

10 Day Cleanse at Temple of Peace

with Rev Shelley St. John, RN, CHT & Rev. Kedar St. John



Join Longevity & Wellness Lifestyle Coaches, Revs. Shelley & Kedar St. John for your transformational cleanse! Imagine a wonderful Healing temple where you are supported to rest, detoxify and re-energize your Body, Mind & Spirit!

Mental well being involves a positive self-image of being happy. You can accomplish this by taking care of yourself by doing a cleanse.

By cleansing you will have clearer thinking, openness to new ideas and the ability to relax, which are all important mental virtues to cultivate. The Metal element rules the organs of large intestine and the lungs. Constipation is a very common problem and often goes along with colds and lung problems. A standard american diet, eating late at night, over eating and medications can all contribute to the colon needing a gentle cleanse. Constipation leads to a build up in the colon and backing up of the system which can lead to any body system being affected from the muscular to nervous systems creating tension and exhaustion.

Come in and see us or phone to get support to regulate your diet, improve elimination and prevent potential illness. Keeping the body and mind clear opens the door for creating what you really want in your life, especially more love for self and others. We look forward to serving you!

Aloha,
Shelley



Cleanses Include:

- Daily Colon Hydrotherapy
- Custom designed herbal support for the organs
- Deep Kona Sea Water Mineral Therapy
- Probiotic & Fresh Barley Grass offered
- Delicious organic food (prepared on site)
- Ionic foot baths & FAR Infrared Sauna
- Advanced light and Sound Therapies
- Cleanse & Relax in our wonderful Bali Spa

"I worked with 7 people to do a thorough health rejuvenation program at the Temple of Peace Healing Sanctuary. The program was a phenomenal health-success for all (me included!) All participants gave glowing testimonials about the ease and effectiveness of the program such as increased energy and mental acuity, freedom from aches and pains and enhanced well-being." - Dr. Jack Tips (ND., Ph.D, C.C.N)