

Dr. Kendra-Lee Y. Pearman, PhD, ND

THE DETOX JUICING *Blueprint*



CLEANSE, HEAL & REFRESH YOUR BODY & MIND
WITH 8 PILLARS OF HOLISTIC WELLNESS

Foreword

*It is our honor to introduce Dr. Kendra Lee Pearman's **The Detox Juicing Blueprint**.* Many individuals are grappling with the frustrations of illness, continually seeking a deeper sense of well-being and relief from debilitating conditions. Dr. Pearman's work is truly exceptional! It combines inspiration and information with practical, love-infused guidance, rooted in faith and enriched with prayerful affirmations, making it accessible to a wide audience.

Being responsible stewards of our bodies means understanding how they function and recognizing the importance of personal responsibility in our health journey. When faced with health challenges, it is vital to apply time-honored principles that align with both natural and spiritual laws, fostering restoration of the whole person—body, mind, and spirit.

The Detox Juicing Blueprint is essential reading for anyone seeking a powerful, practical approach to harnessing God's original medicine for vibrant health and vitality. This holistic

Foreword

approach leads to both temporal and eternal victory—a true blessing.

Drs. Jim & Elisa Sharps, President & Executive Director,
International Institute of Original Medicine

WHAT OTHERS ARE SAYING ABOUT DR. KENDRA-LEE Y. PEARMAN & HER HOLISTIC APPROACH

"I must take time out to personally thank Dr. Kendra. She has been a tremendous blessing in my life. With her heart for people and wealth of knowledge, this ministry is what our community needs. I have been REFRESH'D!" — Shondi W., Client

"Dr. Kendra-Lee Pearman designed a specialized individual program for me with some remarkable results. I am quite satisfied with my health and the opportunity to have her as my coach. She not only helped me physically, but spiritually as well." – Cheryl G., Client

"Experience working with Dr. Kendra is the best thing I could've done for myself. I've completely come off of my medications." – Candy W., Client

"Dr. Kendra-Lee Pearman always demonstrates professionalism and a genuine concern for your overall health. I have learned so much about my body and what is needed not just from a physical standpoint but also spiritually." – Karen P., Client

"One thing I loved about the REFRESH program is the support from Dr. Kendra. No question is a silly question. Her information, guidance and encouragement through the program was invaluable." – Elicia A., Client

THE DETOXING BLUEPRINT

*Cleanse, Heal and
REFRESH Your Body &
Mind with 8 Pillars of Holistic
Wellness*

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The Detox Blueprint

Cleanse, Heal and

REFRESH Your Body & Mind

With 8 Pillars of Holistic Wellness

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REFRESH Health & Wellness

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THE IDEAL PROFESSIONAL SPEAKER IN HOLISTIC WELLNESS

Invite **Dr. Kendra-Lee Y. Pearman** to speak to your church, team, community or conference and inspire people to take charge of their health from the inside out. Her energy, expertise, and REFRESH Framework make holistic wellness clear, practical, and transformational.



THE IDEAL HOLISTIC HEALTH COACH FOR YOU

If you're ready to release what's holding you back and build lasting wellness, **Dr. Kendra-Lee Y. Pearman's** whole-person approach and REFRESH Framework will help you heal, grow, and thrive naturally.

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Dedication

This book is dedicated to my late mother, M. Yvonne Pearman, whose unwavering love, selfless sacrifices and wholehearted belief in me shaped every part of who I am today.

Because of her enduring support, I was able to pursue my education, follow my dreams and stand confidently in who I am as a woman of God.

Introduction

If you're holding this book, you've probably tried many things to get healthy. A diet – or many diets. A pill. A program – or several, online or in person. A prayer – or countless prayers... And if you're anything like me, you've probably tried a combination of these things.

You might feel discouraged, frustrated and unhappy wondering why you're stuck, tired bloated, foggy or simply off. The reality is, it's not because you're lazy, undisciplined or weak. Many of the diets, programs and information that exists are about treating symptoms and don't get to the true source of the problem.

I'd like to introduce you to a new vehicle – **detox juicing**.

Unlike many of the fad diets out there, detox juicing isn't a crash cleanse, a calorie reducer or a one-size-fits-all diet. It's a strategic, nourishing, gut-aligned way to give your body the nutrients it needs to thrive, release toxins, heal naturally and restore balance in your body and mind.

Introduction

Think of it this way: your body is like your home. Over time it gets dusty, and messy, and clutter starts to build up. If you don't clean it, things get out of control. You don't need to rearrange the rooms (diet), throw out the furniture (surgery) or install a new air freshener (supplements). The first step is detoxing – getting to the root of what's going on and clearing it out.

This book is written for anyone who's tired of temporary fixes and ready to experience true healing from the inside out. While I share from a Christian worldview and use the 8 REFRESH Pillars of Holistic Wellness rooted in biblical wisdom, the principles here apply to anyone who values holistic health, balance and renewal. The focus of this blueprint is on using whole-plant foods and intentional lifestyle changes to guide you towards true healing and lasting wellness of your body and mind.

Disclaimer:

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Chapter 1

What Detox Juicing Is and Why It's Not a Diet!

You don't need another diet. You need a
detox.

What is Detox Juicing?

Detox juicing is the use of fresh, plant-powered juices made with organic fruits, vegetables and herbs to flood your body with nutrients. These include vitamins, minerals and phytonutrients and antioxidants, as well as enzymes which give your digestive system a break and the opportunity to heal.

When you drink detox juices, your body doesn't have to rely on the digestive functions to get the nutrients it requires. Thus, it can shift energy to deep cellular cleansing, repairing and toxin elimination.



What is Detox Juice Fasting?

Fasting is the practice of eliminating food intake for a period of time. Detox juice fasting uses detox juices to nourish your body, while allowing your liver, kidneys and gut to rest, reset and recover. Your gut gets a chance to take a vacation, so that it can heal, reset, restore, and rejuvenate.

“ *Fasting isn't about starving your body. It's about freeing it to repair, detox and thrive.*”— Nutrition Raw

Why It's So Powerful!

We're bombarded by toxins, processed foods, environmental pollution, emotional stress and synthetic medications every day. Even negative thought patterns that involve emotions and stress contribute to toxicity in our bodies over time. When we fail to stay properly hydrated or get sufficient rest, our bodily systems become overwhelmed. As a result, the body struggles to process and eliminate the buildup of toxins, leading to toxin overload.

The body holds onto the toxins and most often stores them in our fat cells to keep us safe. Even though these fat cells aren't what we want, they actually trap these toxins, so our organs aren't harmed. The reason healing and weight loss can be so frustrating is because our body is protecting us from what's trapped inside the fat.

Detox juice fasting helps to release these toxins safely, gently and naturally. It doesn't fight with your body. It works with it.

What Happens When Your Body Isn't Detoxing Properly?

The body does its best to handle toxin overload; however, when it isn't detoxing properly, certain effects will eventually appear. Here are some common signs that your body isn't detoxing effectively:

- Constant cravings
- Mood swings
- Fatigue
- Bloating
- Trouble sleeping
- Weight gain
- Brain fog
- Skin eruptions
- Constipation
- Health challenges
- Trouble focusing
- Feeling off

You try harder, eat cleaner, exercise more but nothing works because the toxicity issue hasn't been addressed.

What Happens When Your Body Is Detoxing Properly?

When the body detoxes properly, it systematically eliminates toxins as part of its normal daily functions. Here are some common signs that your body is detoxing effectively:

- Cravings disappear
- Emotions stabilize
- Energy lifts
- Better sleeping
- Skin clears
- Bowels normalize
- Body heals
- Lighter spirit and happier
- Weight loss
- Start to feel like yourself again

And that's just the beginning of your journey towards true healing and lasting health.

Although we've talked a lot about detox juicing, I want to let you know that this book is *not* just about juicing. It's about a deeper lifestyle, rooted in holistic wellness. Here's how I define it:

Holistic Wellness is an integrative approach that cares for the whole person – body, mind, emotions and spirit – so that every part of you works together through the 8 Pillars of Holistic Wellness. It's about more than avoiding disease. It's about creating a life filled with energy, purpose, peace and true healing. Your food, thoughts, relationships, environment, faith and daily choices all shape your overall health and wellness.

God designed your body with the ability to heal itself if given the right conditions. Detoxing isn't about fads; it's about following the plan and design He has already given you. I like how this how this principle is echoed in scripture.

“Bless the Lord, O my soul, and forget not all His benefits: Who forgiveth all thine iniquities; who healeth all thy diseases...”—
Psalms 103:2-3

Reflections

Now that you understand what detox juice fasting is and why it matters more than dieting for weight loss, take a moment to notice any patterns in your past attempts at dieting and jot them down

Here's the truth: it was never another diet you needed — it was a detox all along.

As you reflect, you might quietly pray for guidance: Lord, please help me embrace a path of true healing and lasting wellness.

In the next chapter, we'll uncover why diets keep failing and how you can finally break free from that cycle.

Journal Here:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 2

Why Diets Don't Work—What To Do Instead

Your body isn't failing – it's protecting you by storing toxins. A body that is toxic will hold onto fat to protect itself.

When we think about weight loss, we've been told that it's about the number of calories you ingest and what you excrete. In other words, calories in and calories out. The thought process is that if you eat less and move more, the pounds will simply melt away. But if that were true most people wouldn't be stuck in a frustrating cycle of dieting, rebounding, and starting over every few months, with little-to-no success.

Allow me to let you in on a little secret. It might sound a bit radical, but it could also set you free.

It's not your willpower that's the problem. It's the toxins in your body.

Most diets are designed to help you burn fat, but they don't deal with the reason your body is holding onto fat in the first place. This piece of information is critical to understand what's really going on.

The Dieting Cycle

Here's what typically happens when people diet. First, they start a new diet by cutting carbs and calories, and possibly even skipping meals. Then, their bodies start burning fat for energy. But here's the catch. Toxins are stored in fat cells to protect the body from harm. When the body starts to burn fat, toxins are released into the bodily system causing the body to be stressed. Once the body is stressed, it can show certain signs as it tries to cope:

- Energy drops
- Cravings spike
- Mood swings
- The body senses danger, so it starts to create an emergency effect to protect its organs from toxic overload
- Weight returns, and sometimes even more

That's what the diet industry doesn't tell you.

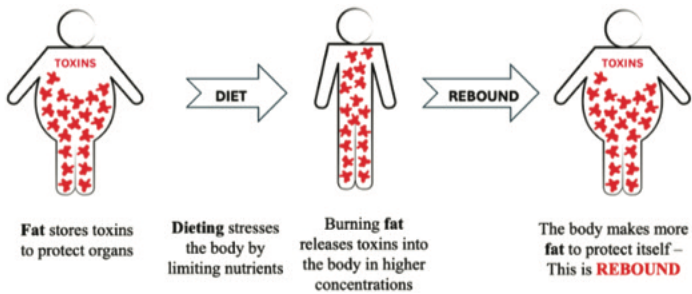
That's called *The Rebound*.

The diet industry mostly promotes one-size-fits-all plans, that aren't designed with the individual in mind. These cookie cutter plans may work for some people, some of the time but aren't designed to work for everyone all of the time.

We need to stop chasing cookie cutter plans and return to an individualized healing model that is based on holistic wellness, which includes holistic nutrition.

Dieting and the Toxicity-Rebound Cycle

Dieting often triggers a toxicity-rebound cycle. Many people get caught in this frustrating pattern when trying to lose weight through traditional diets. First, the body stores fat to protect its organs from toxins. When dieting limits nutrition, the body is stressed. As fat begins to burn, toxins are released, remaining in the body at higher concentrations. In response, the body goes into emergency mode, producing more fat to protect itself. This creates the toxicity-rebound cycle shown below:



| Figure 1: Dieting and the Toxicity-Rebound Cycle

Why Detox Juicing Works

Detox juicing completely changes the equation. When you juice with whole, plant foods, such as fruits, vegetables, root vegetables and herbs, you flood your body with micronutrients and antioxidants, which help your liver and kidneys eliminate toxins as the fat is being burned. You aren't just shrinking your body by losing the weight. You're detoxing and cleansing it at the same time.

Detox juicing nourishes, cleanses and detoxifies your body. It doesn't starve or stress your body. It supports it.

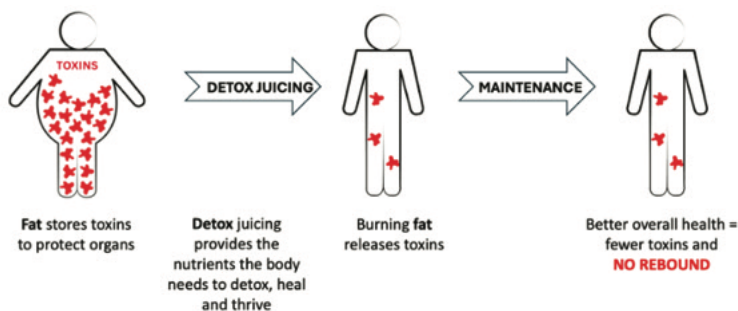
Dr. Kendra-Lee Y. Pearman

This reiterates the points stated above: a body that is toxic will hold onto fat to protect itself.

Detox juicing is the way forward.

Detox Juicing and the Healing-Cleansing Cycle

Detox juicing activates the body's natural healing and cleansing cycle. The body is flooded with fresh, plant-powered juices, rich in vitamins, minerals, phytonutrients and antioxidants, giving it what it needs to detox, heal and thrive instead of constantly being in defense mode. As nutrient levels rise and fat is burned, stored toxins are released, triggering a cycle of cleansing and restoration. Cells repair, energy improves, and the body becomes more efficient at eliminating toxins. The diagram below illustrates how detox juicing supports this healing-cleansing cycle.



| Figure 2: Detox Juicing and the Healing-Cleansing Cycle

Now that you've seen how the detox juicing process works, two clients share their real-life experience with detox juicing:

“ I tried so many other weight loss programs, but the weight always came back with more. I didn't need another diet. I needed a reset – body, mind and

spirit. That's what REFRESH gave me. Hallelujah!!" —Aneesha

“ *The program has changed a lot of things like how to heal your body from juice fast and then the way to eat every day.* ”—Ed

What Happens Without Detox Juice Fasting?

- You burn fat and release trapped toxins which then circulate in your body
- You feel worse even when the number on the scale is decreasing
- Your body **rebounds** to protect itself, thus weight comes back with friends
- You end up frustrated, fatigued and confused

What Happens With Detox Juice Fasting?

- You release fat and toxins safely
- You nourish your body with deep cleansing
- Your metabolism balances out
- You lose the weight, and you keep it off

“When you flood the body with micronutrients, you help get it back on track.”—Joe Cross ¹

True healing is holistic and isn't just about what you eat. It's about how you support your body, your mind and your soul. Detox juicing is a way to partner with God, as He is your Creator and He designed your body to be healthy and to prosper. This principle is echoed in the scripture text below.

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“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”— 3 John 1:2

Reflections

Now that you know why diets don't work and what to do instead, take a moment and reflect on your dieting journey and write down how you felt each time a diet didn't work for you.

Here's the truth: diets haven't failed you – they weren't designed to meet the real needs of your body.

As you reflect, you might quietly pray for guidance: Lord, help me to release the frustration of failed diets and embrace the nourishment that brings healing and lasting wellness.

In the next chapter, we'll explore what I call *tasting the rainbow* – ROYGBIV – and how detox juicing with vibrant, color-rich, plant-powered foods can transform your desires from the inside out.

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1. Joe Cross, *The Reboot with Joe Juice Diet* (Hodder & Stoughton, 2014)

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Chapter 3

Tasting the Rainbow—How Detox Juicing Satisfies Cravings

You're not addicted to food. You're
starving for nutrients.

Let's talk about cravings, because they really get and keep us off track. They can leave us frustrated and disappointed with ourselves, and once we give in to the cravings, we often feel defeated and are tempted to give up.

You want to eat better. You try to stick to the plan, but the chips, cookies, pizza, ice cream, bread, cake or whatever else calls your name, and you give in. It's not about will power. It feels like your body needs this addictive fix.

Cravings aren't a character flaw. They are actually a cry for nourishment.

Your body is so incredibly intelligent, and it knows what it needs. When your body signals that it needs nourishment, it's sending you an important message. Many people struggle to respond to cravings in a healthy way because they're depleted, inflamed or overwhelmed, leaving their internal signals mixed

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and unclear. Allow me to let you in on a second secret: tasting the rainbow with detox juices becomes a real game changer.

The Rainbow Juice Detox Method



Your body requires a wide variety of nutrients including vitamins, minerals, phytonutrients and antioxidants, as well as enzymes. These help you, not just survive, but to thrive. The best part is that our Creator God already perfectly packaged these nutrients and enzymes in the vibrant, living foods He designed for us.

