive workshop.....Realizing a dirty colon becomes a breeding ground for parasites, tumors and disease was pretty scary. Learning how overburdened our bodies becomes by these deadly poisons and toxins, and how clogged up our colon gets from lack of cleansing has been eye opening... Also realizing that starting a healthy life style without first cleaning our temple is of no use. It reminds of the scripture that says, "We do not put new wine in old wineskins." For me it is truly a call to rebuild the temple of the Lord, and to give careful thought to my ways. Our bodies are the temples of the Most High and I want to make it a place for His Glory to dwell. Thank you! thank you! thank you! I am sooo excited and cannot wait to start this cleanse :-)”

Jonelle R.

“This workshop is a must for anyone that is ready to make changes in their diet that will impact them for the rest of their lives. In one session alone I learned about how an unhealthy colon can negatively affect other organs. I am excited about starting this journey of cleansing my body. I'm even more excited because I don't have to do it alone and neither do you!”

Sylvia L.

“I did the “Carrot Juice” Colon Cleanse for three days, THREE DAYS ONLY! And I was amazed how in just 3 days I felt GREAT. I'm not going to lie, at times I felt hungry, and wanted to bite into something even if it was just an apple! However, I felt energetic, my mind was clear, I felt sharp, I felt light on my feet, and there is nothing light about me:) I was in a good mood. My attitude was different, it was positive. I FELT AMAZING! It was quite the opposite of what I had expected physically, mentally and emotionally. This simple cleanse is really effective, in that I had regular bowel movements at least 3 times a day, if not more. There was one day where I could not believe how many BM's I had, it was non-stop!! You will be very surprised.”

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Registration Form

Please print all information and submit with payment.
Kindly keep a copy for your records.

**Please make check/money
order payable to:**

Name

Amanda Linton

Address

Mail to: Raise Him Up Inc.
75-22 37th Avenue Box 163
Jackson Heights, NY 11372

Telephone No.

**Get Ready to Take Out the Internal
Trash!!! This is an opportunity you
can't afford to miss.**

Email

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www.soundmindwholebody.com

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