

3 SECRETS TO

Holistic Cleansing



KELLY PARR



Welcome!

Are you ready to cleanse naturally, shed unwanted weight, and step into the healthiest, happiest version of yourself—the version God created you to be?

I'm Kelly—a Bible teacher, Doctor of Naturopathy, holistic health coach, and author. Through my journey, I have experienced the profound impact of holistic cleansing in every part of my life—spirit, soul, and body. My passion, ignited by these experiences, is to help women grow in their spiritual walk, embrace their authentic selves and experience the Father's love in powerful and transformative ways.

In my “Three Secrets to Holistic Cleansing”, I share simple yet powerful principles that have renewed my health and can do the same for you.

Embark on this exciting journey to vibrant health and give yourself the ultimate gift: a strong, healthy, and renewed you. Let's take the first step together and start living fully, inside and out. You're not alone in this—I'll be here to guide and support you every step of the way.

xo Kelly

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Before beginning a cleanse of any kind, consult your physician, especially if you are on medication or have a chronic illness.

SECRET ONE

Self-Care Begins With Your Heart





When you're not used to getting your needs met, prioritizing yourself feels selfish - Dr. Vassilia

My first secret: your heart. It's the life-giving core of who you are, holding far more than your mind ever could. It runs deeper than your soul—your mind, will, and emotions—and has recorded every word spoken to you and every experience you've ever lived. Your heart is where true self-care begins. It nurtures every part of your being—physical, mental, emotional, and spiritual—and paves the way for lasting healing from the inside out.

Setting aside time for cleansing and fasting is the first step toward true self-care and healing from the inside out. As Dr. Vassilia says, *"When you're not used to getting your needs met, prioritizing yourself feels selfish."* But self-care isn't selfish—it's about tending to your inner self, starting with your heart—the core of who you are spiritually. When your heart is centered and cared for, every other part of your life can flourish.



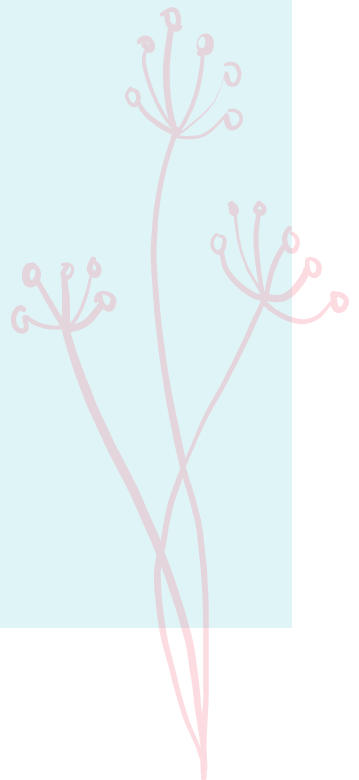
Describe Your Heart

WHAT HAVE YOU BEEN TAUGHT ABOUT YOUR HEART?

Is Jeremiah 17:9 for the believer?

WHAT DOES GOD SAY ABOUT YOUR HEART?

Ezekiel 11:19 Ezekiel 36:26 2 Corinthians 5:17



SECRET TWO

You are a Multi-Dimensional Being





The second secret is to see yourself as God created you—an amazing, multi-dimensional being of spirit, soul (mind, will, emotions), and body. You are intricately designed, with each part of you working together in harmony to reflect the beauty and purpose God has placed within you.

Holistic cleansing embraces this truth by focusing on the whole person. It's about more than just physical detox; it's a journey of strengthening and aligning your spirit, soul, and body. When these areas are in balance, you can break free from what's holding you back—whether it's physical limitations, emotional burdens, mental clutter, or spiritual stagnation.

This process allows you to step into the vibrant, joyful life you truly desire, equipped to fulfill your God-given purpose with clarity, energy, and peace. True transformation happens when you care for yourself holistically, honoring the unique design God has given you, and living in alignment with your true self.



Begin Exploring...

YOUR SPIRIT

How does spirituality shape your well-being, and what blocks you from hearing God speak to your heart?

YOUR SOUL (MIND, WILL, & EMOTIONS)

How do you prioritize self-care for your mind and emotions, and what does your self-talk reveal throughout the day?

YOUR BODY

How can you prioritize self-care for your body, and what physical activities bring you joy?