Nutrients fuel the body and enzymes activate the fuel. Both are necessary for your body to function at its highest level. That's why living plant foods are so powerful for the body providing everything it needs.

When you taste the rainbow by juicing a wide variety of colorful rich plant foods such as fruits, vegetables and herbs, you're not just drinking pretty liquid. You're giving your body the exact raw materials that it needs to repair, rebalance, and regulate your internal systems.

Every color of rainbow detox juice is packed full of nutrients. Vitamins, minerals, antioxidants and phytonutrients nourish, strengthen immunity, fight inflammation, repair cells and tissues, support detoxification and help your body heal naturally. Each color offers its own unique benefits, but together, they create a complete detoxing and healing system designed especially for you, by nature.

Let's break down the rainbow by color: red, orange, yellow, green, blue, indigo and violet or by the acronym ROGYBIV.

Red Juices

- Support heart health
- Boost circulation
- Improve digestion
- Enhances skin health
- Boost energy

Orange Juices

- Support digestive health
- Enhance skin and promotes eye health
- Support liver function
- Support heart health
- Increase energy and stamina

Yellow Juices

- Hydrate and detox
- Support weight management
- Boost energy
- Support liver function
- Promote glowing skin and eye health

Green Juices

- Cleanse the liver
- Balance blood sugar
- Support gut and heart health
- Enhances skin health
- Support weight management

Blue Juices

- Support brain clarity and mental focus
- Promote emotional calm and mood balance
- Reduce oxidative stress and free radical buildup
- Promote nervous system balance
- Help protect cardiovascular health

Indigo Juices

- Promote deep cellular detoxification
- Enhance blood circulation and oxygen flow
- Support liver and kidney cleansing
- Help balance hormones naturally
- Boost overall vitality and daily energy

Violet Juices

- Support hormonal balance and emotional calm
- Provide anti-aging support
- Nourish skin for a radiant, natural glow
- Help protect heart health and vascular function
- Promotes restful sleep and nervous system repair

The beauty of drinking rainbow detox juices is that they work together like a team of healing agents, sweeping through the body, restoring what years of poor nutrition, stress, emotional issues, environmental toxins, refined and unhealthy lifestyle habits have depleted. They reset your body and mind by bringing them back into balance, creating the opportunity for true healing and lasting vibrant wellness.

Now that you've discovered the power of the RAINBOW juices by color, turn to the *Resource Section* for a collection of detox juice recipes to help you get started.

Cheryl's Story

Cheryl prefers to detox juice rather than cook because she loves the simplicity of juicing. As she juices the rainbow, she knows she's getting the nutrients her body requires. She finds the rainbow juices tasty and likes their freshness

Cheryl loves the blend of pineapple, yellow pepper, yellow squash, lemons and ginger in the yellow juice, and the apples, carrots and ginger in the orange juice. But the red juice with the beets, orange and carrots is her favorite. She doesn't like the green juice containing kale, green apple, celery, cucumber, lemon and cilantro because it has such a strong taste; however, she knows the nutrients are beneficial to her health. She knows

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her body is getting the vitamins A, B, C and E, as well as vital minerals such as calcium, potassium, iron and magnesium by juicing the rainbow.

She's also found that when she finishes a juice fast, her taste buds have changed, and all she wants are healthy foods. Ten straight days was the longest she fasted with detox juices, and she felt satiated and didn't crave snacks. Her body was healing, and her health results were amazing.

This is an example of what happens when you give your body foods that nourish, which is what it truly needs.

What We Used to Have to Do!

Before I discovered detox juicing, I, like many others, thought getting healthy and losing weight meant:

- Avoiding certain foods
- Counting calories
- Starving myself
- Eating foods I didn't like
- Eating out of different sized containers
- Taking lots of nutraceuticals or supplements
- Drinking premixed diet or meal replacement drinks
- Trying one-size fits all programs

Although I achieved some results, they were not sustainable because my body still wasn't getting the right nutrients that it needed to thrive. These programs were hurting me rather than helping me.

Why Juicing Works?

“It’s the nutrition found in plant food that provides us with energy and gives our bodies what they need to operate more efficiently. Because ironically, while many of us are overeating, we’re still starved of real nourishment.”—Joe Cross.¹

Detox juicing provides a clear path to gaining health by delivering pure, vital nutrition straight to cells. There are no pills, disgusting drinks, starvation or guesswork. The beauty is this: when your body is satiated, your cravings stop yelling. This is how two clients described their detox juicing experience.

“Once I started juicing the rainbow, my cravings literally disappeared. I didn’t even want junk food anymore.”—Cheryl

“My taste buds changed, and I stopped craving the junk foods I used to like to eat.”—Anthony

Our Creator God designed food to be healing and nourishing. He created vibrant colors, flavors, textures and nutrients that fuel our bodies and delight our taste buds. You don’t have to be overcome by cravings because you were made to crave nourishing, nutrient packed whole foods. I like how this is captured in the following scripture:

“O taste and see that the Lord is good.”—Psalm 34:8

I love how Hippocrates puts it:

“Let thy food be thy medicine and thy medicine be thy food.”

Now you know once you start on a detox journey, you’ll flood

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your body with vibrant, living, colorful foods, that will give your body what it needs.

Take a moment to think about those cravings you want to be free from and jot them down. Imagine how your life will feel when they no longer hold power over you.

Here's the truth: you can lose the desires that have controlled you.

As you reflect, you might quietly pray for guidance: Lord, thank You for providing nourishing foods that bring life and freedom. Help me to walk away from those cravings that drain me and embrace what heals me.

In the next chapter, I want to take you even deeper because if you've ever thought that health is too expensive, this next secret will flip your mindset upside down.

Let's talk about the real cost of staying sick.

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1. Joe Cross, *The Reboot with Joe Juice Diet* (Hodder & Stoughton, 2014).

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Chapter 4

The Greatest Expense of Your Life

It's not your housing. It's what you don't know that's costing you most.

Most people make this common assumption: the greatest expense in their life is housing, healthcare, college or even taxes.

Let me let you in on a third secret, the greatest expense of your life is the cost of not knowing how to fix your weight/health related challenges.

Here's a question to consider: what is poor health costing you physically, emotionally, financially, socially, and spiritually?

The Health and Wellness Continuum

I want to introduce you to a concept that I teach to all my clients and attendees at the health sessions I facilitate. It's called *The Health and Wellness Continuum*. Most people think of health as a 'yes' or 'no' issue. You're either sick or healthy. But the truth is, health isn't a switch you can turn on and off. Rather, it's a spectrum and where you fall on that spectrum determines

whether you're healthy. Many go by how they feel, which is important; however, it does not determine health or the lack thereof. Another important question to consider is, what are the costs associated with being unhealthy?

Many people get a 'clean bill of health' from their physician from year to year, but then 'suddenly', they are diagnosed with some illness that has shown up in testing. The reality is symptoms were presenting indicating they were unhealthy for years but were ignored and undiagnosed.

The Health and Wellness Continuum has four zones each describing a different state of well-being.



Figure 3: The Health and Wellness Continuum (Jim Sharps, Basic Principles of Total Health: Harmonious Integration of Body, Mind, and Spirit, 2011. Adapted figure).

Zone One – Abundant Health. This is rare as maybe 5% of all people have abundant health. These people experience dynamic vitality and harmonious integration of body, mind and spirit.

Zone Two – Optimal Health, which includes between 15–20% of all people. They experience a general sense of health and wellness, sleep well, manage their weight, feel stable and have

biochemical and bioenergetic balance. They also experience physical and emotional balance. This translates to having the right internal chemistry for the body to function properly and being able to produce, store and use energy efficiently.

Zone Three – *Sub-Optimal Health*, which is where the majority, between 70–75%, of all people reside. These people are functioning, but they're not thriving. They have chronic and/or degenerative conditions and are actually the 'walking sick'. They are tired, inflamed and bloated experiencing both physical and emotional imbalance. Cravings control their eating habits, which mostly consists of unhealthy foods. They experience poor sleep, brain fog and digestive issues. The majority are taking medications year after year to function without ever truly getting better. The focus in this zone is to manage symptoms, get through the day and avoid further health decline. There is no focus on true healing or lasting health and wellness, because they don't believe it's possible or don't know how to achieve it.

Finally, **Zone Four** – *Debilitating Illness*, which is experienced by about 5% of all people. They are suffering from severe degeneration and debilitating illnesses that significantly diminish their quality of life. Many are bedridden, disabled, or dependent on others for daily task. Medical interventions may help manage symptoms, but true healing is simply out of their reach. The body is breaking down faster than it can recover, and even basic functions like walking, eating or sleeping can be a struggle. The focus in this zone is on survival, not health and wellness.

Where are you? Where do you want to be?

Most people in the Western World (North America, Western Europe, Australia and New Zealand) live in the sub-optimal zone

– not sick enough to be hospitalized, but not well enough to enjoy a meaningful quality of life. Staying in Zone 3, the Sub-Optimal Health Zone, is like having the check engine light on in your car. You can drive it, but if you don't eventually address the issue, it will cost you much more to fix the damage.

The longer you delay healing, the more expensive it becomes physically, emotionally and financially. In addition, the journey back to health will also take longer and won't happen overnight.

The Hidden Cost of Staying Sick

I've come across many people who are in the Sub-Optimal Health zone. They know they need to do something about their condition, but delay action, stay stuck in their sickness, get used to being unwell or they rely on systems that don't work. Many know that what they have been doing or not doing is hurting them and making things worse.

The cost of all of this includes:

- Chronic fatigue
- Missed opportunities
- Emotional exhaustion
- Medication dependence
- Relationship strain
- Lost purpose
- Brain fog
- Unhappy life
- Compromised immune system
- Chronic pain, weight or just unwellness
- Years lost to preventable illness

Two clients recognized that they wanted to achieve optimal health and made steps towards it:

“ *Your health is your wealth. And if you want to see improvements, then you must do things differently.* ”
— Gina

“ *I thought I was going to be on this medication for the rest of my life, even though I wasn't getting better.* ”— Charo

Juice Master Jason Vale puts it this way:

“If you don't look after your body, you'll have nowhere to live!”
—Jason Vale¹

Two Ways to Learn

When you think about it, there are essentially two ways to learn: through your own mistakes, or – often more wisely – through the mistakes of others. It's like the adage: why reinvent the wheel?

Learning from your own mistakes can be draining – it takes time, energy, and repeated trial and error, often leaving you frustrated and sometimes discouragement. Learning from someone else sometimes requires money, commitment, and humility, but it is typically faster, smarter, and more effective.

“ *You can pay now with commitment and learning, or you can pay later with poor health, but either way you will pay at some point.* ” – Dr. KLYP

The Benefits of Healing Your Body and Mind

As I shared above, staying in the sub-optimal health zone will cost you in the long run. But the benefits of healing your body and mind lead to a greater quality of life. Let's take a look at the benefits:

- Regained energy
- Better sleep
- Sharper thinking
- Weight loss without stress
- Emotional stability
- Restored purpose
- Confidence in your health
- Peace and happiness
- Biochemical and bioenergetic balance

When you consider the cost of ignoring your body and mind, it becomes clear that the greatest expense isn't money. It's the life, energy and freedom you sacrifice when you are sick. Healing has a cost but so does staying sick. They are opposites as one gives you your life back while the other slowly steals it away. Choosing to heal is the investment that pays dividends every day. Knowledge is powerful and this principle is echoed in the scripture:

"My people are destroyed for lack of knowledge." Hosea 4:6

Reflections

Now that you know what poor health can cost you, take a moment and think about your own health and jot down what it has already cost you.

Here's the truth: healing your body and mind will pay far greater dividends in the long run.

As you reflect, you might quietly pray for guidance: Lord, help me to get on the path to heal my body and mind so I can enjoy a greater quality of life.

In the next chapter, we'll explore some of the most powerful obstacles to wellness that often go unseen. We'll uncover these hidden obstacles and discover how to overcome them.

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1. Jason Vale, www.juicemaster.com/jason-vale-blog, retrieved September 4, 2025

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 5

The Hidden Obstacles Blocking Holistic Wellness

**You can't heal what you can't see. Uncover
what's holding you back.**

As defined in Chapter 1, holistic wellness is about creating harmony in the whole body, mind, emotions and spirit. This allows for every part to function in alignment with the 8 Pillars of Holistic Wellness.

In this section, we'll explore eight real-life obstacles that often stand in the way of experiencing true healing and lasting holistic wellness as well as how you can begin overcoming them.



| Figure 4: The 8 Hidden Obstacles Blocking Holistic Wellness

1. Lack of Knowledge & Misinformation

The Challenge: Thanks to the many ‘health experts’ and social media gurus, people are often confused about what’s good for them. Fads, detox trends, and misinformation about healthy nutrition (e.g. ‘carbs are bad’ or ‘sugar free means healthy’) contribute to a shallow view of wellness, focused only on what we eat.

Misinformation doesn’t stop with just diet. Many people don’t realize how essential rest, proper hydration, sunlight, self-control or deep breathing fresh air is for their wellness. Many also neglect the role of their spiritual and emotional health, believing that wellness is only about exercise or weight loss.

How to Overcome It: Begin by seeking truth from trusted and reliable sources that promote a whole-person approach utilizing natural principles that lead to true healing and lasting wellness. Explore wellness education that aligns with your goals and values. Holistic wellness isn't just about 'eating right' and exercising; it's about knowing how to nurture your body, mind, emotions and spirit and being balanced in all things.

2. Emotional Eating & Stress

The Challenge: Food is often the centerpiece of social gatherings, celebrations, and a source of comfort during difficult times. Over time, this can create an unhealthy emotional attachment to food, in which eating becomes something to do or a coping mechanism instead of a true response to true hunger.

But emotional eating is just one puzzle piece in a larger picture. Chronic stress, whether from relationships, work, finances, community or inner pressure, disrupts the body's ability to heal and experience lasting wellness. Stress raises cortisol levels, weakens immunity, increases inflammation, and disrupts key functions like digestion, sleep and detoxification. That's when we typically reach for comfort foods, not to nourish, but to soothe. And when emotions go unprocessed, they can store in organs and tissues, eventually showing up as headaches, indigestion, skin outbreaks or chronic pain.

How to Overcome It: Recognize the emotional and spiritual roots behind eating and stress patterns that trigger it. Becoming aware of when and why you reach for food or feel overwhelmed is the first step towards change. Building daily rhythms that support emotional and spiritual wellness, such as journaling, prayer, walking in nature, breathing exercises, gentle movement or talking with a trusted friend or coach, can help restore your

balance in the moment. When the heart is nurtured, the body can focus on true healing and lasting wellness.

3. Time and Convenience Challenges

The Challenge: In today's fast-paced world, time is one thing people believe they don't have enough of. Many feel they don't have the time or energy to cook healthy meals, let alone reflect on their emotional, mental or spiritual wellness. It's so much easier to grab convenient fast food and scroll through a device than to make healthy choices because people are exhausted, overwhelmed, and surviving rather than thriving.

When life is consumed by busyness, skipping meals, eating on the go, or going to bed without time to unwind often becomes the norm. Yet, this convenience-driven lifestyle comes with consequences – it distances us from our bodies, our food and even the rhythms of our faith. This keeps us in a cycle of burnout, imbalance and frustration.

How to Overcome It: Holistic wellness requires doing things intentionally. Starting small can lead to big change, such as preparing one nourishing meal per day or batch-cooking simple, whole plant-based meals on the weekend. Being intentional about buying fruit, veggies, nuts/seeds, hummus, etc., provide quick access to healthy options when life gets crazy.

Examining your lifestyle as it relates to time can help you carve out moments to slow down, breathe, pray or sit still before rushing into doing something else. Choosing to value yourself and your wellness, ensures you make time for it.

4. Financial Barriers or Perceptions

The Challenge: Because holistic wellness isn't truly understood, many people believe that eating healthy and embracing this lifestyle is expensive. There's a common misconception that eating whole, plant food costs more, or that holistic practices, like health coaching, individual therapy, massages or other therapies, are luxuries reserved for the wealthy. This keeps people stuck in survival mode, making decisions that hurt them both financially and from a health perspective.

How to Overcome It: Invest in cost-effective holistic practices, such as taking in fresh air, resting, sunlight, self-control, walking and proper hydration, which naturally leads to wellness. Purchase affordable food like beans, grains, frozen veggies, etc, in bulk. Start where you can and grow from there. Investing in your health is a demonstration of self-love and self-respect. Shift your mindset from 'expense' to 'investment'. Invest in yourself.

5. Social Pressure and Environment

The Challenge: Your environment can feel like a constant obstacle to holistic wellness, whether it's family members who aren't supportive of your journey, friends who dismiss your choice to live healthier, or workplaces filled with junk food and unhealthy norms. When you add cultural expectations centered around food and the fear of standing out as 'different,' to the mix, the pressure to conform can be exhausting.

