

April 2018

[www.GoodLifeHolistics.com](http://www.GoodLifeHolistics.com) / 508.559.8004



“Not all of us can do great things,  
but we can do small things with great love.”

- *Mother Teresa*



### What is Nutritional Therapy?

Nutritional therapy recognizes the biological individuality of each person. People have different nutritional needs that cannot be met with a “one size fits all” approach. Nutritional therapy focuses on utilizing key indicators to correct imbalances or deficiencies at the root of YOUR symptoms. Deficiencies and imbalances are discovered and confirmed through a hands-on non-invasive technique which is unique to nutritional therapy. We think this approach is more effective than other nutrition and holistic nutrition approaches.

### **The Nourishing Cleanse 2018**

**April 9th Kick Start**

**\* Enrollment ends April 2nd \***

Join us! Just \$69 gets you a spot in the program and all of the extensive resources that go along with it!



# Highlights

## Thermography & Nutritional Therapy: Detection, Assessment & Resolution



**A picture is worth a thousand words - isn't it?** This concept is the basis of our latest offering combining state of the art thermography and holistic nutrition therapy.

We guarantee to that this is the best use of the 'before and after' concept! The plan: utilize digital thermal imaging to capture areas of inflammation and concern in your body. Next, we implement an individual nutritional therapy plan targeted to reach your health needs and goals.

**The proof is in the pudding, as they say.** We will provide a follow-up digital thermal image after several months to provide you with the validation and insight as to how well your plan is working!

Call Cathy for details: 781-626-2215.



## Saturday Massage Package Savings!

Start your weekend out right with a 1-hour massage session with Sue! Now through May 15th, purchase a 4-pack Saturday Massage Package for just \$250!

## Shiatsu: Acupressure Facial Buy 2 Get 1 Free

This month, purchase two Acupressure Facials with Jill and receive the third session FREE! Just \$90! Must use all three sessions by April 30th. Acupressure Facials are fantastic for TMJ, headaches, sinus issues, stress reduction, and wrinkle reduction. One of Jill's most requested specialty sessions!

## Weight Loss with Hypnotherapy

With Naomi Fernandes Monkus  
4 Sessions/\$495

Did you know that hypnotherapy beats out cognitive and behavioral therapies in terms of effectiveness and number of sessions



t y p i c a l l y  
necessary to  
instill lasting  
c h a n g e ?  
**Hypnotherapy  
boasts a 93%  
recovery rate  
after just 6**

**sessions.** That's actually pretty amazing. Hypnotherapy is often the answer for many people to reach their personal and professional goals. Hypnotherapy = success.

# Coming Up

## Spirits Knocking: Table Tipping

Sunday, 4/22, 2-4pm; \$45



### Back by popular demand!

Table tipping is a time-honored tradition of physical mediumship that allows spirits to connect with us lovingly through the table. With the intention for the highest good of all, each participant has the opportunity to see-feel-experience spirit communication directly. The table can tap, flip, hug, spin, dance, stomp, and shimmy with the joy of communicating with us! You are invited to open your minds and your hearts and experience an extraordinary experience with Spirit! With Cathy Corcoran.

## Breast & Body Thermography

Tuesdays: 4/3, 7/17 & 10/2, by appointment

We offer thermography clinics by Metrowest Thermography throughout the calendar year at Good Life. For more information regarding the many benefits of digital thermal imaging (thermography), please visit Sue Saari's website at [www.mythermography.com](http://www.mythermography.com). Sue offers thermography at multiple locations throughout Massachusetts and New England.

## Teen Calmness Clinics

Mondays: 4/16 & 5/21  
6:30 - 7:30 PM; \$10/class

These wildly popular classes incorporate breath work, meditation, artwork, stretches and acupressure are some of the things we do in this time-out gathering for anxious, stressed out teens. It's different every month. Space limited, please sign up in advance. With Jill Chapman.



## Introduction to Tarot

Sunday, 4/29; 12 - 2 PM  
\$90 includes Tarot cards

Develop your intuition using this age-old method of divination. You'll be amazed at its usefulness and accuracy! The Tarot is a deck of 78 cards with illustrations. Learn how to use these tools to tap into your own psychic abilities. Lynne-Marie is a gifted tarot reader and teacher. Learn from the best! This is a hands-on workshop and a pre-requisite for Intermediate Tarot. You will be gifted with your own deck of cards! With Lynne-Marie.



## Tools for the Empath

Sunday, 4/15, 2-4pm; \$35

Come and experience simple yet powerful energetic techniques that will help you to thrive in a chaotic world. This is an experiential workshop that will provide down-to-earth spiritual tools that will allow you to enhance your personal power, create healthy boundaries, and embrace your empath gifts! With Cathy Corcoran.

**em·pa·thy** noun \ 'em-pə-thē\

the feeling that you understand and share another person's experiences and emotions : the ability to share someone else's feelings

# Homeopathy 101

## Building an at-home rescue kit.

You can build your own homeopathic rescue kit for acute medical issues! Arm yourself with the remedies and know-how for common ailments - Cheryl Wood, our gifted homeopath, shows you how!



