

GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES

# December 2018

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



December marks the end of another calendar year and beckons hope, strength and peace in our inner and external worlds.

For some of us, December brings joy and family traditions. For others, it is challenged by grief, loneliness and sadness. As we move through these days, remember that some of the greatest gifts we offer one another is acceptance, listening without judgement, and celebrating our diversity. The practitioners at Good Life strive to be a constant, reliable support to all of our clients. Please remember we are here for you!

To all of you, we wish you a very happy and peaceful holiday season. Thank you for your patronage and faith in our practice. We are so grateful for each of you.

FSA & HSA  
Cards  
accepted!



## **GIFT CERTIFICATES**

Order by phone or  
pick up in person:

Mon & Wed  
9 AM - 12 PM

Tues & Thurs  
3:30 - 7:00 PM

## **Special Holiday Pick-up Hours**

Fri 12/21: 6-8 PM

Sat 12/22:  
9 AM-12 PM

Mon 12/24  
9-11:30 AM



## RETAIL THERAPY

### SINUS RESCUE KITS RETURN!

**Sinus Rescue Kits** are now available for sale at the front desk for just \$30!

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.

Sinus Rescue Kits are available for adults and children. **Price is just \$30.** All kits prepared by our holistic nutritional therapist, Cathy Sloan Gallagher.



### Good Life House Blend Hand Sanitizer

All natural ingredients using doTerra essential oils.

Prepared in small batches by Kim Roy.

On sale now at the front desk.

**\$10/bottle**

## **LAST CHANCE TO SAVE!**

**Are you ready?**

**6-week Weight Loss Hypnosis Program**

**\$395 expires 12/31/18**

Achieve and maintain your ideal weight for your body type utilizing hypnosis! Through healthy eating, speeding up your metabolism, and developing a positive self-image, you will obtain the body that is just right for you! Learn the correct foods and appropriate amounts required for healthy weight loss and proper maintenance of your body weight. This 6-week weight loss program shows you how to see your inner uniqueness, beauty, and strength. Your newfound self-acceptance and self-love will carry over into a wonderful and new positive attitude for life!



## **Kick that headache to the curb with Shiatsu!**

**with Jill Chapman, Shiatsu Therapist**



Headache got you down? There are several different types of headaches: migraine, sinus, tension ... all can occur in different locations in our body: back of the head, on one side, frontal... so what to do? Shiatsu.

Regardless of where your headache is located, or what is causing it, Shiatsu/acupressure can alleviate your symptoms effectively.

Now through December 31st, receive a 60 minute shiatsu headache session at a discounted rate of \$50. That's a \$20 savings effective through the rest of the year! During our session, we'll discuss your symptoms and I'll determine what is the correct headache treatment for you utilizing Shiatsu therapy!

**Book on line or call for an appointment!**

## **Pause for Calmness Workshop**

As we stand on the brink of the holiday season, join us at Good Life in attaining a more quiet state of mind and a peaceful heart.

In this 90-minute workshop, our Nutritional Therapist, Cathy Sloan Gallagher, will discuss varieties of stress and the impacts to your health before sharing her recommendations for stress-promoting foods (to minimize or avoid) and calming foods (to indulge in). Cathy will also discuss the link between food-sensitivities and stress and demonstrate a technique you can use to identify your individual sensitivities.

Then our Shiatsu Practitioner, Jill Chapman will review proper breathing, acupoints and areas of the body good for promoting calmness which you can use on yourself (or your family!) when necessary. Jill will also review the pericardium meridian, the role it plays and how to gently open it to encourage a more peaceful flow of qi and a quiet heart. A guided meditation and the use of some essential oils will round out your time together.

We encourage you to push the pause button and take the time to care for yourself before attempting to care for everyone else in your life – especially at this hectic time of year!

Friday, December 7th

10 – 11:30am

\$45

Limited to 8 participants.



Advance registration at [www.eatthoughtfully.com/workshops\\_GL](http://www.eatthoughtfully.com/workshops_GL)



## The Many Benefits of Angel Therapy® Readings

Through channeled information, oracle cards, and healing, Angel Therapy® sessions bring you into direct contact with your own Spiritual Team (including Guardian Angels, Spirit Guides, and Higher Dimensional Teachers such as Archangels and Ascended Masters). Bringing answers to your questions, along with guidance, healing, and support, these sessions help you to access the treasure chest of tools that reside within you. Angelic guidance and healing is offered in a supportive, loving energy that is always focused on your highest healing, potential, and enlightenment.