How to Overcome It: Stand up for your truth by clearly communicating your wellness goals, educating those in your circle when appropriate, and setting firm yet loving boundaries. While you may not be able to control every environment, you

can choose how you respond. Build a support system of like-minded people who can encourage and cheer you on, even if that community is virtual. The REFRESH community exists for this reason, to help you stay grounded and supported, no matter what's happening in your environment (see Chapter 6 to learn more about the REFRESH Method).

6. Addictive Foods and Habit Loops

The Challenge: Highly processed junk foods such as chips, cookies, soda, and the like are intentionally designed to be addictive. They're high in sugar, salt and fat to trigger the brain's pleasure and rewards systems, giving a temporary "feel-good" rush. But the rush doesn't last. It leaves you craving even more, leading to a cycle of overeating and emotional dependence. Over time, your body loses its natural desire for real, whole food and becomes conditioned to crave stimulation from junk food. This creates malnourishment, fatigue, mood swings, poor digestion and a deep-rooted cycle that is very difficult to break.

How to Overcome: Reset your taste buds by removing processed junk foods and flooding your body with real, nutrient-rich, vibrant whole foods like those used in the Rainbow Detox Juicing method (explained in Chapter 3). Detox juicing helps retrain your palate and calm the cravings cycle by nourishing the body's cells, tissues and organs. When the body is satiated from real food, your desire for junk food fades. With knowledge, intention and a proven plan, you can replace harmful habits with healing ones leading to true healing and lasting wellness.

7. All-or-Nothing Mindset

The Challenge: Many people operate with an all-or-nothing mentality. If they can't do it perfectly, they don't try at all. One 'slip-up' leads to guilt, then quitting altogether. This mindset sabotages people from making the small, consistent changes that lead to true healing and lasting wellness. Wellness becomes an impossible standard and illness becomes the default.

How to Overcome It: Release the idea of perfectionism, recognizing that no one is perfect. True healing is a journey of small, consistent steps, one win at a time. Celebrate progress over perfection. Give yourself grace when slip-ups occur and view them as developmental opportunities to grow. If at first you don't succeed, don't give up choosing to rest, refocus, restart and keep on striving towards REFRESH (explained in Chapter 6).

8. Low Energy, Overwhelm, and Burnout

The Challenge: When people are barely making it, physically, emotionally or spiritually, they often lack the energy or motivation to begin a new wellness journey, even though they know they need to. Exhaustion makes it hard to cook, move or even think about doing something different. Burnout causes paralysis by analysis, which is the overwhelming feeling that there's too much to change and no clear path forward.

How to Overcome It: Start with the simplest step: stop, be still and listen to your body. Focus on natural restoration such as fresh air, sunlight, restful sleep, proper hydration, prayer and stillness. Give your body and mind a chance to calm down and return to a place of peace. Seek the right support. As you begin to nourish yourself and refill your cup, your energy will return, balance will be restored, and true transformation can begin.

Perhaps one or more of these real-life obstacles have hijacked your pathway to making changes in your lifestyle. Consider the ways to overcome them and make the first step towards true healing and lasting wellness.

Transformation from sickness to true healing and lasting health starts with wisdom, not just willpower or effort. I like this encouraging word from scripture:

“With God all things are possible.” Matthew 19:26

The longer you allow obstacles to block your healing, the more it will cost you. As we discussed in chapter 4, the cost isn’t just financial, but emotional, spiritual and physical.

We’ve identified some real-life obstacles that make holistic wellness feel out of reach.

Reflections

Now you know you can’t heal what you can’t see. Take a moment and think about those things that have been holding you back from moving forward and jot them down.

Here’s the truth: no matter the obstacle blocking your path, you can overcome today it.

As you reflect, you might quietly pray for guidance: Lord, help me to identify those obstacles that are blocking my path to true healing and lasting wellness, and help me to overcome them.

In the next chapter we will go deeper into how emotions affect the body and how to begin your emotional detox.

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Chapter 6

Emotions Are Toxins Too

You can't detox your body and keep
poisoning your mind.

Once we decide that we want to get healthy, the first thing that we do is work on eating better and exercising. When we become aware that we're toxic and need to detox, we work on reducing physical toxins. However, there's one thing we don't generally consider, and that is our mind. There is often lots of clutter held in there along with a burdened spirit and trapped emotions that our body won't let go of. It's normal to work on the physical, but we also need to work on the mental and the emotional sides too.

How Emotional Toxicity Shows Up!

As human beings, we experience emotions daily. Depending on the circumstance, we can experience positive emotions, such as happiness, love, excitement, gratitude, contentment, empathy, peace or satisfaction. Certain circumstances can also cause negative emotions such as rage, anxiety, guilt, resentment, frustration, sadness, irritation, envy, jealousy, grief, bitterness or loneliness.

All emotions are temporarily stored in the body as they each trigger physiological responses. It's easier to process positive emotions because they spark the release of the 'feel-good' hormones such as endorphins and serotonin, which lower stress, relax the nervous system, improve immune function and support healing.

In contrast, the negative emotions stimulate stress hormones like adrenaline and cortisol, which are necessary for survival in threatening situations. However, they can also cause us to feel insecure and unsettled, and most of us never process them because we simply don't know how. Over time, these unprocessed emotions turn into physical stress, which has a negative impact on the body.

According to ancient healing traditions as well as insights from modern psychophysiological studies, negative emotions can be stored in the body's organs such as the gut, liver, kidneys, bladder, lungs, stomach, heart and even other tissues.

For example, the liver and gallbladder stores anger, resentment, frustration, bitterness and rage. Physical signs may include tension in shoulders or neck, headaches, hormonal imbalances, PMS symptoms, digestive discomfort or sluggish bile flow.

The kidneys and bladder often store emotions such as fear, panic, terror or insecurity. When these emotions are unprocessed, they can physically show up as lower back pain, fatigue, cold hands and feet, weakness, frequent urination, incontinence or adrenal burnout.

Digestive organs like the stomach and gut often store emotions like worry and anxiety, overthinking and lack of control. When these emotions are unprocessed, they can physically show up as

bloating, nausea, loss of appetite or binge eating. This can also contribute to irritable bowel syndrome (IBS) or a nervous gut.

The lungs and large intestines are often where grief, sadness, unresolved loss and attachment issues are stored. When these emotions aren't processed, they can physically manifest as shallow breathing, tightness in the chest, frequent crying spells or constipation.

The heart and small intestine are often where emotions like heartache, loneliness, abandonment, emotional numbness and lack of joy are stored. When unprocessed, these emotions can show up as heart palpitations, sleep disruption, tension in the chest or circulation issues.

The lower bowel is often where guilt, shame and holding on to the past are stored. These unprocessed emotions can show up physically as constipation, cramps or lower abdominal tension.

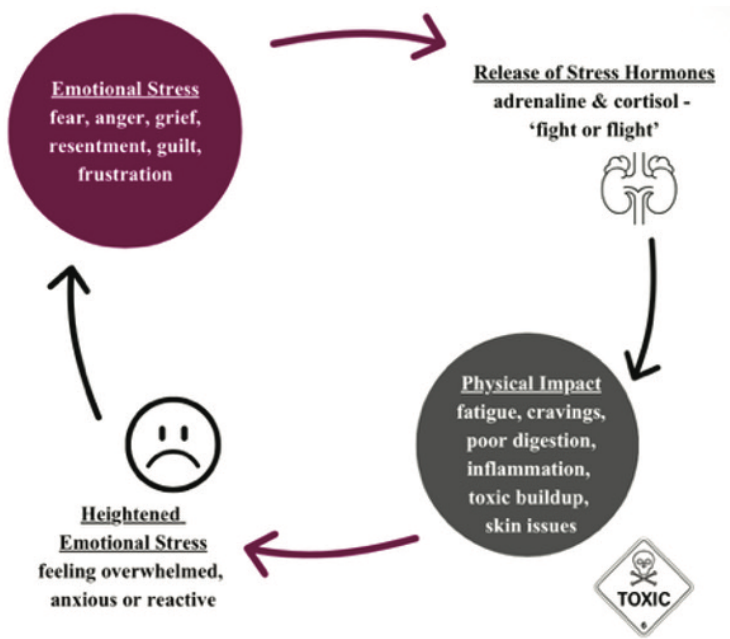
In addition, unprocessed negative emotions can be expressed as inflammation, fatigue, tension or skin issues. They can also lead to comfort eating, emotional cravings, poor sleep or inconsistent healthy routines.

Emotional toxicity can reveal itself in many ways, including:

- Anger that never finds a healthy outlet
- Guilt that lingers for years
- Fear that leads to emotional or physical paralysis
- Grief that remains unspoken and unprocessed
- Shame that erodes self-worth
- Resentment that quietly builds over time
- Anxiety that keeps the body in constant tension

The Stress Toxin Loop

When emotional toxicity is unprocessed, it often fuels a vicious cycle of stress. This triggers the release of adrenaline and cortisol causing the body to be stuck in a constant state of ‘fight or flight’. Over time, this wears down the nervous system, weakens digestion, disrupts sleep and slows detoxification. The result is what I call the “Stress Toxin Loop,” a cycle of emotional stress, increasing physical toxicity, which then heightens emotional stress. The diagram below shows the cycle:



| Figure 5: The Stress Toxin Loop

Let's look at how stress and emotional issues impact our organs on a deeper level starting with the liver.

The liver processes the emotional energy of stress. Chronic stress triggers high cortisol (the stress hormone), which reduces bile flow and slows liver detoxification. Stress also weakens digestion by lowering stomach acid and slowing the movement of food through the digestive tract, making it harder for the body to eliminate toxins through the colon.

Unresolved trauma can leave the body stuck in a ‘fight-or-flight’ state or survival mode, known as sympathetic nervous dominance. When the body is in this survival mode, detoxification becomes secondary because all energy is being diverted towards dealing with perceived threats rather than healing and repair. Digestion is then suppressed, nutrient absorption is reduced, and toxins are locked in tissues rather than being cleared out.

Therefore, the immune system is weakened and cannot fight off infections, repair damaged cells or tissues, destroy abnormal cells, regulate inflammation, respond to allergens properly, maintain gut immunity, and produce enough white blood cells to fight.

In other words, when the body is in this constant stress mood, the immune system becomes distracted and depleted and it cannot defend against infections, heal injuries, or regulate inflammation the way it should.

Stress is one of the most toxic forces on the body with experts estimating it contributes up to 80% of all major diseases. Chronic stress has been linked to cardiovascular disease, diabetes, high blood pressure, digestive disorders, autoimmune conditions, back problems, peptic ulcers, asthma, infectious diseases and an increased risk for certain cancers. There’s¹ also some thought that this same 80% of diseases has a spiritual root, with psychological and biological manifestations.

Dr. Kendra-Lee Y. Pearman

When emotions like anger, grief and frustration or resentment, which store in the liver, aren't processed and dealt with, they can build up and make the liver sluggish, overloaded and toxic, both emotionally and physically.

In other words, holding onto negative emotions can block the liver's natural flow and create a toxic/acidic environment in the body, leading to slower detoxification, poor fat metabolism and an increased risk of gut imbalances.

Signs of Emotional and Stress Toxins

Emotional and stress toxins can show up in the following ways:

- Digestive complaints that flare with stress such as bloating, nausea or irregular bowels
- Skin issues including eczema, acne, rashes
- Unexpected fatigue or brain fog
- Inflammation
- Feeling stuck emotionally or creatively
- Hormonal imbalances, which cause irregular periods, PMS, hot flashes or irritability
- Cravings for sugar, salty or fatty foods which is emotional soothing

You can drink all the detox juices in the world and eat all the healthy food that you want—if your nervous system is stuck in survival mode, healing and weight loss will not occur.

“ *I didn't realize how much emotional stress and pain was keeping me stuck in a sick state. My healing began when I learned to detox my mind and spirit, not just my body.* ”—Dr. KLYP

Emotional Detox Practices

When you realize that your sickness could be caused by emotional toxicity, the next step is to emotionally detox. There are some simple practices that can help you to begin to the process.

The first step towards emotional wellness is recognizing the emotions that have quietly resided in your body and mind, sometimes for many years. By courageously bringing them into awareness, you open the door to your journey toward lasting wellness. Once you recognize these unresolved emotions, you can begin to process, address and ultimately resolve them.

One way to start doing this is by journaling how and what you feel. By identifying what is causing those feelings and where they are coming from, you can begin the detoxing and healing process. From a spiritual perspective, you can spend time in prayer, reading the Bible, and practice faith in God to help you to process these emotions.

Another way that you can acknowledge, process, address and resolve your emotions is by just practicing stillness. I'm not talking about simply resting but intentionally being still. This allows you to be aware of how you're feeling, why you're feeling, and how it's physically showing up in your body and mind. You don't want to just move on or move through your emotions; you want to process them so that they're no longer toxic to your body and mind.

Thirdly, you can spend time cultivating an attitude of gratitude. It's easy to get stuck on the negative things in your life, but when you practice affirmations of gratitude, you're rewiring your brain for true healing.

You can also practice breathwork or deep breathing where you're acknowledging how you feel. Being able to breathe through those negative emotions sets the stage that you're almost breathing them out of your body.

And then there's spending time in nature. You can practice grounding by being bare foot in the grass or in the beach sand, taking in the beautiful scenes of nature. This is a great way to process, address and resolve emotions so that they don't become toxic in your body and mind.

Finally, learning how to let go of the mental clutter is vital for your health. Rehearsing stuff that's already happened in the past and you cannot change will only make you sick. Yesterday is gone and there's no way to relive the past. What is, is, but how you chose to deal with it makes the difference. Let me show you how this looks in someone's life.

“ *I didn't join for emotional detox, but that ended up being the key that unlocked my healing.* ” — Silda



The emotions of unforgiveness and bitterness you hold onto don't hurt the other person or persons involved. Instead, they create stress in your own body and mind, which then hurts you. Holding onto bitterness and resentment only harms you, not them — it's your health and peace that pay the price. This principle is echoed in scripture.

“A merry heart doeth good like a medicine...” — Proverbs 17:22

My advice is that it's best to choose one or more of these detox practices so you can process, address and resolve these negative and hurtful emotions. By doing so, they can't keep you stuck in a space that harms your body and mind.

Emotional health is tied to our spiritual health. When we're feeling emotionally exhausted and weak, it leads to a reduced desire to spend time with God and in the things that He's called us to do. Therefore, a positive emotional health translates into a positive spiritual health. True healing begins when we release the weight of stress and allow God's peace to guard our hearts, minds and bodies. This is echoed in this scriptural principle.

“Cast all your anxiety on Him because he cares for you.” — 1 Peter 5:7

“ *Unprocessed emotions buried alive never die; they go underground and manifest as physical symptoms that can cause havoc in the body and mind.*” —
Dr. KLYP

Reflections

Now you know you must detox both body and mind. Take a moment and think about the emotions and stress you have been holding onto for a long time and acknowledge them by writing them down.

Here's the truth: physical healing will not occur without emotional healing.

As you reflect, you might quietly pray for guidance: Lord, help

Dr. Kendra-Lee Y. Pearman

me to identify and acknowledge the emotions that have been residing in my body so that I can process and release them.

This journey isn't just for your body; it's also for your mind and your soul. It will require you to have grace and patience with yourself and to also be aware of what's going on internally. In the next chapter we're going to explore the REFRESSH Framework using the 8 Pillars of Holistic Wellness.

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1. Henry W. Wright, *A More Excellent Way: Be in Health* (Whitaker House, 2004)

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Chapter 7

The REFRESH Framework — 8 Pillars of Holistic Wellness

True healing isn't about quick fixes. It's
about holistic choices.

In review of the first five chapters, we've been focusing on what's going wrong in and with your body and mind, specifically toxicity, cravings and emotions. Now it's time to focus on building lifestyle choices that support true healing and lasting wellness.

I want to introduce you to the REFRESH Framework that has changed my life and the lives of my clients.

This isn't a trend or something to try today and then find something else tomorrow. It's an actual return to what your body, mind and spirit were created for.

“ *Before I taught this, I tried to live healthy and be well. I ate plant-based, but I was overweight, exhausted and unwell. No matter what I did, I could not get it together.*”— Dr. KLYP

REFRESH Acronym

R — RELATIONSHIP WITH GOD



A relationship with God helps you understand the unconditional love He has for us and the price that He paid for our salvation. It helps us acknowledge our dependence on a higher and demonstrate love for our fellow man. It requires daily exercise of our spiritual self through Bible study, prayer and witnessing to others. A strong spiritual foundation creates peace, direction and discipline for your life. True healing starts with reconnecting to the source of all life, our Creator God.

E — EATING HEALTHY WHOLE PLANT FOODS



As our Creator, God knows what's best for us to eat and He provided the original diet that fuels healing, gives us energy and provides clarity of mind. In Genesis, the first book of the Bible, He gave mankind five food groups to eat from, such as fruits, vegetables and herbs, nuts and seeds, grains, and legumes. Focusing on a variety of simple, colorful whole, plant foods provides all the nutrients (vitamins, minerals, phytonutrients and antioxidants) and enzymes our body needs to thrive. Eating the

RAINBOW ensures that you are getting the nutrients that your body needs.

