

JANUARY 2018

www.GoodLifeHolistics.com / 508.559.8004

Breast & Body Thermography Clinic!

Wednesday,
Jan. 24th
9 AM - 6 PM

Saturday Massage Appointments

You've asked, and
we've listened!

Sue has added
Saturday morning
massage
appointments due
to popular demand!

**Purchase a
Saturday 4-pack
(1-hour each)
and receive a
FREE 1-hour
Amethyst Biomat
Session.**

All for \$250.
Restrictions apply.



New Beginnings!

Happy New Year, Everyone! Cheers - to 2018!

We are constantly striving to offer our clients the best in holistic healthcare! In that spirit, we are so pleased to offer you hypnosis/hypnotherapy in our practice beginning this month.

Please join us in welcoming Naomi Monkus, RN, certified Hypnotherapist! Naomi is a registered nurse with over 30 years of experience and patient advocacy in the Boston area.

Naomi is a holistic nurse, specializing in Hypnosis, Neuro-Linguistic programming (think Anthony Robbins) and Crystal Energy Healing. Hypnotherapy can make all the difference in helping you reach your personal and professional goals. She offers FREE consultations, so that you can decide if Hypnosis is right for you.



HYPNOTHERAPY = SUCCESSFUL RESOLUTIONS!

This is *your* year to finally lose that weight, stop smoking, go after that new job, or get your life back on track! And we're going to help you do it - every step of the way!

Now thru March 31st

What do YOU have to lose?

Weight Loss with Hypnotherapy

Package Savings

\$495/4 sessions

Transform yourself and your life in 2018. You have nothing to lose but the weight!

What to expect:

Session 1: Initial Session, allow for 2-1/2 hours; includes personal session CD.

Sessions 2 & 3: allow for 1-1/2 hours each session. Goals are discussed in more depth and we address specific issues/challenges that are of concern to you. As you move forward, we'll discuss nutrition, weight loss programs, & exercise programs that are a good fit for you. Each session includes personal positive reinforcement CD.

As you continue to move forward on you weight loss journey, we will build upon your prior weeks accomplishments. Assuring you are on tack with your weight loss goal.
NLP exercises to reinforce your new positive behavior

Session 4: You've come so far! You've accomplished so much! Let's talk maintenance and your future goals!

Ava's Bridge: *An Adventure in Homeopathy by Cheryl Pino*



Three years ago our oldest daughter's soccer team practiced once a week at the fields near the center of town. In order to access the soccer fields families needed to walk about 100 yards distance along a dirt path from the parking lot toward the fields. About halfway down the path is a low lying stream, approximately 15 feet wide, where a wooden no-railing bridge laid 2-3 feet above it. The bridge was about 8-10 feet wide and was flush with the dirt path. Had you not looked down while walking along this path, you wouldn't have realized that there was something there. The bridge was not that significant of a structure.

At this time, our third daughter, Ava, who had been walking for over a year, did something that surprised me. At the beginning of the dirt path bridge, Ava completely stopped in her tracks. She didn't move - couldn't pick up her legs to take another step! Her feet were planted and she almost tumbled over because her upper body wanted to keep moving with the herd of families going to the fields. As families walked around us, she stared at the bridge. She was fearful and anxious. Being rushed, as we usually are, I quickly picked her up and we continued on. After soccer ended and we returned to our vehicle, she stopped again before the bridge, threw up her arms: 'pick me up'. My training as a homeopath was already kicking in at this point. 'How is this happening? How has she not done this before today? What is so different today from days past?' As we drove home and returned to the rush of nightly routines, I let the incident slip my mind. I dismissed it as an anomaly. However, the following week we saw a repeat. This time, she stopped about 10 feet before the bridge, refusing to move forward unless carried. The following week she stopped again, now 20 feet before the bridge. It hit me at this point that I remembered she had displayed this fear and hesitation before. One day, outside our driveway she had stopped, waited and stared when approaching the street drain cover. She walked around the drain cover as if afraid she would fall in if she hadn't walked around it. A separate time she had me pick her up to avoid walking on the wet leaves in our yard, as if stepping on them would lead her down a dark hole. The usual parent coaching and reassuring was not working. Given these three incidences, speaking to a pattern of avoiding things to walk over, I knew I needed to address this with Homeopathy.