- ▶ **Arnica:** the #1 “accident remedy”! For bruises, bumps, bleeding. Take immediately after injury, including surgery and jet lag.
- ▶ **Ignatia:** #1 “grief remedy” for those suffering loss whether death, divorce, relocations.
- ▶ **Nux vomica:** #1 “hangover remedy” for overindulgence in food or drink with irritability.
- ▶ **Aconite:** the “fright remedy” relieves states of shock and panic, also for colds/flu that come on suddenly, after exposure to cold wind. ~
- ▶ **Chamomilla:** the “teething remedy” helps sick kiddos who are angry, demanding, inconsolable, and want to be carried, also soothes colic and earaches.

All remedies should be 30c potencies. For chronic and more serious ailments, contact Cheryl Wood, CCH, directly: [508-331-3739](tel:508-331-3739)



## Healing with Homeopathy

Cheryl Wood, CCH, Homeopath

**Why homeopathy?** It's natural medicine working with nature to spark your body's own healing abilities. Researched and clinically proven - homeopathy works! Homeopathy heals 'acutes' such as cuts, bruises, headaches, bone spurs, etc.. It also treats 'chronics' such as anxiety, autism, fertility, menstruation issues, thyroid disorders, impotence, migraines, fibroids and more. Contact our office or Cheryl directly for a free consultation or to book your appointment.

# HYPNOSIS FOR WEIGHT LOSS

by Naomi Fernandes Monkus RN,CHt



The one universal and essential factor for permanent weight loss is creating new habits, that are reinforced over time. Hypnotherapy is a great tool to help you successfully lose weight. Hypnosis for Weight Loss is an alternative for anyone who is looking for a gentle way to lose weight and make healthy eating and living a habit!

Most people know that eating healthier and exercising regularly can facilitate weight loss. Yet, only about 20% of overweight individuals are successful at maintaining weight loss long-term and about 40% of US adults are overweight, and another 30% are obese (defined as having a body mass index of 30 or greater). \* from Psychology Today

Hypnosis by it self won't make you thin, it's not a quick fix. Its about making a commitment to YOU! With the aide of hypnotherapy you can positively alter your mindset and change your eating and exercise habits. Weight loss can and will happen. The use of hypnotherapy will help you, by allowing you to overcome any mental barriers that are preventing you to achieve your goals. Using hypnosis for weight loss, will help you resolve the psychological issues that are preventing you from losing weight. Once these issues are identified with the help of hypnotherapy, you reframe your unwanted thought patterns into positive healthy thought patterns. Which create new positive pathways in your brain.

The meditative aspects of hypnosis help you reduce stress and anxiety allowing you to become more mindful in your life. So if you are truly committed to changing your life -style, gaining control over your health and well being. Then Hypnosis can help you achieve your desired goals.



*\*Check out this article from From the August 2004 issue of O, The Oprah Magazine  
10 Ways Hypnosis Can Help You Lose Weight—For Good By Jean Fain  
Read more: <http://www.oprah.com/health/hypnosis-for-weight-loss-can-hypnosis-help-you-lose-weight/all#ixzz59etgKYiP>*

*\* Successful Weight Loss Using Hypnosis : Hypnosis works with your unconscious to help you achieve your healthiest weight. Posted Dec 20, 2014 Psychology Today*

***\*\*Dr. Svetlana Kogan Talks About Hypnosis***

***And Weight Loss « CBS ... Feb 24, 2017***

# FDA APPROVED BIOMAT® TREATMENT FOR ARTHRITIS PAIN RELIEF.

The Biomat® soothes arthritis pain by delivering warm infrared heat to the affected areas. The infrared rays penetrate deep into the body providing relief where no sports creams or patches can reach.

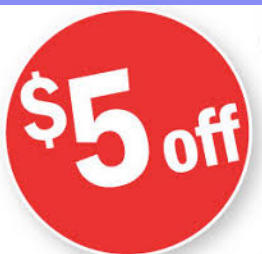
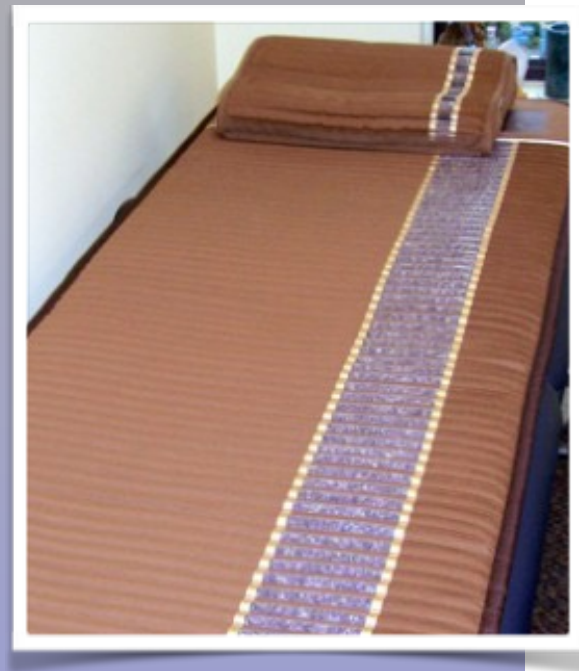
The warmth of the Biomat® increases blood circulation. This boost in blood flow brings oxygen and nutrients to injury sites, reducing inflammation and promoting the body's natural healing process.