In addition to receiving answers to your questions, here are some of the many possible benefits of Angel Therapy Readings®:

- ★Energetic Clearing of Negative Energies, followed by Balancing, Revitalization, and Protection
- ★Chakra Balancing and Alignment
- ★Removal of Etheric Cords of Attachment, followed by Balancing, Revitalization, and Protection
- ★Instructions to Create Protective Energy Shields
- ★Breathing Meditations and Practices to Calm Anxiety and Raise your Vibration
- ★Introduction to your Guardian Angel and/or Joy Guide
- ★Identification of Specific Crystal Allies that will support your growth and advancement
- ★How to Reframe Negative Thought Patterns into Positive Affirmations, creating a flow of positive energy into your life
- ★Identification and Release of Blocks that keep you from Opening and Expanding your Intuitive and Healing Gifts
- ★Releasement of Vows and Contracts from this and past lives that have been generating blocks to creating abundance, attracting love relationships, and realizing our full potential
- ★Introduction to the Power of Gratitude and Forgiveness Exercises
- ★Angelic Prescriptions to Go!

Angel Therapy Readings® open and strengthen your connection to the limitless resources available to each of us through connection with the Higher Realms. You will be provided with an “angelic road map” of inspiration and transformation, so that you may choose to live with peace, abundance, gratitude, and joy.

**Gift Certificates for Angel Therapy Readings® at Good Life Holistic Center** are beautiful and inspirational gifts to share with those you love during this holiday season.

**Customized Transcendent Heart Mentoring Programs** are available to individuals and small groups interested in opening and expanding their intuitive and healing gifts. Spiritual/Educational content will be based on the specific goals of the students. Please contact Cathy directly at [cathycorcoran44@gmail.com](mailto:cathycorcoran44@gmail.com) with further questions.

a n n o u n c i n g

## Expanded Hypnotherapy Hours



Kim Roy, our hypnotherapist, is pleased to announce that she is adding additional hours for hypnotherapy. Kim's new hours will include Saturdays beginning December 1st. Sessions are available Mondays, Fridays and Saturdays!

## Amethyst Biomat Sessions

**\*\* New Schedule \*\***

Sessions on our infamous healing biomat are available as follows:

Monday & Wednesday: 9 AM - 1:30 PM

Tuesday & Thursday: 3 - 7 PM

Sessions are 45 minutes and are normally \$55/session. **Mention you read this blip and get**

**\$10 off through January 31st.**

For more information concerning the Richway Amethyst Biomat, [click HERE](#).



## Corporate Wellness Programs

Companies are increasingly incorporating on-site wellness programs for their employees. Most adults spend the majority of their waking hours at work! Bring health and wellness services directly to your employees while at the same time **increasing productivity and reducing burn-out**.

### Benefits to employees include:

- Lower levels of stress
- Increased immunity
- Less frequent/diminished headaches
- Increased energy and motivation
- Increased well-being
- More restful sleep
- Increased morale and enhanced feelings of being valued and appreciated.



### Benefits to employers include:

- Reduced healthcare costs
- Increased productivity
- Decreased rates of illness
- Enhanced recruitment and retention of healthy employees
- Reduced sick days
- Improved employee relations and morale
- Happier, healthier employees.
- [Click here to learn why a healthier employee saves you money!](#)

### Why Holistic Healthcare?

Quite simply, increased energy and reduction of stress has a positive impact on productivity. Acupuncture, massage, and other natural healing techniques offer some of the most effective treatments for stress and low energy. We can help calm the mind and relax the muscles, and bring lasting balance to various systems of the body. The mental and physical strain of a fast-paced work environment often leads to:



- headaches
- insomnia
- muscle tension
- panic/anxiety disorders
- palpitations
- fatigue
- emotional disturbances
- weight gain
- digestive issues

### What program is right for us?

There are various approaches to structuring an on-site wellness program. One-time or periodic events are one option or regularly scheduled (weekly or bi-weekly) wellness days are also available.

Please contact Janet to discuss your needs and ideas. We can help you craft a program that's right for your company. Call our office at 508-559-8004 or email [jlee@goodlifeholistics.com](mailto:jlee@goodlifeholistics.com).



**- now booking for 2019 -**

## **Lunch Talks!**

Good Life offers casual presentations regarding the many services we offer as well as related benefits. Presentations are **free of charge** and are approximately 30 minutes in length with 15 minutes provided for Q & A.

Here is just a sample of the many talks we provide:

- Acupuncture / Chinese Medicine
- Shiatsu / Asian Bodywork
- Holistic Nutritional Therapy
- Homeopathic Medicine
- Hypnotherapy
- Reiki / Energy Healing

We can customize any presentation to speak to stress management, nutrition, chronic pain, fertility, corporate wellness, sports enhancement, and more!

To book your Lunch Talk, please contact Janet for availability and bookings. Call 508-559-8004 or email [info@goodlifeholistics.com](mailto:info@goodlifeholistics.com).

