

SPRING 2022

Good Life Acupuncture & Holistic Therapies



Services Menu

- Acupuncture
- Chinese Medical Massage
- Cupping
- Holistic Nutrition
- Homeopathy
- Life Coaching
- Massage Therapy
- Reflexology
- Richway Amethyst Biomat
- Shiatsu
- Thermography
- Tuina
- Workshops, Lectures & Classes



take time
to cleanse,
to heal,
to renew,
to grow,
to become.

-butterflies rising





指圧

Reset Shiatsu

with Jill Chapman

Finding your center again or for the first time is more important than ever before given everything we've been through in the last two years. If you're feeling off balance emotionally, spiritually or physically, consider a Reset Healing Session. We'll focus on centering our hearts and minds and connecting to our higher selves in order that we may navigate our daily lives in a state of peace, calm and confidence.

In this important 1-hour session you may expect breath work, meditation, sage clearing and soul centering bodywork.

only \$75

through March 31st

Good Life School



How to Get Your Groove Back

with Bev Giuffre

Saturday, March 12th 9-10:30 AM

This inspirational class will provide the momentum you need to move forward in your life and the various roles you occupy. After years of lockdowns, restrictions and isolation, it's imperative you re-discover your passions and ignite your life again. What gives your life meaning? What brings you joy? Give yourself the love and permission to blossom and grow again. Bev's passion is to not only assist people in discovering their potential and path, but to help them find the confidence and inner strength to act. The sky's the limit.

Everyday Homeopathy with Cheryl Wood

Wednesday, March 23rd 6:30 - 8 PM

MEN, MEN, MEN ... Menopause, Menstruation and Menarche. This comprehensive class surrounding women's health will teach you how to use homeopathy for your own and your family's health. Acute and chronic symptoms addressed. Time will be set aside to include a more organic discussion with participants to support individual questions and needs. You'll leave this class with the confidence to incorporate Homeopathy in your everyday life.



Acupuncture



AVAILABILITY

Acupuncture sessions are available by appointment only as follows:

Tuesdays: 2 - 7 PM

Wednesdays: 8 AM - 12 PM

Thursdays: 2 - 7 PM

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>

FEES

Initial Visits, 90 minutes: \$129

Follow-Ups, 45 minutes: \$70

Follow-Up with Amethyst Biomat: \$80

Please note that all follow-up acupuncture sessions booked in Room 1 are on the Richway Amethyst Biomat and are \$80 (not \$70). If you do not desire the combination session of acupuncture with the biomat, please book your follow-up acupuncture sessions in Rooms 2 or 4. Initial visit appointments must be prepaid.



WHAT IS ACUPUNCTURE

Acupuncture is an effective form of health care that has evolved into a complete and holistic medical system. Practitioners of acupuncture and Chinese medicine have used this holistic medical system to diagnose and help millions of people improve and maintain their health. This medicine has been in continuous practice for thousands of years.

Fine, very-thin, sterile needles are placed at specific acupoints on the body which activates the body's Qi and promotes natural healing by enhancing recuperative power, immunity and physical and emotional health. It also can improve overall function and well-being. It is an effective way to treat a wide variety of medical problems.

Acupuncturists believe that Qi, or Life Energy, flows throughout the body. Qi helps to animate the body and protect it from illness, pain and disease. A person's health is influenced by the quality, quantity and balance of Qi. Blockage of Qi in the body hinders the distribution of nourishment that a body requires to function optimally. Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, diet, and accidents all can cause an imbalance of Qi. Acupuncture and Chinese medicine promotes the free-flow of Qi in the body so you can enjoy good physical, mental, and emotional health.



Massage Therapy

AVAILABILITY

Massage therapy is available by appointment only on Mondays, Wednesdays, Fridays and some Saturdays.

Styles & techniques offered are: Deep Tissue, Swedish, Prenatal, Geriatric, Sports/Therapeutic, Oncological, Myofascial Release, Trigger Point, Raindrop Therapy, and our one-of-a-kind Chinese Medical Massage. Cupping also available.

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>

FEES

90 minutes: \$125

60 minutes: \$ 85

45 minutes: \$ 60 (*youth sports only*)

30 minutes: \$ 50

Different or additional fees may apply for specialized massage sessions such as oncology, raindrop, and others.

**Schedule Your Next Session
On-line!**

<https://www.schedulicity.com/scheduling/GLA6DJ>



AVAILABILITY

In-person sessions available Mondays and Fridays by appointment. Phone and zoom sessions available Mondays, Wednesdays, Fridays and Saturdays.