The Biomat's® infrared therapy effectively reduces the pain and stiffness associated with arthritis.

The Biomat® will relax your body and increase mobility. Now, you can take on the day!

**Starting at \$55/hour. Combination sessions available:**

- \* **acupuncture**
- \* **massage**
- \* **reiki**
- \* **reflexology and more!**



**SAVE \$5 on your next Amethyst Biomat 1-hour session. Just mention you saw it here! Offer valid through 5/31/18.**



# Join us!

Spring is **THE** ideal time to cleanse. It's the natural time of year for our bodies to shed all of the excesses of the winter season.

The *Nourishing Cleanse* is a simple, gentle detox program you can make your own. It emphasizes healings foods that naturally detoxify and rejuvenate your mind, body and spirit and leave you feeling satiated, nourished, and lighter. And - unlike many other cleanses - the approach is centered on educating you so you can take control of your health! Registration ends April 1; program begins on April 9. End whenever you want – 10, 20 or 30 days. Pick up all kinds of good habits along the way. Find all the details at [www.eatthoughtfully.com/groupcleanse](http://www.eatthoughtfully.com/groupcleanse) or email Cathy at [cathy@eatthoughtfully.com](mailto:cathy@eatthoughtfully.com).

- \$ 69.00 Nourishing Cleanse with Online Group Support
- \$130.00 Optional add-on, The NutriClear® Plus metabolic cleanse kit
- \$199.00 Total for both**

## Good Life clients: receive \$20 off when purchasing both (\$179)

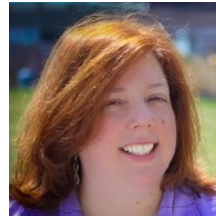
*NutriClear® Plus is a 15-day metabolic cleanse kit that provides the optimal nutrients necessary to support the body's natural two-phase detoxification process, allowing toxins to clear more completely and easily. The formula includes easily digested, certified organic pea protein, medium chain triglycerides, added fiber and an extensive array of antioxidants. The kit contains 30 pouches of powder and 30 supplement packets, which include 5 capsules each.*

### Here's what participants from last year had to say:

- ... I loved it actually; I'm glad I made that impulsive decision to do it even though I was leaving on a trip.
- I initially lost a good chunk of weight fairly quickly. Other than actual weight, I do feel lighter, certain things fitting better and best of all just feeling better overall (better sleep, more energy, less lethargic, more optimistic, more focused, etc.)
- It was a great experience that I would do over and over again because of the awesome benefits!
- I am especially happy that Jim was able to lose 14 pounds. He is a chef and really noticed all the poor choices he makes at work while cooking and eating on the fly. He has significantly changed his habits and **LOVES** your coconut bark, which helped him stay on the eating plan.
- I am so happy I decided to participate in this cleanse, I love the Facebook group - that made it so much easier! So did my husband participating with me :-)
- I don't think you should change a thing! The frequent FB posts were especially helpful to me--I needed to know others were doing it too.



**Janet Cabrera**  
Acupuncturist, Teacher  
Founder of Good Life



**Lynne Marie Reviolitis**  
Medium / Psychic  
Offering private sessions,  
home parties and gallery  
readings



**Cathy Sloan Gallagher**  
Holistic Nutritionist  
Treats Lyme Disease.  
Nutritional testing &  
assessments



**Cathy Corcoran**  
Energy Healer, Teacher,  
Medium  
Offering energy based  
healing sessions & readings



**Cheryl Wood**  
Homeopath  
Specializes in Family and  
Pediatric Homeopathic  
Medicine



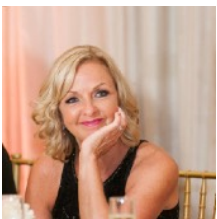
**Sue Eaton**  
Massage Therapist,  
Relaxation Reflexology &  
Reiki



**Jill Chapman**  
Shiatsu Therapist  
Wellness Teacher &  
Mentor



**Sue Saari**  
Thermographer  
Breast & Body Thermography



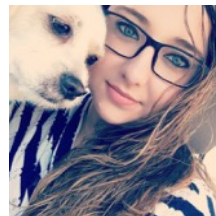
**Mary Ann Lamson**  
Office Manager



**Naomi Fernandes Monkus**  
RN, Hypnotherapist & Neuro-  
Linguistic Programming



**Kathi Torres**  
Front Desk / Scheduler



**Amber Aguilera**  
Front Desk / Scheduler