SECRET THREE

Healing Flows from the Inside Out

Your Spirit Speaks Truth

Your Soul Affirms Truth

Your Body Manifests Truth



My son, pay attention to what I say; turn your ear to my words. 21 Do not let them out of your sight; keep them within your heart; 22 for they are life to those who find them and health to one's whole body. - Proverbs 4:20-22

My third secret, is true healing doesn't begin on the surface—it starts deep within. Your spirit speaks truth, your soul affirms that truth, and your body ultimately reflects it. This beautiful connection between your spirit, soul, and body is the foundation for living a vibrant and healthy life.

When your spirit is aligned with God, it receives truth and wisdom. Your soul—(your mind, will, and emotions)—processes that truth, agreeing with or resisting it. Finally, your body responds, manifesting the state of your inner being. If one part of you is out of balance—spiritually, mentally, emotionally, or physically—it will ripple through your entire self.

This is why self-care must begin with your heart, as it is the wellspring of life and the source where healing flows outward. Embracing your design as a multi-dimensional being allows you to nurture all areas of your life. When your spirit, soul, and body are in harmony, true healing flows effortlessly from the inside out, empowering you to live the life God created you for.



Let Healing Flow...

IF YOU ARE GOING TO HEAL AND CONNECT WITH YOUR HEART, YOU FIRST MUST BEGIN LIVING FROM YOUR HEART!

What did you love doing as a child, and what might be holding you back from rediscovering those joys?

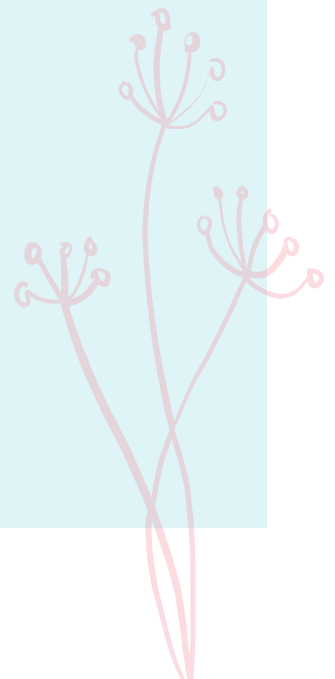
HOW WILL LIVING FROM YOUR HEART IMPACT YOUR OVERALL QUALITY OF LIFE?

Physically?

Mentally?

Emotionally?

Spiritually?





7 COLORS, 7 PROMISES & 21 LOW-CARB RECIPES

7-Day Rainbow Cleanse

A HOLISTIC CLEANSE THAT FEEDS YOUR BODY,
REFRESHES YOUR SOUL, AND AWAKENS YOUR SPIRIT

READY FOR A DEEPER CLEANSE?

"Ready for a deeper cleanse? Take your holistic journey to the next level with my 7-Day Rainbow Cleanse—fill your plate with color and transform your health from the inside out!" This Cleanse helps women break free from the cycle of weight gain and loss, negative self-image, and overcoming emotional eating.

Use the code "Rainbow50" for \$50 off
your cleanse today!

[CLICK HERE](#) 

What Other's Say

I CAN DO THIS!

The Rainbow Cleanse was not just a cleanse... it was friendship, encouragement, daily walk with God and a reminder that I can do this. Doing this walk with Kelly was amazing as she puts her whole self in this. She does all the research, all the work, you just have to show up and put the time in and you will be so rewarded with the outcome. - Sherri



LIFE-CHANGING!

The Rainbow Cleanse has been the best guide for me to follow and live out of any material I have read. Kelly has done an excellent job of research and years of living a healthy lifestyle as an example for all of us. Her Rainbow Cleanse is practical, simple, fun, and life-changing. - Connie



EASY TO CUSTOMIZE

I loved the 7-Day Rainbow Cleanse. Kelly has put together a beautiful e-book with lots of information. She is always supportive and uplifting. It was easy to customize the cleanse, experience new foods, I enjoyed a rainbow of color on my plate! - Kathleen





LET'S STAY IN TOUCH!

May you continue on your journey and remain healthy in your body and strong in spirit. May the generations following you be blessed because of it!

Ways to stay connected:

- **Subscribe:** kellyparr.org for holistic fasting & cleansing resources, and insightful tips to empower your cleansing journey.
- **Stay engaged:** [Daily Detox - spirit.soul.body](https://www.facebook.com/spirit.soul.body) Facebook group for accountability and encouragement from other like-minded women.
- **1-on-1 coaching:** for further information contact: kellyparr@gmail.com

xo Kelly