Holistic Nutrition is an integrative approach to health that considers the foods we eat and how those foods interact with our body, mind, emotions, environment and lifestyle. It emphasizes whole, plant foods and personalized nutrition to support overall health and wellness!

In other words, eating holistically isn't just about what's on your plate; it's about nourishing your entire self through intentional, healing choices.

“*Anything we consume that isn't natural and nourishing is a toxin.*”—Dr. Bobby Price¹

F — FRESH AIR



The most important nutrient our body needs is pure, fresh air, as it contains oxygen, which provides 80% of our nutrients, detoxifies the blood and refreshes the mind. Every cell in our body relies on this oxygen to function, heal and preserve health. Breathing clean, pure air supports cellular healing, increases energy and vitality of life

and charges nerves and muscles with electricity. Early mornings and late nights have the best air quality.

R — REST



Rest includes physical, mental, emotional and spiritual rest, as well as time away from electronic devices. Restoration requires deep rest and relaxation to repair tissues, balance hormones and support emotional recovery, which includes spending time in peaceful

and relaxing environments. Adequate rest is imperative for optimum health, as it replenishes the resources we use daily. Sleep is the most important medium for rest and eight hours is optimal for detoxification and healing to occur.

E — EXERCISE



Exercise contributes to both the nourishment of the body and the elimination of waste. It improves the health of the body, mind and spirit while multiplying vitality and aiding in true healing and lasting wellness. It engages all

major body systems: circulatory, digestive, lymphatic, nervous, endocrine, cardiovascular, muscular and skeletal systems, while also supporting mental and emotional health. It doesn't have to be extreme, but it must be *consistent to be a prevention measure to maintain optimal health.*

S — SUNLIGHT



All life needs sunlight, and it is an underused healing tool. It helps the body absorb certain minerals and nutrients such as vitamin D, which provides immune support and mood regulation. It draws our blood to the surface, vitalizes the skin and stimulates its respiratory

and eliminative functions, relieving other eliminative organs such as the lungs, liver and kidneys. It also improves overall metabolic function and efficiency.

S — SELF-CONTROL



Self-control undergirds all 8 Pillars of Holistic Wellness, as it should be practiced in eating, exercising, resting, getting sunlight and fresh air, hydrating and in our relationship with God. It is about choosing

long-term gain over short-term gratification. In order to achieve health and wellness of body, mind and spirit, it requires discipline in thoughts, habits and choices in every part of our daily life. Lack of self-control in any part of our lives can compromise optimum physical health.

H — HYDRATION



The second most important nutrient the body needs is water — the very elixir of life. Every living organism depends on it for survival, and in the human body it regulates every system, from circulation to digestion to elimination.

Water also plays a critical role in flushing out toxins and carrying nutrients to the cells. In fact, many health problems improve simply by restoring proper hydration with the right amount of pure water. To function optimally, the body requires about 40–50% of your body weight in ounces of water each day.

How the 8 Pillars of Holistic Wellness Work Together

Let's turn our attention to how the 8 Pillars of Holistic Wellness work together. These aren't suggestions or tips. They're lifestyle decisions that we must choose to make daily.

If one pillar is weak or not incorporated into the lifestyle, it affects the entire structure, thus making health and wellness weak. The REFRESSH Framework brings the body, mind and spirit into alignment. For example, if you just focus on exercise and diet and not the other pillars, you may see some results, but they won't be lasting and will not lead you to holistic wellness. I know many people who say they'll start exercising and eating healthy, mostly because this is what most diet programs focus on, but they aren't incorporating the other pillars.

You don't have to do everything perfectly, but you do need to consistently implement and honor the 8 Pillars of Holistic Well-

ness if you want to experience true lasting wellness. Dr. Bobby Price², a holistic health practitioner, puts it this way:

“When most people get themselves synchronized with nature, the body can display an astonishing ability to heal.”

Three clients share their testimonies below about implementing the 8 Pillars of Holistic Wellness.

“ *This was really hands-on. It gave you the information, a lot of information, that other programs didn’t give me.*”— Gina

“ *I used to think I was eating healthy, but I was eating late, combining things wrong, and not drinking enough water. REFRESH taught me how to do it right.*”— Ed

“ *I’ve never ate so many fruits and vegetables in my life, but they are what I eat now. I have not gone back to eating any animal products, which is huge for me.*”—Warren

Even when my clients and I know what to do, we don’t always get it right because life isn’t perfect. The key is knowing how to reset and get back on track recognizing that we are worth the effort. The principle is echoed in the scriptural text:

“What? Know ye not that your body is the temple of the Holy Ghost... therefore glorify God in your body, and in your spirit, which are God’s.”— 1 Corinthians 6:19–20

Reflections

Now you know quick fixes will not lead you to true healing. Take a moment and think about the quick fixes you have tried in the past that were not lasting and write down the holistic choices you need to make to start true healing.

Here's the truth: true healing will come when you incorporate holistic choices.

As you reflect, you might quietly pray: Lord, I know that the quick fixes I tried didn't work. Help me make holistic choices.

Although the 8 Pillars of Holistic Wellness seem simple, straightforward and easy to follow, healing doesn't happen in isolation. And even when someone is ready, it generally requires something else. In the next chapter, we're going to talk about the secret ingredient that most people forget about or undervalue. *Support.*

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1. Dr. Bobby Price, *Vegucation Over Medication: The Myths, Lies, and Truths About Modern Foods and Medicines* (Wise Owl Publishing, 2016)
 2. Ibid

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Chapter 8

Support Turns Knowledge Into Change

Information doesn't equal transformation.
Support equals transformation.



By now you've been presented with lots of information, and you may feel that you know what to do. But knowing isn't enough. Change really comes when we're supported.

Most readers have attempted to do it alone, by trying a diet or exercise plan that they saw on social media, or something they

know worked for a friend or co-worker. They decided to try this new thing; however, it didn't work for them. That's not because they're weak or unmotivated. It's because real healing was never designed to happen in isolation without help and support. One client expressed her experience receiving support.

“ Dr. KLYP designed a specialized program for me with some remarkable results. I am quite satisfied with my health and the opportunities to have her as my coach. She not only helped me physically, but spiritually as well.” –Cheryl

Why People Stay Stuck

Most people know that it's time to change their lifestyle. The weight is piling on. The clothes don't fit. They don't feel well. They're tired and bloated. They have brain fog or are full of inflammation. Their bloodwork has highlighted some concerns. The mind and body tell them it's time to make a change, but there are some fundamental reasons as to why they stay stuck. Here are some of them:

1. *Lack of structure* is one of the biggest reasons why people stay stuck. They may try something for a few days, lose momentum and motivation, and then stop. Without structure, it's hard to get back on track.
2. *Lack of feedback* is another big reason people stay stuck. Most people don't have a coach or mentor to provide ongoing feedback and hold them accountable, so they stay stuck.
3. *Lack of encouragement* is another reason why people stay stuck. Having a support system that encourages

your lifestyle changes, including diet and exercise, helps you get started and stay on track.

4. *Lack of connection with like-minded individuals* is another reason why people stay stuck. Being around others striving for the similar goals makes your journey more fulfilling and doable. Sharing your ups and downs with someone who understands the experience is both encouraging and empowering.
5. *Lack of a supportive environment* is the final reason why people stay stuck. Choosing to become healthy often requires making shifts not only in your lifestyle but also in your circle of friends, especially if they may not support your healthy changes.

Even if your body and mind are ready for this change, you need the structure, feedback and encouragement to move forward. In addition, if your lifestyle remains the same, your circle of family and circle friends have not embraced your health goals and you're isolated from like-minded people, you'll most likely revert to survival mode and not reach your health goals.

The Three Layers of Support That Create Change

There's an old saying, which I am sure you've heard before: "No man is an island."

And here's another one you've probably heard many times as well: "It takes a village."

Both sayings are true when it comes to healing your body, changing your lifestyle and staying on track. You were never meant to do it alone and it requires the assistance of others. Healing happens faster and more effectively when you're

surrounded by the right kind of support. Many can attest to this both personally and professionally.

There are three key layers of support that help people go from stuck to successful:



| Figure 6: The 3 Key Layers of Support

1. **Health Coaching:** Health coaching doesn't mean you have someone to boss you around and tell you what to do. It means having someone who has already walked this health journey, knows the path, and can see what lies ahead—even when you can't. A health coach is there to guide you—not simply by giving information or lists of what to do or avoid, or what to eat or not eat. A health coach encourages you, holds you accountable, and provides real strategies to help you meet your wellness goals. As your coach, that's the role I step into—not to control you, but to walk with you towards your wellness goals. Coaching brings clarity and confidence and keeps you going when life gets crazy.
2. **Accountability Structures:** As important as support is, without structure it often leads to emotional motivation

with no sustainability or lasting results. You need simple, repeatable systems, such as check-ins, small wins, progress markers, reminders and plans. You won't have to rely solely on willpower if you have an accountability structure in place. Structure with accountability helps you stay consistent, even when life gets messy.

3. **Community and Family Encouragement:** When you decide to make a lifestyle change, those you surround yourself with can either increase your momentum or drain your energy. When your family and circle of friends support your goals (or at least respects them), it's so much easier to stay on track. When you surround yourself with others who speak and understand the same language, support your growth, and walk this health journey with you, it becomes lighter and even more joyful.

Healing is more difficult when you're the only one in your circle on a wellness journey.

When you don't have support in your family, having a safe, like-minded community becomes essential to your journey. Those in the community are there to understand, uplift and walk with you on this journey to true healing and lasting wellness. A client shares her experience with coaching support:

“ I feel so comfortable talking to Dr. Pearman because she's not judging you. She's not telling you what you should do. She gives you information and lets you make the choice.”— Charo

“ *Coaching gives you clarity. Structure with accountability gives you consistency. Community gives you courage*”. –Dr. KLYP

Mentorship as the Accelerator

A mentor helps you discover the how and the why by sharing personal experiences, wisdom, encouragement and spiritual insight that helps you to believe that you can do this too. Mentorship is what keeps you grounded when doubt or discouragement show up. When your journey includes both coaching and mentorship, everything shifts towards true healing.

- You see faster results.
- You avoid costly forks in the road.
- You trust yourself more.
- You build more confidence.
- You stop trying to figure it all out alone.

When someone believes in your breakthrough and knows the way, your healing speeds up.

Mentorship gives you perspective. Coaching gives you a plan and structured accountability. Together they give you momentum.

Aunt Cheryl's Story

I remember working with an older client, Aunt Cheryl, who had done a different program and paid quite a bit for it.

The program provided her with guidelines to follow, but there was no human interaction during the program. She didn't know

what to do and became very discouraged because the coaching and the mentor pieces were missing. When she consulted with me and I shared that I would be with her every step of the way, she was so excited because she knew she needed the structure along with accountability. She also needed someone with whom she could talk things through as they occurred.

If she had any questions between our weekly appointments, she would call me and ask them. The next time she came to her appointment, I'd be able to provide her with the information she required. As health challenges came up, we were able to address them together and she was given holistic suggestions to ameliorate any pain or discomfort she was experiencing. She found that coaching and mentorship provided her with structure, accountability and a caring listener. This coaching and mentoring method was able to help her every step of the way on her journey towards wellness.

“ *My coaching sessions are personal and very helpful. They encourage me to stick to the program. I know that I can call for help whenever I need it. I can ask any questions regarding my health, and I get lots of advice. Dr. KLYP looks for solutions to help me with my health and she is very knowledgeable.* ”— Aunt Cheryl

Family and Home Support

When embarking upon a health and wellness journey, it's important to have family support at home. Your family needs to understand that there will be changes in your lifestyle which may require them to encourage you and support you so you can reach

your wellness goals. It's important for your family to understand exactly what you'll be doing, so you're able to build healthy routines and food choices. This will include making conscious, healthy choices in grocery shopping and food preparation, so everyone understands what you're eating and drinking. Sharing your wellness goals helps family members respect your healthy choices so that you can achieve them.

Oftentimes, family members can be our worst enemies when it comes to making healthy lifestyle changes. When you don't get the support you need from family and in the home, you'll need to establish boundaries. You're allowed to set boundaries that protect your progress and that may mean limiting emotional access to those who drain you. You also must prioritize your healing, even if others aren't in agreement. If you find your family isn't supportive, then you must find support somewhere else, like in a coaching program or a wellness community.

Even one supportive voice can validate your journey. This principle is echoed in scripture:

"Two are better than one... For if they fall, the one will lift up his fellow." —Ecclesiastes 4:9–10

Reflections

Now you know that information does not equal transformation. Take a moment and think about information that you have received in the past regarding your health. Write down whether you achieved your health goals from information alone.

Here's the truth: a health transformation will come when you receive support on your journey.

As you reflect, you might quietly pray: Lord, I need support so my health can be transformed. Lead me to the right place for this support.

Even with all the support in the world, there's one thing that must change, and that's your mindset. Your mind is powerful, and your body cannot go where your mind won't let it. In the next chapter, we'll explore mindset and belief.

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Chapter 9

Mindset & Belief – Healing Starts in Your Mind

Your body can't go where your mind won't
let it.

You can have all the structure in the world, such as tools, support and information, but if your mind is stuck in self-doubt, fear or discouragement, healing will not take place because it will be blocked at the root.

Our mind is incredibly powerful and is one of the most influential organs in our body. It shapes our thoughts, processes are emotions, drives our actions and influences every aspect of our health and well-being. What our mind believes either accelerates our healing or shuts it down completely. A mind must be positively engaged for healing to occur.

Identify Common Limiting Beliefs

Have you ever been plagued by thoughts or convictions in your head that you accept as true, but they limit or restrict you in some way? We call this a limiting belief. They often come from

past experiences, fear of failure or self-doubt. They can also stem from someone else projecting negativity onto you, which you then begin to believe. Limiting beliefs are powerful because they can hold you back from reaching your full potential.

Let's identify limiting beliefs that keep people sick and stuck in survival mode:

- I've tried and tried but I failed too many times.
- This won't work for me because the other things didn't work.
- I don't have the discipline, as I give up too easily.
- It's too late for me because I'm too old and stuck in my ways.
- I can't afford to get healthy.

How do limiting beliefs affect you? Here are some ways:

- They block your growth by keeping you stuck in fear, doubt or self-sabotage.
- They shape your behavior, leading you to avoid taking action or to become frustrated and give up too quickly.
- They distort your reality causing you to interpret events in ways that confirm the belief, even when it's false.
- They lead to mental defeat before starting, adding to physical fatigue.

Key Insight

Limiting beliefs aren't facts, even though they have such a strong influence in our lives. They're simply interpretations that receive lots of credit. Once they can be identified, they can be chal-

lenged and replaced with empowering beliefs that help you move forward and support your growth and transformation.

Belief Shapes Biology

Let's look at the science and spiritual reality behind these limiting beliefs and how they work to keep us stuck and in self-sabotage mode.

We talked a little bit about stress already and the fight or flight or survival mode. Chronic stress, fear or unworthiness keep the body in this fight or flight mode, which doesn't allow it to heal. This cycle perpetuates, keeping us stuck and immobilized. But when we have positive beliefs, hopes and faith in a higher power and ourselves, it activates the healing responses in our body. There is an inextricable link between our mind and body that is foundational to every aspect of our health and well-being.

When you believe that your body wants to work for you, is working for you and isn't against you, everything shifts towards transformation.

How to Detox the Mind

The first thing that must happen after identifying limiting beliefs is to rewire the thoughts in your mind for transformation.

Here are some practical steps that you can employ to start reframing your beliefs:



| Figure 7: How to Detox the Mind

First, you must recognize the lie that you have been hearing or telling yourself for so long. What is that story you keep repeating—the one you tell yourself or the one someone once told you about who you are?

Then you must replace it with truth. For example, what would God or your future healthy self say to you?

Next you must rehearse the truth every day by speaking it, writing it, and living it.

Finally, you want to surround yourself with belief builders such as community, scriptural promises, coaches and mentors.

By changing your internal dialogue, it helps build confidence and motivation that will serve you on your transformative journey to true healing and lasting wellness. One client puts it this way:

“ *I realized I can't chase down a bad diet on a treadmill. I needed a whole new mindset.* ” — Sasha

Instead of telling yourself, “I always fail at dieting,” shift to, “I am learning how to nourish my body and my mind in a way that works for me.”

You can also say something like, “I'm investing in myself, my health and my well-being. I am prioritizing me.” I love how one client expresses this.

“ *Your health is your wealth. And if you want to see improvements, then you have to do things different.* ”
— Gina

Daily Affirmations and Gratitude

I'm sure you've heard this phrase before—speak life, not death. It simply means your words can either build you up or tear you down.