At age 2 ½, Ava was not going to explain to me where her fear was coming from like I would with adult clients. In my years of study, I remembered a remedy I had considered for Ava before that was associated with a particular symptom: fear of bridges. The remedy is *Argentum Nitricum*. I couldn't see how 'Fears Bridges' would apply in this case since the dirt path bridge is flush with the dirt path and it's not a bridge I think of like the grand George Washington Bridge in the state of New York. Following my instincts, I decided it's worth a shot to try this remedy and if it's not the most fitting remedy we'll see another standstill at the bridge the following week. I gave her one dry dose of *Argentum Nitricum*. At the next trip to the fields, she walked, slowly, cautiously right over that bridge! Just like that, the fear had faded away - a true testament to what homeopathy can do for someone! To this day, it amazes me how this medicine supported her in a way that changed how she reacted to (avoid) walking over things such as a dirt path bridge, drains and wet leaves.

In preparing this true life adventure class assignment at Teleosis Homeopathic Collaborative, LLC, 3 years after this bridge episode, I wanted to make sure Ava was still free of the fear of the dirt path bridge before I wrote about it. So I took Ava down to the fields. In her curious spirit she asks 'Momma where are we going?' to which I responded 'oh just for a nice walk, you and me.' I park the car, we set out holding hands and voila! We walk up to and over the bridge. No questions, stops or hesitations. On the return, to make sure, I stopped ½ way on the bridge and point out the stream below and then we kept going. Case closed!



Why a Wellness Bundle?

Sometimes it's hard to decide where to start when embarking on a new journey. When it comes to holistic medicine, the choices can be overwhelming.

We created Wellness Bundles so that folks can try a little of this - and a little of that. We've combined some of our most popular offerings and provided it all at a discounted rate. Wellness Bundles allow you to experience various holistic modalities so you can see what works for you, and you can decide what you like!

There is also an advantage to combining various therapies for a more synergistic healing effect. You can experience accelerated healing when you combine multiple modalities as part of your health strategy.

We've made it easy AND affordable! We've bundled four of our most popular 1-hour sessions each of:

- Energy Work with Cathy Corcoran, 1 hour
- 1-hour Relaxation Reflexology or Amethyst Biomat Session
- Swedish Massage with Sue Eaton, 1 hour
- Shiatsu with Jill Chapman, 1 hour
- *PLUS* a one-time only complementary Holistic Nutrition session with Cathy Sloan Gallagher.

ALL FOR \$230

Special Offers & Events

Obliterate Back Pain Clinics

Mondays, Jan. 15th & 29th and Feb. 15th, 4 - 8 PM

\$85/session



Janet and Sue are teaming up to offer all of you back-pain sufferers some relief and hope! Our back pain clinics are a one-of-a-kind collaboration of acupuncture, massage therapy, Reiki, cupping, and Chinese Herbal medicine. We combine our expertise and pain-bashing techniques to offer you lasting and effective back pain relief at a discounted, affordable price. Sessions are 75 minutes.

Here is what you will receive in each session:

- 30 min acupuncture session;
- 30 minute Reiki infused massage with Chinese therapeutic oil;
- Chinese cupping;
- CBD pain cream application.

Lymph System Detox Special

Got the winter blues & blahs??? If you're not feeling particularly well, aren't getting much exercise, or maybe just interested in good preventative maintenance, take advantage of our Lymph Detox Special!

We are combining 30 minutes massage PLUS far infrared rays of the Amethyst Biomat PLUS 30 minute consult with our nutritional therapist PLUS your lymphatic drainage supplements! You'll also learn beneficial self-care techniques and specific nutrition to keep the lymph flowing.

\$99/session

Weight Loss Package with Hypnotherapy

4 empowering and power-packed sessions to lose that weight!

\$495

New Client Shiatsu Deal

for the month of January only

First time Shiatsu Clients get half off first visit!

Just \$35

Teen Calmness Clinic

Wed., January 24th, 7 PM - \$10

Sinus Infections: Prevention & Support

By Cathy Sloan Gallagher

Sinus infections are a pain, literally. If you've ever experienced one, you know what I'm talking about. The infection can arise at any time and is typically a result of a cold, which is a virus, or due to aggravated allergies or irritating pollutants that have found their way into the nasal passages. Sometimes they are the result of a bacterial or fungus overgrowth.

Winter can be a particularly problematic time because the heat in our home is dry and lacks moisture. As a result, the protective mucus in our nasal passages tends to dry out and thicken, leaving us ripe for a sinus infection. Humidifiers and time outside in the fresh air are both beneficial, however, adding the daily practice of a saline flush is a worthy preventative measure. The saline moistens the mucus and washes excess mucus and debris from the nose and sinuses.