FEES

Initial Visit, 90 minutes: \$140

Follow-ups, 50 minutes: \$95

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>





SHIATSU

ASIAN BODYWORK THERAPY

This ancient Japanese method of healing is a kind of gentle bodywork. The goal is to balance and promote the flow of blood and qi by palming and thumbing the body's meridians or energy pathways. The front and back of the body are worked from head to toe leaving you relaxed, yet energized. Like acupuncture, shiatsu utilizes traditional Chinese medical theory to target the ailment source and form an appropriate treatment and specific acupoints are stimulated with finger, foot, elbow or knee pressure to create balance and wellness.

AVAILABILITY:

Monday through Thursday and some Saturdays.

FEES

\$50 - 30 minutes

\$75 - 1 hour

\$110 - 90 minutes

Specialty session pricing varies; youth rates listed on website.



Thermography



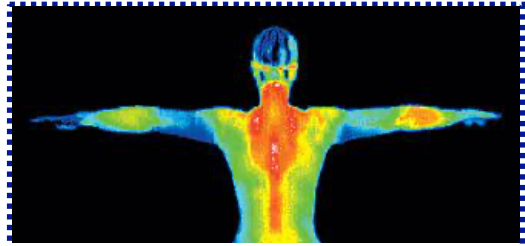
Our thermography clinics are offered by Sue Saari of Metrowest Thermal Imaging (MTI). Sue brings more than 30 years of experience in health care and health education to her patients.

This non-invasive diagnostic technique allows examiners to visualize and quantify changes in skin surface temperature. Since there is a

high degree of thermal symmetry in a normal body, subtle abnormal temperature asymmetries can be easily identified, thereby making it easier to diagnose, evaluate, monitor and document a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. According to Saari, early detection allows practitioners to look for the root cause, treat the underlying disturbance and restore balance. "Good health requires one to be proactive," she says.

Sue receives ongoing advanced training from Pam Ryerse, one of the teachers with the most extensive experience in clinical thermography in the country. Using the highest quality digital thermal imaging camera available. These scans are then read, interpreted and reports compiled by board-certified

medical doctors. Thermography services include breast screening, region of interest screening, and half- and full-body scans in a caring, respectful and compassionate manner.



2022

Thermography Clinics

April 5

May 24

June 21

July 19

September 16

October 4

December 5

MEET SUE SAARI

Metrowest Thermal Imaging (MTI) is owned and operated by Susan Saari, a licensed acupuncturist, Chinese herbalist and certified thermographer, will be coming to Good Life Acupuncture to offer her thermography services. She brings more than 30 years of experience in health care and health education to her patients.

MTI aims to work with clients and their practitioners to prevent disease and create vibrant, sustainable health and well-being. MTI offers digital infrared thermal imaging (DITI), a proactive screening tool that helps people detect early changes in their physiology and track the efficacy of their treatment choices, without any radiation, compression or pain.

HOLISTIC NUTRITION



AVAILABILITY

Holistic nutrition & coaching services are available in office on Wednesdays and Fridays with Vanessa Mincolla. Vanessa also sees clients at Mark Mincolla & Associates in Braintree on Tuesdays and Thursdays. Phone and zoom consultations available.

FEES

60 minutes: \$150
45 minutes: \$112
30 minutes: \$ 75

LIVE LIFE HEALTHY

Click here to schedule online:
<https://www.schedulicity.com/scheduling/GLA6DJ>

HOMEOPATHY



SAFE NATURAL AND HIGHLY EFFECTIVE TREATMENT

AVAILABILITY

In-person appointments are available Mondays and Tuesdays. Other weekdays and Saturdays available upon request. Zoom and telephone appointments available.

By appointment only.

FEES

Full Consultation, 2 hours: \$225
Follow Ups, 30 minutes: \$95
Immune Session, 30 minutes: \$95
Acute Consultation, 15 minutes: \$45
(existing clients only)
Acute Consultation - New Clients, 60 minutes: \$95
Feline or Canine Consultation, 30 minutes: \$75

HOMEOPATHY



Restoring health naturally

Perspective



by Cheryl Wood

Time for a perspective shift. Spring is a good time, right? Let's take a step back, like a REALLY big step back regarding how we look at health and our bodies.