Words have power and positive words can nurture growth, while negative words can stunt it. Speaking positive words over your life rewires your brain for success.

Here are a few affirmations that you can speak over your life every day:

- I am making choices that nourish my body and soul and bring me closer to my healthiest self.
- My body is capable of healing and I'm going to give it the best choice possible.
- God has equipped me for this journey, and He will see me through.

- Every choice I make is an investment in my health and wellness.
- I was created to be healthy and whole.

Transformation towards lasting wellness starts when the words you speak align with your truth, not your fear. This principle is echoed in the scripture below:

“Be transformed by the renewing of your mind...” Romans 12:2

Gratitude shifts the focus from what is lacking in your life to what is abundant, reducing stress and promoting emotional well-being. Expressing gratitude for the simple things in life causes people to recognize how much they have rather than what they don't have. This gratitude can then help change the mindset and cause you to appreciate the manifold blessings that may have been overlooked because of a negative mindset.

Mindset isn't just psychological or mental. It's also spiritual due to the inextricable connection between mind and body. True healing is often blocked by our behavior and what we do physically, but it is also blocked by what we believe. My friend Adrienne Benton has a saying, “God, I can't, but you can, so please do.”

“ *Your breakthrough begins with belief: belief in God, belief in yourself and belief that you can.*”—
Dr. KLYP

Be encouraged. You may have come face to face with some heavy realities in this chapter but remember this: you aren't broken, you're becoming.

Reflections

Now you know every time you choose to believe in yourself and stay committed to your transformative journey, you activate healing in your body, renew your mind and restore your spirit. Take a moment and think about what you are grateful for and write down at least 5-10 gratitude statements.

Here's the truth: a health transformation requires a mindset shift so that healing takes place in both mind and body.

As you reflect, you might quietly pray: Lord, help me to shift my mindset so that I am able to begin my healing process.

In the next chapter, we'll talk about what it really means to get results and how to recognize the difference between short-term hype and lasting transformation.

Journal Here:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 10

Health Isn't Expensive — Sickness Is

Health is the investment. Sickness is the debt. The choice is yours.

Scarcity Mindset

Whenever anyone shows interest in my REFRESSH programs, the first question asked is, “How much does it cost?”

So, I do understand when people say things such as:

Eating healthy costs too much.

Fruits and vegetables are very expensive, and organic produce is going to cost even more.

Most people will also decide that it's too much to have a health coach and mentor.

In other words, they don't want to invest in their own health and wellness.

But the real question to ask is: what is poor health actually

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costing you in time, pain, frustration, lost opportunities and medication?

I cannot imagine anyone choosing sickness, yet many accept it as if it's their only option. Healing by moving toward wellness isn't a luxury, it's a necessity. In the long run, sickness will always cost more than wellness.

Everything You Consume Is Either Feeding or Fighting Disease

This statement is important to remember: everything you eat, drink, think and absorb is either feeding disease or fighting it.

- Every choice that you make with your body and mind isn't necessarily an investment in your health. Every choice has consequences. It's either leading you towards healing and health or away from health toward disease and sickness.
- Every time you spend money, you're not just spending money, you're choosing outcomes: health or disease.

Stewardship: A Faith-Based View of Health

- From a spiritual perspective, our body is a gift, something that doesn't belong to us. We're responsible for what we do with it and put in it.
- We're called to steward which means to take care of our bodies and not just live in them to survive.
- We're to have health and maintain health.
- Healing isn't just a physical act; it's a **spiritual responsibility**.

We don't own these bodies. They have been lent to us, and we manage them on God's behalf.

ROI vs. COI: Return on Investment vs. Cost of Inaction

No matter the decision you make regarding your health, you'll realize a return on investment, or you'll suffer the consequences of inaction.

ROI	COI
Clearer Skin	Ongoing inflammation
More energy	Fatigue and Burnout
Reduced cravings	Emotional Eating Cycles
No medications	Increasing medical bills
Better sleep, mood, focus	Anxiety, brain fog
Weight control	Overweight/Obesity

| Chart 1: ROI vs COI

Healthy choices may require an investment up front, but the paybacks are daily and rewarding. On the other hand, sickness slowly steals everything, leaving you bankrupt, unhappy and unhealthy. Two clients share their testimony below:

“ *It was the best investment I’ve ever made in myself.*”— Anthony

“ *I said, you know what, I’m just going to trust the process. I didn’t mind the cost. I’m investing in myself, so that was not a problem for me.*” — Charo

Reframing of the Word “Cost”

Most people want to know what it will cost them to make healthy choices like joining a program, a gym or opting for healthier meal options. Most often they will decide against this investment in themselves based on price tag before they truly consider what it costs them to be unhealthy. There are many non-monetary costs associated with being unhealthy that people often overlook. Let’s talk about a few of them:

- Missed family events
- Lost productivity at work and home
- Lost reason for living
- Low energy that diminishes quality of life
- Poor health, thus shortening the lifespan
- Feeling unwell most of the time
- Inability to travel and enjoy special activities

The most expensive thing you can do is ignore your health. It will deteriorate over time and cost you more in the long run.

This decision isn’t just for you. Your health and healing impacts everyone connected to you including your family, friends, work colleagues, church community, etc. Lastly, it has an impact on your legacy.

The Hidden Cost of Inaction

As discussed in chapter 4, most people in the Western World (North America, Western Europe, Australia and New Zealand) are in the Sub-Optimal Health Zone. According to the Centers for Disease Control and Prevention (CDC), chronic diseases

such as heart disease, stroke, obesity, cancer, diabetes and certain mental health conditions account for 90% of the \$4.9 trillion annual healthcare costs in the U.S. It's estimated that 60% of U.S. adults live with at least one chronic disease, while 40% live with two or more. Due largely to poor diet and lifestyle, similar patterns are emerging in other Western countries.

The financial toll is staggering. The average annual medical expenses for people with chronic diseases can range from \$1,000 - \$2,500 for obesity-related care to \$10,000 or more for diabetes. When multiple diseases are present, these costs can escalate dramatically.

Medical debt is another hidden cost of inaction. In the U.S., medical bills are recognized as the number one cause of personal bankruptcy. Research shows more than 60% of bankruptcies are linked to medical bills, often insured people who faced unforeseen healthcare expenses.

Let's put things into monetary perspective:

- Managing diabetes costs an average of \$12,000+ per year.
- High blood pressure adds about \$2,500 annually and high cholesterol about \$1,200.
- Cardiovascular health diseases such as heart disease carry an average cost of \$13,000 per year, while a stroke can cost up to \$35,000 annually.
- Cancer survivors often face \$10,000+ per year in healthcare expenses.

As you can see, the COI can be devastating, not only expensive but also leading to financial collapse and even bankruptcy. In

contrast, the ROI of investing in your health brings benefits you can't put a price tag on. The steps you take now toward true healing and lasting wellness will pay dividends for years to come in vitality, freedom and quality of life. Scripture echoes a principle that supports a reason to invest in your health.

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore, glorify God in your body, and in your spirit, which are God's."— 1 Corinthians 6:19–20 (KJV)

“ *Health is not an expense. It's a requirement as an act of stewardship.*”—Dr. KLYP

I want to take a moment to encourage you. If you've gotten this far in the book, you've already started to invest in your health. The following quote sums it up nicely:

“ *Health is the greatest form of wealth. With it anything is possible: without it, nothing is.*”—Dr. Bobby Price.¹

Now you know the ROI vs the COI of your health. The next step is choosing consistency. Take a moment to think about the health signs you've been ignoring and write down how you plan to take action.

Here's the truth: you can pay now or can pay later, but you will pay.

As you reflect, you might quietly pray: Lord, help me make the right investment in my health so that I can experience true healing and lasting wellness.

Let me give you a peek into my wellness journey—a path that included frustration and pain—and the breakthrough moment when I choose to invest in true healing and lasting wellness. I chose to REFRESH.

1. Price, *Vegucation Over Medication*

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Chapter 11

My Detox Journey

Even though I ate healthy, I was sick.
Something had to give.

I was a frustrated plant-based eater. I had adopted a plant-based diet back in the mid 1990s before veganism became popular. I made most of my food from scratch and raised my children with a very strict plant-based diet, although occasionally we would eat fish.

I later found out that my children hated the strict diet and rebelled quite a bit when they went to family and friends' houses. One thing I can say, though is that we were in pretty good health according to our annual physical exams and we didn't get sick often.

However, as I was getting older, I began to really struggle with my weight. I became overweight and then obese. I was eating lots of processed vegetarian foods that had lots of additives. I was almost 200 pounds, which was the heaviest I had ever been at nine months pregnant with my second child in 1989. This was frustrating and depressing to me.

I was having an internal struggle because I wanted to lose weight, sustain the weight loss and experience optimal health. I thought I was doing all the right things such as eating plant-based and exercising consistently. Still, I was very unhappy with my size, the aches and pains that were emerging as I was getting older, and how I felt in general—not ‘sick’ but not feeling great.

The external struggle was just as real. When I looked in the mirror, I hated the way I looked, and I hated seeing my clothing size go up. I was wearing a size 14 and this was getting tight.

I said to myself, “I am not going to buy a size 16. There’s no way I’m succumbing to that size.” I had reached the point where I knew that I had to do something.

My Breaking Point

Not only did I have weight issues, but I was also full of inflammation. I was starting to have issues beginning with my knees. My allergies were off the chain. I knew that something had to give because I didn't feel comfortable in my own skin and I had no energy. Coupled with the weight gain, I was at my breaking point.

I wasn't just tired. I was sick and tired of being sick and tired. I was overweight on the outside, and on the inside, I was running on empty. I felt like I'd hit a brick wall, and it hurt. I didn't realize I was in the ‘walking sick’ category because I wasn't ‘sick’ enough to be sick, but I certainly wasn't well enough to be healthy.

The Search for Answers

Throughout the years, I've tried many diet/health programs that initially worked but didn't keep the weight off and didn't help me reach a state of true healing and lasting wellness. In most programs, the process is the same for all clients with a one-size fits all approach.

One of the programs I tried, required me to eat animal protein and I even went back to eating chicken and turkey because I was tired of eating fish every day. This was going backwards for me because I had given up eating this for decades. You see, the program would not work on a plant-based diet because it relied heavily on nutraceuticals (herbal or natural products), vegetables, and animal protein for weight loss, while omitting carbohydrates such as legumes and grains from the diet.

I lost weight and was feeling good about myself, but I couldn't continue using the nutraceuticals. They were pricey and I couldn't see myself continuing to spend all that money on pills moving forward. Ideally, I wanted to be back on my plant-based diet, as I truly believed that was the best diet for me, and I wanted to maintain my weight loss with plant food. However, once the pills stopped, the weight came back on—and more.

Then I tried a program that was plant-based, but the diet included a lot of bread and processed food, such as pasta. I had some initial weight loss, but that quickly returned with the bread and pasta in my diet. Even though I was eating plant-based food, I was still struggling with my health and weight.

I also tried other programs that counted calories. They were difficult to follow because they weren't plant-based and eating legumes and grains seemed counterproductive, as they were carbohydrates, which were 'evil' to eat.

I was getting desperate to find something that would work for me. I even tried a plan that had me putting my food into containers of all sizes. If it fit into the containers, that was the amount that I could eat; however, my weight was still increasing, and I was discouraged and depressed.

As you can see, I had tried everything I knew to do including diets, exercise, nutraceuticals, containers, online programs, etc. The one thing that I had not done was to listen to my body and soul and let God reset me from the inside out. I hadn't dug deep enough.

My Turning Point

I realized I needed a program that was designed for me—something I could follow and be true to myself in my desire to remain on my plant-based lifestyle choice.

I did a 40-day program in 2015 that started with a three-day fast using the Master Cleanse, a drink of cayenne pepper, Maple syrup, lemon juice and water. Breaking the fast on the fourth day with melon, I then moved onto plant-based foods, which was aligned with my desires. This seemed like it was for me, but after completing it, I still didn't experience the health and wellness that I was seeking. I spoke to my mentor, who advised me to do the detox part for ten days and not just the required three days. So, I followed her advice, but I didn't like how I felt afterwards. My teeth felt strange after so many days of the drink. I did lose some weight, but I still didn't feel that I had achieved my goal of wellness.

I had been praying about my weight situation for a while and asking God to show me what I could do that would align with my plant-based lifestyle. One day while scrolling through

Netflix, I came across the documentary by Joe Cross, *Fat, Sick and Nearly Dead*. I was so impressed with the story of his weight loss and transformation, as well as that of others who had followed him. I decided to try detox juice fasting. Although I was familiar with fasting, I had never heard about detox juicing before, but if it could work for Joe and others, I believed it could work for me.

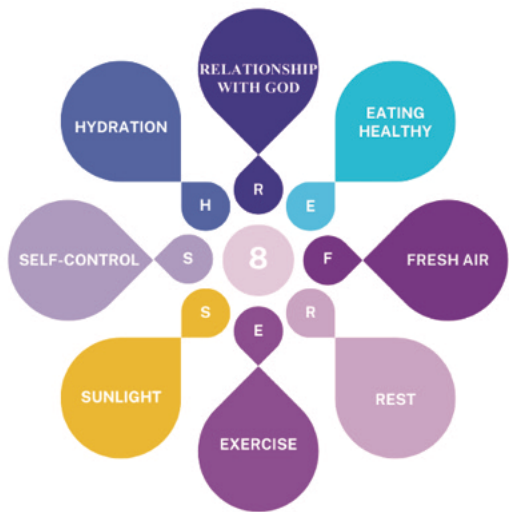
I decided to try it immediately. My husband had a juicer, and we had fruit and vegetables in the house. I juiced for the very first time. I really didn't know what I was doing, but I checked Joe's Reboot website and found recipes that I tried. I juiced for 10 days, lost weight, felt much better and had lots of energy. I was finally on to something.

I broke my husband's juicer after just two days of juicing and had to borrow a friend's until I bought a new one. I still didn't understand the science behind detox juice fasting, but I'd finally found something that worked for me and that I could tweak to my needs, rather than something that was a one-size-fits all.

I must admit that this was not an overnight healing to wellness experience because I didn't become unwell overnight. It was years of abusing myself in many ways including eating poorly of processed, fast and junk foods, which are NOT food at all. Couple that with not hydrating properly, not practicing self-control, being inconsistent with getting exercise, fresh air and sunlight. The only Pillar I was consistent with was the relationship with God, so I thought. I soon realized that if I was out of alignment with the other seven pillars, I was out of alignment with them all. It has taken time to get into a rhythm of beginning to practice the 8 Pillars of Holistic Wellness and it is still a work in progress. Life happens that sometimes throws me off, but I know how to get back up to be REFRESH'D.



How the REFRESH Framework Was Conceived



| Figure 8: The REFRESH Framework

I was familiar with the 8 Laws of Health, as they are a foundational part of my Seventh-day Adventist denomination’s health message. The acronym NEWSTART (nutrition, exercise, water, sunlight, temperance, air, rest and trust in God) had been used by

health ministry departments within the denomination for as long as I can remember.

In my naturopathic doctoral studies, I learned that the God's original 8 laws of health are as follows: air, sunlight, abstemiousness, rest, exercise, water, food and trust in God. Although, I knew about them, I had never practiced them as the focus in the diet industry was on diet and exercise only which I had adopted. Now, it was beginning to make better sense to me that these 8 laws, which I call pillars, were fundamental to health and wellness. I learned that it was not enough to pick and choose which of the 8 pillars to follow as they were all equal in the grand scheme of true healing and lasting wellness.

I wanted a way to bring these timeless principles to life in a way that was simple, actionable and easy to remember, not just for others, but for me too. I also wanted the principles to start with God, because I believed that it is He who brings us back to health and healing.

I considered several words beginning with 'R', but they had seven letters, and I needed 8 eight. I was really stuck on the word 'refresh' but it was one letter to short. I was determined to use this word and was able to get the following from 'refresh': R - relationship with God, E - eat healthy, F - fresh air, R - rest, E - exercise, S - sunlight/self-control and H - H₂O/ water. That's when it came to me to use 2 'Ss' for sunlight and self-control. That is how I came up with REFRESH, with eight letters.

I didn't come to this alone. My second daughter, Samaela, and I worked on considering different words that began with 'R' to shape the brand and organize them into a new way that felt fresh, simple and powerful. It was more than just coming up with a brand. It was creating something new that was reflective of what I was hoping to accomplish. It would be a way of living that was

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leading to true healing and lasting wellness, one that balanced science, faith, action, hope and grace.