Those of you that have used the neti pot might be groaning right now. The Nasopure, referred to as the "Nicer Neti", makes the daily practice of flushing is a breeze. Fill the vessel with saline solution and distilled water (never use tap) and bring it in the shower with you. Gently squeeze and the solution flows through your entire nasal passageway effortlessly. For kids, flushing in the tub is a good option. Although

Nasopure includes pre-measured packets of saline (which is just salt and baking soda that you can make yourself), it's really the vessel that makes it a worthwhile purchase.

If you find that your nasal congestion is chronic and accompanied with facial pain (particularly when you bow your head), post-nasal drip, and/or a greenish-yellow discharge, it's a pretty safe bet you have a sinus infection. Although



antibiotics and steroidal nose sprays are options, the former only works if the basis of your infection is a bacterial overgrowth (and we know that antibiotics wipe out the good bacteria along with the bad),

and the latter is very drying (which can aid the infection in persisting).

Interested in a safer and more effective alternative? You can support your immune system and detoxify your nasal passages by adding natural supplements to your daily saline flush for 10 days.

Sinus Rescue Kits are available at the front desk and include: Nasopure vessel with saline packs, recipe for homemade replacement saline solution, 10-day supply of Chlorocaps capsules (detoxifying), Liquid Iodine drops (boost immune system), and protocol guidelines for adult and child. **Price is \$30.**



Hypnosis for Health and Wellbeing

by Naomi Fernandes-Monkus, RN

Two years ago, my husband passed away unexpectedly. I was devastated - and suddenly, I was a single parent of two teenage girls. My feelings of grief and anxiety were crippling. And that is when I discovered Hypnotherapy - it was a life saver for me, and ultimately became my mission and profession.

Though these emotions are very normal, the person experiencing them may feel anything but normal. Hypnosis took me inward, into my self to the level of my subconscious where I could relax and clear the negativity from my mind. By reprogramming my negative thinking and thought patterns, I was able to get back control of my life. With the use of Hypnosis, positive reinforcement (saying positive affirmations and self talk), I was able to move forward into my new life. This process didn't happen over night - I still work on myself daily. But hypnosis opened the door to healing in a very real and tangible way.

After my hypnosis sessions, I noticed I would feel emotionally lighter and was able to think more clearly. I was feeling better in my world. Hypnosis helped me know that I was okay, that this would be a process - and with patience and commitment to my wellbeing - I could conquer and persevere!

Because of all the positive experiences I have had with with Hypnosis, I wanted to share this with anyone who was willing. I felt so strongly about hypnosis, I left traditional nursing and the conventional medical arena, and began my journey towards Holistic Nursing and Alternative Healing Therapies.

With hypnotherapy, I have helped people bring abundance into their lives and end suffering. I've helped people become more self confident, have alleviated their anxiety and depression, provided grief support, weight loss and smoking cessation. I've witnessed people excel in school and at work! This is incredibly rewarding. I'm so grateful to share people's journeys - Hypnosis can bring about positive change in your life too!



Let's Talk Detox

by Cathy Sloan Gallagher

Detoxification is the way the body heals and repairs itself. Think of it as an internal cleansing process that takes place continuously and naturally – unless it's congested.

The lymphatic and cardiovascular systems aren't the first things that come to mind when thinking about detoxification. Similar to the digestive, urinary, skin, and respiratory systems, the lymph and cardio systems do support detoxification, but they perform by carrying toxins to the other systems that have outlets. However, unlike the cardio (circulatory) system that has the heart to function as a pump to keep blood flowing, the lymph system is dependent on movement to propel fluid through the lymph nodes where bacteria, viruses, and organic material are filtered before returning to the bloodstream. If we think of the lymph system as a pre-filter for the liver, our primary detoxification organ, it becomes clear how important it is to ensure the lymph system never becomes congested.

We can help you find ways to keep your lymphatic system moving and functioning properly. Just ask!

Sinus Rescue Kits

Sinus Rescue Kits are available at our front desk. Kits include: Nasopure vessel with saline packs, recipe for homemade replacement saline solution, 10-day supply of Chlorocaps capsules (detoxifying), Liquid Iodine drops (boost immune system), and protocol guidelines for adult and child.

Just \$30!