What if we could look at our bodies as machines, as engines? Machines as in what goes in equals what comes out. Our understanding of engines is rooted in a structural, left-brained engineering mindset. Machines run as efficiently and effectively when we've maintained them well. Let's shift our attention to our bodies applying the same perspective, paying attention to the cells of our system. Every cell in our body is impacted by literally everything that we expose it to: externally and internally. This not only includes the obvious food, air, etc., but also every thought, feeling, idea and even trauma that we've experienced. You get the picture, right?! All the things in our day to day lives over all the years we're on this planet leave an imprint on us at the cellular level. Just imagine how that might impact who

and what we are as we age. So this concept is huge, maybe overwhelming to consider. Your choices and experiences add up. They either are building you up, or well, just the opposite. Many people believe that sluggish energy, body pain, and other chronic and progressive illness is the expected normal of aging. This disharmony, congestion of energy of mind, body and spirit is just aging. Or is it? This 'gummed' up condition shouldn't be your expectation regarding your health. There are ways to change the outcome.

Stop for a minute here - visualize your body at complete peace – all it's systems running smoothly and in harmony. No pain, no stress, no fatigue. What would it be like to wake up every morning full of energy and inspiration and motivation, free of emotional, physical and mental stress. It's hard to imagine, I know, but bear with me. The body accumulates layers of congestion due to the stressors we expose it to. Improving lifestyle helps a great deal. Good quality food, proper nutrition, exercise along with a variety of self-directed practices like yoga, meditation, and tai chi cultivate health. Regular energy enhancing healing sessions like acupuncture, chiropractic, massage, reiki, shiatsu are important at keeping your body-machine primed and ready to go. Creating a self-care rhythm is an important party of healthy longevity. This can be further managed by the utilization of homeopathy.

Homeopathy healing goes deeper into the cellular level to help clean out the congestion, sludge – from all the pollution, medications and vaccinations, poor food choices, etc. The assaults on our bodies over a lifetime are endless. Sometimes it's an accumulation of energetic debris in the body, other times it can be a specific pivotal moment that your body shifts and begins struggling. Homeopathy clears the pathways for your body's own healing process so it can function ideally again.

Homeopathy inspires your body's healing mechanisms with homeopathic remedies. In addition to simple homeopathic remedies for acute and chronic health issues, there are also remedies designed to clear away the congestion/sludge. An expert in the field of homeopathy can be your body's mechanic to running smoothly again!

Cheryl can be reached by email cherylwoodhomeopathy@gmail.com and/or phone 508-331-3739 to set up an initial consultation. Website~ www.cherylwoodhomeopathy.com.

Holistic Nutrition

Vanessa Mincolla

Have you ever wondered what foods are best suited to support the pursuit of your personal health goals? There is a wealth of information floating around in regards to proper health and nutrition, and with so many conflicting viewpoints it can be quite the process figuring out what dietary choices correspond with our unique make up.

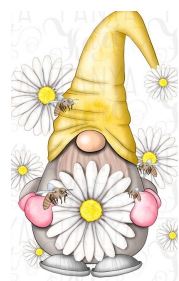
The fact of the matter is, there is no such thing as cookie cutter nutrition! Each of our bodies possesses a unique energetic make up, and through the use of Electromagnetic Muscle Testing, a method of applied kinesiology, I am able to tap into these energy fields and determine where deficiencies lie, as well as which foods and supplements are most appropriate for supporting each of our unique constitutions.



Through the use of this energy diagnostic system, I am able to create customized food and supplement plans that target the root causes of our symptoms and propel us toward wellness. I work with a wide variety of clients, with goals stemming from promoting weight loss and general wellness, all the way to managing chronic inflammatory disorders such as heart disease, rheumatoid arthritis, diabetes, and more.

Out of confusion and desperation, we may sometimes feel compelled to turn to short term remedies that act as band aids to some of the aforementioned health concerns, all while failing to address the true root cause of our issues. We numb our pain through the use of prescription medication and other repressive mechanisms, and fail to realize that the pain we are avoiding is our bodies way of speaking to us!

Once we stop silencing our pain, and start start exploring the insights that our symptoms have to show us, we find more effective long term solutions to our health concerns. You might be surprised to find that some symptoms like chronic migraines aren't chronic after all, but can instead be rooted in allergies to inflammatory foods like gluten and dairy, and can be easily managed through small changes to diet and lifestyle!



The thought of implementing these types of changes can be daunting at times! I empathize with the challenges that often come along with this approach, and strive to meet each and every one of my clients where they are. Together we will create action steps that will work toward achieving goals in ways that make sense for you and your lifestyle.

Are you interested in learning more about which foods and supplements could lead you toward your optimal wellness?! Contact me today: Vanessanmincolla@gmail.com, or call 781-261-0320.



May the sun bring you
new energy by day.
May the moon softly restore you
by night.
May the rain
wash away your worries.
May the breeze blow
new strength
into your being.
May you walk gently
through the world
and
know its beauty
all the days of
your life.

- Apache blessing