It wasn't about reinventing the truth. It was about setting it up in a way that people could apply it, live it, love it and build their lives on it. It was about having something that made sense, was simple and could be remembered primarily because of the impact that could be made to people's lifestyle. After using the REFRESH framework for the past eight years, I recently rebranded the 'H' to HYDRATION. Here is REFRESH:

R = RELATIONSHIP WITH GOD

E = EATING HEALTHY – WHOLE, PLANT FOODS

F = FRESH AIR

R = REST

E = EXERCISE

S = SUNLIGHT

S = SELF-CONTROL

H = HYDRATION

REFRESH became my personal guide in helping me reclaim my own true healing and lasting wellness. It is the framework that I use to teach others through coaching and mentoring, workshops and now this book.

REFRESH wasn't something I built alone as it was conceived through prayer, vision, and brought to life with my daughter's help.

“ *REFRESH wasn't just a program I created. It was the roadmap I desperately needed to heal my own body and mind.* ”— Dr. KLYP

My Results

By following the principles of REFRESH and embarking upon a lifestyle which includes detox juice fasting on a regular basis, my body has responded in amazing ways.

I lost 30 pounds over a period of time and have been able to keep it off as long as I am consistent with practicing the 8 Pillars of Holistic Wellness.

I've been able to rid my body of inflammation including bursitis, tendonitis, planta fasciitis, osteoarthritis, etc.

I've experienced a clearer mind, clearer skin and more energy.

My relationship with God has grown and developed in ways that I'm so grateful for.

I get compliments all the time on how young I look and how great my skin looks. Some say that I look the same as I did when I was in high school. I don't believe that, but I'll take it. LOL!

I reiterate that you can't just focus on one or two of the pillars, you must follow all of them. This takes time and intentionality. Most people focus just on diet and exercise, without realizing that there are six other pillars that are paramount to achieving true healing and lasting wellness. I have learned that all eight pillars matter if you want to transform your health from a sub-optimal health status to an optimal health status.

You don't need to be picture perfect. You just need to be willing to take the step towards transformation.

I am here to help you every step of your journey towards true healing and lasting wellness. Are you ready to take the first step? I invite you to step into your transformation today.

“ *God didn't just heal my body and free my mind, He REFRESH'D my purpose.*”— Dr. KLYP

I found this personally to be true as this principle is echoed in the scripture below:

“For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.” Jeremiah 30:17 (KJV)

My journey to true healing and lasting wellness is a continuous one. It has been full of setbacks, slow progress and lots of divine lessons. Learning that real transformation requires structure, support and consistency made all the difference to my health and wellness journey. Realizing that it does not require hype or perfection gave me hope to be consistent and that's what has helped me move closer and closer to optimal health.

Reflections

Now you know true healing requires more than just diet and exercise. Take a moment to think about your health journey. Have you reached your breaking point? If so, write down what brought you to this place.

Here's the truth: eating healthy food does not guarantee true health.

As you reflect, you might quietly pray: Lord, help me to embrace a holistic lifestyle so I can have lasting wellness. Amen

In the next chapter, I will share what I've learned about making lasting changes and what it really takes to move from surviving to thriving in your true healing and lasting wellness journey.

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Chapter 12

What Transformation Really Takes

It's not about being perfect in everything
that you do. It's about being consistent in
doing things right.

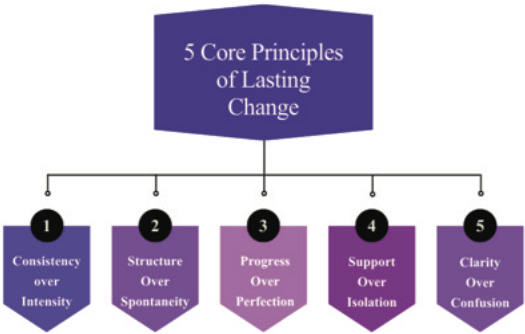
In today's world, reality TV has promoted the illusion that physical transformations can happen overnight. A woman appears to undergo a complete physical transformation within the span of a one-hour show, with dramatic before-and-after results: however, what goes unseen are the many weeks or months of work happening behind the scenes. This proves that the transformation did not happen overnight or within an hour.

A transformative journey of healing isn't about overnight results. It's about choosing to show up for yourself consistently, again and again even when you don't feel like it.

A person does not typically develop a disease overnight, yet they often wish for it to be cured instantly. True healing doesn't occur overnight. It's a process, not a product that you purchase when you want to. Achieving true healing to lasting wellness is built on the 5 Core Principles of Lasting Change. I have learned and experienced these core principles in my own wellness journey

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and share them with my clients as they begin their wellness journey.



| Figure 9: 5 Core Principles of Lasting Change

Consistency Over Intensity

I have watched people get very intense when starting their journey towards healing and wellness. They’ll get everything required, make the commitment and be all in for about three days to a week. Then they lose momentum and quit before they’ve achieved anything. However, those who take the time to enjoy the journey and show up intentionally every day, are the ones who stick with it and reach true healing and lasting wellness.

The person who makes daily incremental changes will be the one to last on the journey, but the one who tries to do everything perfectly for a week, can’t sustain the changes for a lifetime.

Structure Over Spontaneity

There’s an adage that comes to mind: *if you fail to plan, you’re planning to fail*. This couldn’t be truer when it comes to your healing to wellness journey. You can’t just make things up as

you go and think that your health will be transformed. It takes a carefully planned and structured framework to support true healing to wellness transformation, especially on those hard days.

When life gets crazy, structure keeps you firm, grounded and focused in your framework

Progress Over Perfection

There's a story I remember reading as a child and later to my children: *The Tortoise and the Hare*. This story has many similarities to a health journey. The hare was fast and full of energy, but he burned out along the way. The tortoise was slow, steady, focused and consistent about moving forward. In comparing the two before the race, the hare was surely the favorite to win. Any sane person would bet everything on the hare. On the other hand, the tortoise was not even guaranteed to complete the race in time. But it was the tortoise's steady and consistent pace that carried him across the finish line and won him the race. The power of progress lies in steadiness, consistency, and focus, rather than in perfection. The prize is not for the swift but for the one who endures to the end.

The journey of true healing to lasting wellness isn't a race and the people who achieve the health medal are those who continually show up, one choice at a time.

Support Over Isolation

As discussed in chapter 7, the old adages, *it takes a village*, and *no man is an island* are so applicable to the true healing to wellness journey. There is more than enough research and personal experience to show that healing accelerates when someone is

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surrounded by encouragement, accountability and community. We were never meant to live or heal in a vacuum.

Sometimes, having just one cheerleader who believes in you can keep you going even when you cannot cheer for yourself.

Clarity Over Confusion

In today's world, it seems like people use their platforms to promote whatever they think. As a result, there are many voices telling you how to get healthy, how to heal, how to lose weight, what to eat, what not to eat, what to drink, what not to drink, etc. The missing piece with all this noise is the direction and guidance needed to bring peace, which opens the door to true healing and lasting wellness. Recognizing which voice to listen to is what guides you in the right direction toward personal transformation.

Confusion doesn't lead to transformation; it only leads to more confusion. Clarity is the compass that guides your journey toward true healing and lasting wellness.

What Doesn't Work

I've learned that people often have noble intentions and truly want to change their lives; yet many find themselves unable to move forward, as though their feet are stuck where they stand. Here are some realities that just don't work if transformation is going to happen:

- Doing it alone doesn't work for most people especially when they're relying on self-motivation. Most of the time, our feelings determine whether we act or don't act.

In fact, it is often our feelings that hold us back from moving forward.

- Extreme, all-or-nothing programs don't work for most people because life just doesn't work like that. We've heard the saying, '*go hard or go home*', but no one can sustain 'hard' forever. Sooner or later, extreme gives way to reality. All-or-nothing might get you started, but it won't sustain you, neither will it get you to your goal of true healing and lasting wellness.
- Shame-based motivation doesn't work for most people because shame doesn't last, and even when it does, it doesn't bring true healing. At first, someone might feel guilty for not following the program, but over time, the shame wears off. Discouragement, not more determination, is often the result. Real change doesn't come from shame. It comes from consistency, support, structure, progress and clarity.
- Quick fixes without real lifestyle change don't work for most people. A quick fix might give temporary results, but these are rarely sustainable and won't lead to the transformation needed for true healing and lasting wellness. It's like putting a bandage on a deep wound without first cleaning it. The issue may be covered, but the root problems have not been dealt with and remain. If you want long-term change, you need more than a fix. You need a foundational plan.

Like me, you may have tried everything, only to find yourself back where you started—or even further. Behind. That doesn't mean you can't get to the place of true healing and lasting wellness. It just means it's time for a new approach.

What Real Transformation Feels Like

Many of my clients, including myself, have experienced real transformation in our lifestyles, and let me tell you—it feels so good on this side of true healing and lasting wellness! Trust me, it didn't happen overnight and it's still an ongoing journey. It's not just about losing the weight, getting relief from the symptoms or even reversing disease. It's about being—being whole, being complete and being in a good place with yourself, maybe for the first time ever or the first time in years.

Many of my clients have shared what transformation feels like to them through personal testimonies. I also have my personal testimony of what transformation feels like to me. In summary, here's what transformation feels like:

- **You feel lighter**, physically, emotionally and spiritually.
- **You begin to feel good about yourself** and start to trust yourself for the first time or again.
- **You stop craving what harms you** and start desiring what heals you.
- **Your mind becomes still, quiet and peaceful**, not buzzing with anxiety, stress or guilt.
- **Your lifestyle finally aligns with your purpose**, and it feels natural, not forced.

The REFRESH'D Approach to Transformation

The reason I built the REFRESH'D Bootcamp is simply to give you the structure, support and strategy needed to make true healing attainable and lasting wellness sustainable.

This isn't a pitch to sell false hope. It's a seed of hope planted in faith and rooted in real, lasting results.

Should you decide to take the next step with REFRESH'D Bootcamp, here's what you'll experience:

- Personalized Body Chemistry Testing with in-depth analysis and feedback.
- A 12-week transformational program designed to detox your body, mind and soul with guidance and full support, so you can heal deeply and live fully.
- Delicious whole-plant detox juice and food recipes to nourish and restore your body.
- 12 transformation teaching sessions delivered inside an exclusive Facebook group.
- 12 one-to-one private coaching sessions tailored to your unique journey.
- Group coaching sessions to build community, connection, accountability and momentum.

“ *Like the caterpillar's journey to a butterfly, transformation isn't about rushing the process; it's about surrendering to the process of true healing, one win at a time.*” —Dr. KLYP

From a spiritual perspective, this principle is echoed in the scripture below:

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” — Romans 12:2

Reflections

Now you know transformation takes time and it's about showing

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up for yourself every day. Take a moment to think about what didn't work for you and why and write it down.

Here's the truth: consistency leads to transformation.

As you reflect, you might quietly pray: Lord, help me to be consistent with changes in my lifestyle so I can have lasting wellness. Amen

You don't need a perfect plan. You need a proven process and the willingness to choose it, one day at a time.

In the next chapter, we will look closer at the REFRESH'D Methodology.

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Chapter 13

Are You Ready to REFRESH?

It all comes down to one choice —stay the same, or REFRESH your life.

The Call to Real Transformation

True healing requires the three Ss: support, structure and sustainable steps. You don't have to figure out how to achieve true healing and lasting wellness by yourself. We're here to help you on your wellness journey.

If you've been blessed by this book so far, it's because you're ready for something more. Like me and many of my clients, you're tired of quick fixes, temporary solutions and results that don't last. You're not just looking for a better body, you want real transformation in your mind, your habits, your lifestyle and your faith and trust, both in God and in yourself again.

The REFRESH Methodology – What Makes it Different?

I built the REFRESH'D Bootcamp to support people like you, step by step, through a proven process of detoxing the body, renewing the mind, and rebuilding a lifestyle. It's not just a program. It's a pathway that leads to true healing and lasting wellness. The REFRESH'D Bootcamp combines:

- Detox juice fasting
- Holistic wellness
- Coaching, mentoring and community
- Faith-based principles
- A sustainable lifestyle framework
- A personalized approach to every client

As a client in the REFRESH'D Bootcamp, you'll receive:

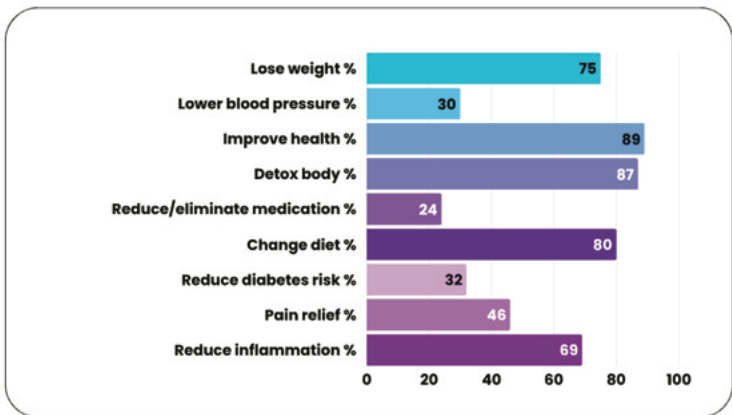
- Body Chemistry Testing with analysis and feedback
- Detox Juice recipes, guidance and support
- Delicious whole-plant food recipes
- 12-week transformational program to detox your body, mind and soul, guidance and full support
- 12 private informational sessions in an exclusive Facebook group
- 12 one-to-one coaching sessions
- Group coaching with community support
- Planning guides and meal trackers
- Tools to integrate the 8 Pillars of Holistic Wellness into daily lifestyle
- And more, all built to help you experience real transformation

This REFRESH'D Bootcamp isn't about being perfect; it's about choosing to start the process. Motivation isn't all you need right now. You need a proven process and a coach and mentor who understands the journey. If you're ready, I'd be honored to travel with you on this journey towards true healing and lasting wellness.

Results You Can Expect

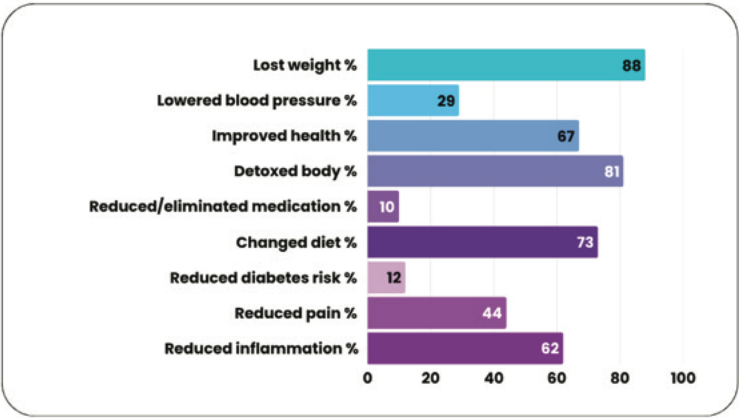
Over the years, I've worked with many clients using the REFRESH Methodology. The REFRESH'D Bootcamp is my signature program designed to deliver true healing and lasting wellness over a 12-week period.

Over the years, I've collected survey data on 80 clients and here are the reasons they joined REFRESH:



| Figure 10: Reasons Clients Joined REFRESH

Here's what the 80 clients actually experienced after going through the REFRESH program:



| Figure 11: Clients Experienced Through REFRESH

These results demonstrate a proven framework that works. The REFRESH'D Bootcamp offers a robust and life-changing experience that leads to true healing and lasting wellness. It includes the results shared above, plus to the following additional benefits:

- Improved Body Chemistry Results
- Improved lab results for blood sugar, blood pressure, inflammation markers, weight and energy
- Emotional strength and mental clarity
- Spiritual alignment and growth
- An improved lifestyle that feels sustainable and livable

Healing doesn't just happen with good intentions. It happens while taking action. Positive numbers and wellness outcomes show what's possible when people choose to REFRESH their lives.

Your Transformation Investment

- Whatever we do in life, we should look for an ROI, especially when it comes to our health. We've been given one body and one life. What we do with it and the way we live ultimately determine the quality of life—or lack of it—that we experience.
- Accepting what is and doing nothing leads to sickness, disease and eventually death. This is the cost of inaction. You decide. Your life. Your choice. I, along with many of my clients, made the decision to seek true healing and as a result, we now walk in lasting wellness.
- You're worth the investment. There's only one you, and that means you are your most valuable asset. What you choose to invest in yourself determines how much you value yourself. Pour into your health and wellness like your life depends on it because it truly does.

Client Wisdom

Here's what a few of my clients had to say about choosing to invest in themselves with the REFRESSH'D Bootcamp:

“ *It was the best investment I've ever made in myself.*”—Anthony

“ *I didn't mind the cost. I'm investing in myself, so that was not a problem for me.*”—Charo

My clients tried this new vehicle and experienced amazing results. You can too. I appreciate how this idea is expressed scripturally:

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“Behold, I will do a new thing; now it shall spring forth; shall ye not know it?” — Isaiah 43:19

You don’t need a perfect plan to follow. You need a proven pathway plus the courage to choose yourself and follow it, one day and step at a time. I’ve often heard people say, ‘It’s not how you start, it’s how you finish.’ And while there’s some truth to that, I would argue that how you start matters because it determines how you finish.

Reflections

Now you know that knowledge without action changes nothing. You’ve seen that detox juicing isn’t just another diet but a true reset of your body—one that eliminates toxins, ends cravings, and replenishes nutrients your body has been missing.

You’ve discovered why diets fail and how toxins, emotions, and stress silently sabotage your health. You’ve learned that the greatest expense isn’t money but the cost of staying sick. And you now understand hidden obstacles—whether physical, emotional or social—must be addressed for true healing to happen.

You know that healing requires more than willpower or quick fixes. You’ve seen how detox juicing, mindset shifts, and holistic choices can set you free to reclaim your energy and restore balance. You’ve also been introduced to the 8 REFRESSH Pillars of Holistic Wellness — the framework for rebuilding health from the inside out and sustaining it for life.

You’ve learned sickness is far more expensive than health, and knowledge alone isn’t enough without the right support. Finally, you’ve seen transformation is possible when your body, mind

and spirit align. You've also witnessed real stories—including my own—of people who chose this part and found true healing.

Here's the truth: your healing journey doesn't end with reading this book—it begins when you take the next step. The only thing standing between you and transformation is action. Real change comes when you put REFRESHH into practice with structure, support, and accountability

As you reflect, you might quietly pray: Lord, I've gained wisdom and clarity, now give me courage to take action. Thank you for leading me to REFRESHH Health & Wellness, where I can renew my body, mind, and spirit for true healing and lasting wellness.

And if you're ready to take that next step, join me in the **REFRESHH'D Bootcamp**. This is where everything you've read in this book comes alive in real time. It's where I walk with you personally, where you're no longer left to figure it out on your own, and where you'll finally have the structure, accountability, and support you need to experience true healing and lasting wellness.

Are you ready to REFRESHH? Write down 5 – 10 reasons to REFRESHH.

Before you commit, don't just take my word. In the next chapter, you'll hear from people who once stood exactly where you are now, wondering if true healing and lasting wellness were possible. Their stories will show you what's possible when you take the leap and join the REFRESHH'D Bootcamp.

Journal Here:

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Chapter 14

The Detox Blueprint—7 Phases & 7 Stories of True Healing and Lasting Wellness

God designed your body to heal — but you
must give it the conditions to do so.

In this final chapter, you'll discover how to create those healing conditions through the Detox Juicing Blueprint — a guided, seven-phase journey to cleanse, heal and REFRESH your body and mind with the 8 Pillars of Holistic Wellness. This path can lead you to true healing and lasting wellness. Along the way, you'll meet seven real stories of transformation from people who decided to stop surviving and start healing.



| Figure 12: The Detox Blueprint

The Seven Phases of the Detox Juicing Blueprint

Phase 1: Preparing the Body and the Mind — Setting a Clear Path

Every true detox juice fast begins with preparing the body and mind by setting a clear path to success. In the Detox Blueprint, this is Phase 1. This involves setting intentions and creating space— physically and emotionally— for healing to take place. From a physical perspective, preparing means eliminating processed and refined foods, alcohol, animal proteins and caffeine, while increasing water intake and whole plant foods during the week leading up to the fast. This prepares the body for detoxification and initiates light colon cleansing. Quieting the noise and clearing the mental clutter allows your mind to align

with your body for the transformation. When the body and mind agree, the journey ahead becomes purposeful and powerful.

Preparing the body and mind is the first step toward true healing and lasting wellness. Sasha made the decision in her mind to heal— and her body followed. Read her story below.

Sasha: From Chronic Illness to Confident Living

After decades of living with diabetes and the recent burden of rheumatoid arthritis, Sasha found herself trapped on the gerbil wheel of medications, diets, and disappointment. She was tired of quick fixes and ready for transformation. By preparing her mind and body for change, Sasha discovered the power of a holistic, personalized approach through the REFRESSH program—and what happened next transformed her life.

Before: A Life Defined by Diagnoses

From the time she was 14 years old, Sasha had lived with diabetes and for more than two decades, she had been managing blood sugar spikes, lots of medication and, as a result, was emotionally exhausted. In recent years, a diagnosis of rheumatoid arthritis (RA) crept in, adding pain, more medication and further stress on her body and health. Despite trying different diets, intense exercise routines and various fasting protocols, nothing seemed to bring her true healing and lasting health. Her life was being consumed by medical charts, medications and conflicting advice.

“I’ve worked out six days a week for three hours a day and not seen the scale move. My sugars would still spike, and I’d end up feeling depressed. I’ve tried Keto, intermittent fasting, Mediter-

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ranean diets, one meal a day... but I realized you can't chase down a bad diet on a treadmill."

The Turning Point

Sasha's mind was already prepared for transformation, but she didn't know where to start. Her journey to true healing and lasting health shifted when a nurse recommended the REFRESH program. She first joined a whole plant-based cooking class, which opened her eyes to vibrant plant-based meals and flavorful recipes that rejuvenated the idea of healthy food as exciting rather than restrictive.

"The cooking class really helped expand my options and break down questions and concerns that I had about plant-based eating. It showed me I wouldn't be stuck eating a lot of refined foods."

From there, she dove into the REFRESH program, experiencing juice fasting, one-on-one coaching, and targeted support that gave her not just strategies, but results and confidence. She finally felt like she was on a journey towards true healing and lasting health.

Her Transformation

Sasha's results were nothing short of life-changing:

- Her rheumatoid arthritis symptoms diminished so dramatically that her doctor declared her **in remission**, and she is **off her medications**.
- **When asked about her RA**, she almost forgot that she ever had it
- Her A1c and blood sugar levels improved significantly.

- She reduced or eliminated most diabetes medications.
- She regained her sense of taste and smell, signaling her body's internal healing.
- She lost weight and gained confidence in her appearance. Her clothes were fitting differently, and her shape was transforming. But the biggest transformation wasn't just physical; it was mental and spiritual.

Her Words

"I would recommend this to anyone who wants true change. Dr. Kendra listens. She adapts your program to you. She'll ask how your relationships are, how your sun exposure is, if you've had enough water... things doctors often overlook. The REFRESH program is holistic, and that's what makes the difference. I learned to invest in myself. There's no price you can put on living well. This program isn't just about food. It's holistic. It's spiritual, mental, physical... and it keeps on giving. I feel confident and I know how to say yes to myself."

For Sasha's complete Zoom testimony, visit the Resources page at the back of the book.

Phase 2: Cleansing — Releasing What No Longer Serves You

Phase 2 of the Detox Blueprint is the active detox stage — the detox juicing phase. It supports the body's natural detoxification pathways including the liver, kidneys and skin. During this phase, the body begins flushing out toxins, reducing inflammation, and restoring energy.

The detox juicing phase uses whole, plant foods— fruits, vegetables and herbs. Fruits act as cleansers, while vegetables and

herbs restore and nourish the body. This combination allows the body to cleanse, heal and restore simultaneously.

Before starting the detox juicing, it's recommended to gently cleanse the colon with a natural cleanser to remove accumulated waste in the gut.

Hydration is also a key component of this phase, as pure water aids the cleansing process.

This juicing phase should last a minimum of 3 days and can continue for up to 30 days. The longer the fast, the deeper the cleansing, and the more profound the healing benefits.

Cleansing is necessary for true healing to occur. Aneesah spent years caught in the cycle of dieting with little success – until she discovered the power of detox juice fasting. Read about her journey below.

Aneesah: From Dieting to Detoxing

Aneesah spent years stuck in the cycle of dieting and rebound weight gain. Her breakthrough came when she realized that she wasn't failing. Her body was toxic, and her efforts could not have worked because the toxicity was unaddressed.

Before: Frustrated and Fat

Aneesah heard me talking about my REFRESH program on a prayer Zoom call and contacted me immediately after the call. She was carrying the emotional and physical weight of years of failed diets. She had tried various types of diets or strategies including low carb, calorie-counting, restrictive plans and nutraceutical pills. The challenge was that she was a vegetarian, and none of these plans aligned with her lifestyle. Still eager to

lose weight and persuaded by their promises, she adjusted them to fit her vegetarian diet. Yet each time, the weight loss was temporary, only to return —and often with more. **REBOUND!** Even worse, the process left her feeling drained, discouraged, and defeated. Inside, she blamed herself for not being successful in her goal to lose weight and sustain the weight loss.

The Turning Point

Her shift came the moment she heard the truth about detox juicing and realized that she was not fat. She was toxic.

That realization disrupted everything she'd been taught and believed about her body and her health. For the first time, she realized her weight wasn't the result of her failure to lose it. Rather, it was a symptom of a deeper imbalance within her system. When she learned about detox juice fasting and the 8 REFRESHH Pillars of Holistic Wellness, it finally made sense. She now had hope.

Her Transformation

Aneesah joined the REFRESHH program, started juicing the colors of the rainbow and built structure into her lifestyle by applying the 8 REFRESHH Pillars of Holistic Wellness. She began releasing, not just physical weight and pain, but also the emotional heaviness she'd carried for years. Her energy returned. She had peace and she stopped dieting and started healing. The bonuses were that her pain was gone, her gut healed, and her body was finally healing and not fighting.

Her Words

“My life has been changed forever. REFRESSH program has been the first program I have ever done in my whole life that did not need tweaking.”

Phase 3: Nourishing — Rebuilding Strength from Within

Once the detox juice fast phase is complete, the next phase in the Detox Blueprint is transitioning back to solid food – whole plant foods. The fast is first broken with fresh fruit, which continues to cleanse the body. Raw vegetables and herbs are introduced next to support restoration, followed by soaked nuts and seeds, and finally grains and legumes.

Together, these food groups rebuild the microbiome and provide the body with a flood of nutrients — vitamins, minerals, phytonutrients, antioxidants, and enzymes. This ensures the body receives everything it needs to restore, renew and rebuild cells, supporting optimal function and energy.

Rebuilding strength from within is the key to true healing and lasting wellness. Charo experienced this firsthand as she transitioned to a diet of whole, plant foods. Read her story below.

Charo — From Medication to Transformation

Charo’s journey of true healing to lasting wellness shows that sometimes the greatest victories come when we decide to trust the process and invest in ourselves. Although weight loss was not her primary reason for joining the REFRESSH’D Bootcamp, she desired freedom from medication, improved health markers, and a lasting lifestyle change. She didn’t consider herself a ‘foodie’

and ate because she needed to, including lots of animal products in her diet. Once hesitant about shifting to a plant-based diet, she ultimately found a vibrant new way of eating and living, one that has transformed her lifestyle.

Before: Living with Medication but Wanting Freedom

Charo struggled with high blood pressure and high blood sugar (diabetes), relying on medications to manage her conditions. She thought she'd be on these medications for the rest of her life. Although she had tried various programs in the past and made dietary changes years earlier, the grief following her mother's passing left her unable to focus or stay on track. Feeling stuck and frustrated, she was unsure if anything could truly help heal her chronic illnesses and reclaim her health.

Turning Point

Charo describes how one morning, in a weekly women's prayer Zoom room, she cried out to God for help, writing her request for healing in the chat. I happen to check the chat— which was not typical— noticed her request, sent her a private message and connected with her soon after with a consultation. Trusting the process, she decided to join the REFRESH'D Bootcamp.

Charo was concerned about juicing with fruit because of her diabetes and the common myth that diabetics cannot eat fruit. She was also uncertain about how she would get sufficient protein on a plant-based diet. Despite uncertainty, she committed fully, embraced the detox juice fasting and subsequent plant-based eating. She attended weekly individual and group coaching sessions as well as cooking classes. As a result, she learned how to manage her health naturally while embracing the

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REFRESSH framework. She valued the personalized attention, testing, and accountability that kept her on track.

Transformation

Charo's commitment to transformation paid off. Her body chemistry numbers moved in the healing direction, and this was confirmed at her doctor's appointment. Her blood work showed that her numbers had normalized, specifically her blood pressure and blood sugar. The best part was, she was advised by her doctor to discontinue her medication, which was the one thing she wanted most. She shifted completely to a whole-food, plant-based lifestyle and now finds her joy and creativity in cooking. She admits that she has become a "foodie." Her mindset has transformed, and she confidently shares her new habits with her family while proudly proclaiming, "Eat the Rainbow." For Charo, the REFRESSH'D Bootcamp wasn't just about the food she put in her mouth. It was about gaining knowledge, community and a lifestyle that brought true healing and lasting wellness.

Her Words

"The biggest thing for me is that I no longer have to take medication. My blood sugar and blood pressure are normal. I've learned how to cook differently and how to create plant-based meals. I'm excited to eat the rainbow! It was the best investment I've made in myself."

For Charo's complete Zoom testimony, visit the Resources page at the back of the book.

Phase 4: Emotional Detox — Healing the Hidden Weight

True detox goes beyond the physical. Emotional detox is just as important, yet it is often overlooked, but not in the Detox Blueprint. There is an inextricable connection between the mind and the body; therefore, healing must focus on emotional release — letting go of fear, guilt, resentment, unforgiveness, anxiety, and mental clutter, while embracing peace, calm, clarity, and renewed joy.

When buried emotions are released, the body begins to heal in deeper ways. Read how Silda experienced freedom to heal through emotional detox.

Silda: From Emotional Weight to Living Again

On the outside, Silda's life appeared perfect, but inside, she carried childhood emotional wounds that affected her adult life — draining her energy, joy, and health—until she found the courage to release buried and hidden emotions and heal from the inside out.

Before: The Hidden Weight No One Could See

When Silda first became my client, she seemed to have what everyone else wanted: a beautiful home, a loving family, financial freedom and no major medical crises. From the outside, she had a big, beautiful smile and appeared to be living well. Behind the smiles, she felt trapped—unhappy, not in a good place, simply existing rather than truly living. Her energy was low. She didn't have zest for life, and her outlook was dim. She didn't have any major health challenges but wanted to lose a few

pounds and be healthier; however, there were some deeper issues she'd bottled up that were keeping her stuck. She wanted a better quality of life, to gain her energy back and live happy and healthy.

Silda had tried many plans and programs over the years but only achieved temporary results. During our weekly sessions, I would sometimes see a spark of life flicker within her, while at other times, it was nowhere to be found. I couldn't put my finger on it, but it was clear that there was something deeper weighing her down.

The Turning Point

In one powerful session, the breakthrough came unexpectedly.

Silda revealed deeply rooted emotional trauma from her childhood. She recalled not feeling relevant, good enough, beautiful or worthy. As a result, she felt rejected. She was carrying this emotional pain that she hadn't fully acknowledged or processed. This burden had taken on a life of its own and was silently shaping her relationships, draining her energy, and even contributing to physical symptoms like inflammation, aches, pain and persistent fatigue.

"I didn't realize what I was carrying deep inside for so long was impacting my health and my relationships and my life. I feel so alive, and I have lots of energy. I feel really good about myself."

Together, we began the hard work of healing from the inside out.

Her Transformation

Silda began her journey of true healing by acknowledging, processing and releasing her emotions through structured journaling, deep breathing, and practicing gratitude. She reconnected with her faith in God through prayer and Bible study, along with family members. She understood that she had to release those emotional toxins that had kept her bound and stuck for decades if she was going to experience lasting wellness.

Silda learned to:

- Acknowledge, address, process and resolve her emotions, as painful as they were
- Replace her negative thoughts about herself and her relationships with gratitude
- Nurture her body, mind and spirit

By the end of our time together, Silda was glowing with a new outlook on her life. As her body chemistry numbers moved towards the healing zone, her energy was restored, her self-worth transformed and even her body responded as she lost weight—a natural outcome of her newfound freedom.

At one of our final sessions, she told me:

“I feel alive again. I’m so happy for the progress I’ve made on this journey.”

Silda didn’t join the program for an emotional detoxification, but it was just what she needed to get free from the emotional toxins that had taken residence in her body, mind and spirit.

Phase 5: Restoration – Rebuilding Energy and Balance

As the body is experiencing physical and emotional detoxification, the next phase in the Detox Blueprint is the rebuilding phase. With the release of toxins and negative emotions, the liver, gut, and adrenals strengthen.

As the body and mind reset, energy stabilizes, clarity and focus return, and the body's natural rhythm of rest and renewal is restored. This is the phase where physical, spiritual and emotional resilience is renewed and restored.

Read how Ed experienced restoration and newfound strength through this phase of his healing journey.

Ed's Story: From Health Struggles to a New Lease on Life

Ed joined the REFRESH'D Bootcamp primarily seeking weight loss but also had several health challenges that needed addressing, including high blood pressure and diabetes. Through commitment, guidance, and the power of detox juice fasting, he experienced deep restoration – renewed energy, improved health, and a remarkable transformation that went far beyond what he expected.

Before: Health-Conscious but Stuck

Ed was very knowledgeable about lots of healthy options and had been trying to live a healthy lifestyle on his own. However, he struggled with significant weight gain and multiple health concerns. He lacked clarity on how to properly combine his foods, often ate his meals late at night, snacked on unhealthy foods and had difficulty drinking water. Despite being health

conscious, Ed couldn't find the right balance for the lasting results he was searching for.

Turning Point

Ed's wife had been following my posts about REFRESHH on Facebook for several months and shared the info with him. Determined to lose weight and regain his health, Ed joined the REFRESHH'D Bootcamp, committed to a 30-day detox juice fast and lost 50 pounds. Inspired by his initial weight loss, he chose to complete additional weeks of detox juice fasts throughout the program, eager to keep moving towards his weight loss goal. With personalized coaching and REFRESHH'D online holistic informational sessions, he learned how to balance his meals and manage his lifestyle habits.

Transformation

By the end of the REFRESHH'D Bootcamp, Ed had shed over 70 pounds. Even more importantly, his blood pressure and blood sugar levels normalized, thus healing his body and eliminating the need to continue taking medications. He finally discovered how to align his lifestyle with his health goals and learned practical strategies for sustainable change that worked specifically for him. Ed emerged from the program lighter in weight, renewed in confidence and vitality, healed of chronic disease and off medications – restored.

His Words

“The program has changed a lot of things like to heal my body from juice fasting and then how to eat better every day. It has changed my whole way of looking at food.”

Phase 6: Lifestyle Integration – Living REFRESSH'D

The next phase in the Detox Blueprint is turning new habits into a lifestyle. True healing and lasting wellness require integrating the 8 Pillars of Holistic Wellness into daily life. This is where intentional choices make the difference between temporary results or lasting transformation.

The 8 REFRESSH Pillars of Holistic Wellness come alive in this phase — Relationship with God, Eating Healthy, Fresh Air, Rest, Exercise, Sunlight, Self-Control and Hydration.

Anthony: From Medicated to Motivated

Anthony was already somewhat health-conscious by taking supplements and super foods, but it wasn't until he committed to real lifestyle change that everything started to shift for him in just 10 days.

Before: Health-Minded, Medicated and Looking for a Better Way

Anthony came to me overweight and managing multiple chronic conditions such as type 2 diabetes, high blood pressure and high cholesterol. He used a variety of health supplements, but he ate whatever he wanted at fast food restaurants. Also, in addition to the supplements he was taking, he was also taking lots of medications. He needed a lifestyle change.

The Turning Point

Anthony's wife enrolled him in the REFRESH'D Bootcamp as something they could do together, along with another family member. In just 10 days, he lost 21 pounds and was feeling good about himself. When he went in for his annual physical exam, his doctor was surprised to see his blood pressure and blood sugar had normalized. His doctor assumed the medication had finally started to work for him, but Anthony was quick to tell him that he wasn't taking the meds. He shared that he'd changed his lifestyle, including his diet and that was the cause for his improved health. It wasn't the pills; it was the plants and the REFRESH'D process.

His Transformation

Anthony was a sugar addict, and he ate lots of chocolates and junk food. He did the detox juice fast for 10 days and subsequently transitioned onto melons and then other fruits. He noticed he was enjoying the melon and wasn't craving sugar. He could also drink his herbal teas without sweeteners and realized his taste buds had changed. He began to enjoy eating whole, plant foods without all the camouflage, such as sauces, condiments, etc.

In addition, his snacking habits faded, his cravings dropped, and he reported a sharper sense of smell. These were signs that his body was recalibrating and healing from within. He hadn't had any meat since starting the program and now eats healthy plant-based meals at the restaurants he frequents. Additionally, he increased his water intake, restarted his exercise routine, practiced self-control, prioritized nightly rest, spent more time

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outside in sunlight and fresh air, and continued to grow his relationship with God.

What made the biggest difference for Anthony? It wasn't just the detox juice fasting or the diet changes – it was integrating the 8 REFRESH Pillars of Holistic Wellness into his daily life that allowed him to achieve lasting wellness.

His Words

“My doctor thought it was the meds, but it was the changes that I made in the way I eat. You are gonna pay one way or the other. You pay upfront to look after yourself and live a better lifestyle or you pay for healthcare after you get sick. I have no problem to pay. It's worth the investment to me.”

For Anthony's complete Zoom testimony, visit the Resources page at the back of the book.

Phase 7: Transformation – Sustaining True Healing and Lasting Wellness

The final stage in the Detox Blueprint is where healing becomes a way of life. This requires habitually making choices that sustain true healing and lasting wellness. Once the body is renewed, the mind is peaceful, and the spirit is aligned, it feels amazing— and you naturally want to remain in this balanced state.

Living at this level means showing up every day and choosing yourself and your health over everything else. Only you can make this choice – so choose wisely.

Gina experienced this firsthand – read her story to see how making intentional choices turned her healing into a way of life.

Gina's Story: From Frustrated Patient to Empowered and Equipped

Gina knew her health was off-track based on blood work she had recently done. Despite trying other programs, she felt unsupported and lacked the practical knowledge needed to make sustainable lifestyle changes that would improve her health. Through the REFRESH program, Gina discovered what true wellness feels like when she made the choice to show up for herself every day.

Before: Longing for Guidance and Lasting Change

Gina knew her health wasn't where it needed to be as she faced ongoing health challenges. She knew she needed help but didn't know where to turn. This caused her to feel frustrated, uncertain, and alone in her journey trying to figure things out. On top of that, she didn't know how to prepare tasty plant-based foods, so this added to her frustration and caused defeat.

Turning Point

Gina attended an online health and wellness session I'd facilitated. She was very engaged and reached out for more information shortly after. I advised her that I was starting a REFRESH program and she decided to join. She appreciated the combination of practical resources, interactive online and in-person learning opportunities, and the added support of group coaching. The course booklet, cooking classes and daily check-ins became tools that helped her connect the dots and make sustainable lifestyle changes. Through participation in the cooking classes, she discovered how to prepare delicious plant-based meals and finally felt empowered to care for her health.

Transformation

As a result of the REFRESSH program, Gina felt more confident practicing the 8 Pillars of Holistic Wellness. She renewed her body, found peace of mind, and aligned her spirit. She has gained new culinary skills by learning to create flavorful plant-based meals that are both healthy and delicious, and valued the encouragement she received in the program and the connection with others on the same journey. Above all, she understood the importance of investing in true healing and lasting wellness. Because of her positive experience, she decided to give her son the opportunity to take part in a similar program tailored for children.

Her Words

“Other programs— they didn’t give me enough information. This was really hands on. It gave me information, a lot of information, that others didn’t give me. The cooking class was it for me because I didn’t know how to cook that way.”

For Gina’s complete Zoom testimony, visit the Resources page at the back of the book.

I’ve shared these seven true client stories with you to show that real transformation isn’t something we just talk about – it’s something my clients and I have experienced and now endeavor to live. Each of these clients started their journey in different places, facing unique challenges in their lives. What they each hoped to achieve was different, but the common thread was this: they all wanted to experience true healing and achieve lasting wellness. So, each one made one powerful choice—to believe that true healing and lasting wellness was possible for them. The beauty is, each one discovered that it was.

Their individual journeys are proof that it matters how you start, because that determines how you'll finish. Transformation doesn't happen overnight, just like their health challenges didn't emerge overnight. Neither does it happen perfectly, but it does happen with consistency, support and a willingness to first choose to invest in self, taking one step forward at a time.

As you close this chapter, here's what I want you to remember: the same healing and transformation is possible for you. Your story isn't over. You're still writing it, and you have the power to decide how you'll start and finish. I offer you the proven pathway to true healing and lasting wellness.

Reflections

These seven phases form the Detox Juicing Blueprint — a simple but powerful path to restoring your health and reclaiming your life. You've read how seven real people took the courage to step into their change—now it's your turn.

Take a moment to review the 5-10 reasons you wrote down in the last chapter let those reasons fuel you to move forward.

Step by step—prepare your body and mind, cleanse with purpose, nourish with intention, detox emotionally, restore by rebuilding, integrate daily intentional choices and experience true transformation.

Your body and mind will heal naturally as they get the nutrients they need, your mind will gain clarity, your spirit will find peace and your life will reflect the wellness you've been seeking.

Here's the truth: true healing is not a mystery — it's a process. When you follow the right blueprint, your body knows exactly what to do – find its balance and heal.

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As you reflect, you might quietly pray: Lord, please remove fear, doubt and excuses and fill me with courage. Strengthen me to take each step with faith and consistency. Guide me as I REFRESH my body, mind and spirit for lasting wellness.

Trust the process. Take each step with faith and focus, knowing that transformation is already underway.

[illegible]

Chapter 15

CONCLUSION

Congratulations!

I'm so proud of you for taking the first step toward transforming your health and well-being by engaging with the principles shared in this book. Your decision to invest in yourself, your health and your future is a powerful one. I admire your commitment to living a life full of vitality and purpose.

My mission with this book was to inspire and guide you on a journey of physical, emotional, and spiritual renewal. I hope that you now feel more empowered to embrace the 8 Pillars of Holistic Wellness and to apply them in your daily life.

Remember, the power to reclaim your health and wellness is within you. The journey will require dedication, patience and consistency, but with each small step, you'll find yourself feeling more grounded, energized, and aligned with your true self.

Your health transformation starts today, and with the right tools

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and mindset, you can achieve the balance and vitality you deserve.

The time to take action is now. Trust yourself, trust the process and take the first step toward a REFRESH'D and empowered life!

“To thine own self be true.”

— William Shakespeare

Glossary

Abundant Health: A state of thriving health, energy, and vitality.

Affirmation: A positive statement used to influence mindset and behavior.

Antioxidants: Nutrients that protect cells from free radical damage, often found in colorful fruits and vegetables.

Coaching: Guidance and accountability that help you apply what you've learned and stay on track with your health goals.

COI: Cost of Ignorance; the losses incurred from not knowing or acting on important health information.

Craving: A strong desire for a specific food, often triggered by nutrient deficiencies or emotions.

Debilitating Illness: A severe condition that significantly impairs daily function and quality of life.

Detox Juicing: Using juices made from fresh plant foods — fruits, vegetables and herbs — to provide concentrated nutrients that help the body naturally detoxify.

Detoxification: The body's process of eliminating accumulated toxins and waste to maintain balance and health.

Diet: The combination of foods and beverages consumed regularly, which affects energy, health, and wellness.

Emotions: Feelings that affect thoughts, behaviors, and physical health.

Enzymes: Proteins that help the body break down food and support metabolic processes.

Fasting: Temporarily abstaining from solid food to give the body—digestive system—rest and support cleansing. In this book, it often refers to juice fasting with fresh fruit, vegetable and herb juices.

Gratitude: The practice of recognizing and appreciating positive aspects of life.

Health: The overall state of physical, mental, and emotional well-being.

Health Coaching: A supportive process that guides individuals to achieve their wellness goals.

Holistic Wellness: A state of well-being that considers the whole person: body, mind, emotions, and spirit, emphasizing balance and sustainable health practices.

Inaction: Failure to take necessary steps toward improvement or health goals.

Limiting Belief: A thought or perception that restricts personal growth or success.

Mentoring: Guiding and advising someone to develop skills, knowledge, or habits.

Micronutrients: Vitamins and minerals needed in small amounts for the body to function optimally.

Minerals: Essential nutrients like calcium, magnesium, and potassium that support bones, muscles, and overall body function.

Nourish: Providing the body with the nutrients it needs to maintain energy, health, and overall well-being.

Nutrients: Substances in food that support growth, energy, and overall health, including macronutrients and micronutrients.

Obstacle: Anything that hinders progress toward better health or lifestyle goals.

Optimal Health: A condition where all body systems function efficiently and in balance.

Phytonutrients: Natural compounds found in plants that promote health and protect the body from damage.

Plant-Based Whole Foods: Unprocessed or minimally processed plant foods including fruits, vegetables, grains, legumes, nuts, and seeds.

R-O-Y-G-B-I-V: An acronym for the colors of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo, Violet; used to guide colorful nutrition choices.

REFRESH: A holistic wellness framework based on 8 pillars: Relationship with God, Eating Healthy, Fresh Air, Rest, Exercise, Sunlight, Self-control, Hydration.

ROI: Return on Investment; the measurable benefit gained from an action or program.

Rainbow: Refers to consuming a variety of colorful plant foods—fruits, vegetables, legumes, grains, nuts and seeds—to maximize nutrient intake.

Rebound: The weight gain or return of unhealthy habits that can occur after restrictive diets or fasting.

Stewardship: Responsibly managing resources, time, and personal health.

Sub-optimal Health: A state where health is compromised but not severely, often showing early warning signs.

Toxin: Any harmful substance in the body that may interfere with health and normal function.

Transformation: A significant positive change in health, habits, or lifestyle.

Glossary

Vitamins: Nutrients that support energy, immunity, and overall bodily functions, needed in small amounts.

Wellness: The active pursuit of good health through lifestyle, nutrition, and emotional balance.

Whole Foods, Plant-Based: Eating foods in their natural state from plants to maximize nutrition and health benefits.

Resources

RESOURCE #1: FREE GIFT - WEBINAR

Take advantage of a complimentary webinar designed to introduce you to the REFRESH approach to holistic health and wellness. In this webinar, you'll discover three key secrets to unlocking your journey to true healing and lasting wellness.

Access your free webinar here:

www.refreshministrybda.com/freegift

RESOURCE #2: COMPLIMENTARY CONSULTATION

Take advantage of a 30-minute complimentary consultation call valued at \$125, designed to give you personalized guidance on your health and wellness journey. During this call, you'll receive expert insights, actionable tips, and a clear plan to help you address your unique challenges and goals. Reserve your free consultation here:

www.refreshministrybda.com/free-consultation

Resources

RESOURCE #3: THE RAINBOW DETOX JUICE RECIPE BOOKLET

The RAINBOW Detox Juice Recipe Booklet includes seven vibrant juice recipes created to provide the same cleansing and health-boosting benefits discussed in Chapter 3. Perfect for anyone looking to naturally support energy, digestion, detoxification, and overall wellness, these easy-to-follow recipes help you integrate rainbow-colored juices into your daily routine. It also includes a 1-Day Detox Plan to help you start simply and effectively. Get your booklet here:

www.refresshministrybda.com/detox-juice-booklet

RESOURCE #4: REFRESSH'D BOOTCAMP PROGRAM

The 12-week REFRESSH'D Bootcamp is a comprehensive program designed to transform your health and wellness from the inside out. Using the 8 Pillars of Holistic Wellness—Relationship with God, Eating Healthy, Fresh Air, Rest, Exercise, Sunlight, Self-control and Hydration—you'll receive expert guidance, practical tools, and ongoing support to build lasting energy, balance, and vitality. Join the Boot Camp and take the next step toward a healthier, more vibrant you:

<https://refresshministrybda.com/programs/bootcamp-program>

RESOURCE #5: CLIENT TESTIMONIES

See how the REFRESSH approach has transformed the lives of our clients through their own stories. Watch testimonies from **Sasha, Charo, Anthony, and Gina** to see real-life experiences and results: www.refresshministrybda.com/testimonies

RESOURCE #6: CONNECT ON SOCIAL MEDIA

Stay inspired and up to date with health tips, recipes, and wellness guidance by connecting with us on Instagram and Facebook. Follow us on IG **@refressh.ministry** and Facebook at **Kendra-Lee Pearman** to join our community, receive daily motivation, and engage with content designed to support your journey to better health and holistic wellness.

- Instagram: [instagram.com/refressh.ministry](https://www.instagram.com/refressh.ministry)
- Facebook: [facebook.com/Kendra-Lee Pearman](https://www.facebook.com/Kendra-Lee%20Pearman)

RESOURCE #7: CONTACT US

Have questions or need support? Reach out directly via email or telephone for prompt assistance and guidance on your health and wellness journey. We're here to help you take the next step toward lasting balance and vitality.

- Email: info@refresshministrybda.com
- Telephone: +1 (441) 703-7374
- Website: www.refresshministrybda.com

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About the Author

Dr. Kendra-Lee Y. Pearman is the founder of REFRESHH Health & Wellness Ministry and Center and a passionate naturopathic doctor, health educator and health coach.

With over 30 years of personal experience exploring a holistic lifestyle—and a decade of professional practice—she empowers others to take charge of their health and well-being through her signature REFRESHH method, anchored in 8 Pillars of Holistic Wellness: Relationship with God, Eating Healthy, Fresh Air, Rest, Exercise, Sunlight, Self-control, and Hydration.

An international speaker and certified nutritional counsellor, Dr. Pearman has led transformative wellness workshops both online and in person across Bermuda and abroad. She holds a PhD in Educational Psychology and a Doctor of Naturopathy in Original Medicine.

She is also a devoted wife, mother, grandmother, woman of faith, and lifelong learner who believes in helping others renew their energy and reclaim their health—one pillar at a time.

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