

May 2019

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## New Patient Acupuncture Special

All military, police, fire, & veterans! Initial Acupuncture visit just \$99 for the month of May.



Next Thermography Clinic 5/21/19. With Sue Saari, Metrowest Thermography. Booking now.



“...And the star-spangled banner in triumph shall wave, o’er the land of the free and the home of the brave!”

Thank you to our veterans and heroes who sacrificed all for America and our freedoms.

## Happy Mother’s Day!

“To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow.” —*Maya Angelou, I Know Why the Caged Bird Sings*



# HIGHLIGHTS



## Clean Swap Social

**Must pre-register! Only \$10**

with Cathy Sloan Gallagher

Do you know if your personal care products are safe? Are you interested in learning about and sampling safer products?

Join Cathy, functional nutritional therapist, to learn why what you put on your body is just as important as what you put in it. We'll have fun treats, free samples and more! **Wed, May 29 at 6:30-8:30pm.** Session limited to 6 participants. See page 10 for details and how to register.

## Reflexology Special

**1-hr. session \$65**

for Mom's only thru 5/31/19



## Shiatsu Special Offer

**Gift Certificates Discount for Mom**

with Jill Chapman

You're mom called - all she wants is a shiatsu session with Jill this year for **Mother's Day!** Jill is offering a \$10 discount for Mother's Day Gift Certificates. On sale through May 11th. Offer valid for 1-hour shiatsu sessions, just \$60 (normally \$70).



## Shiatsu Special Offer

**Top to Bottom Shiatsu Special**

with Jill Chapman

We'll start by unlocking the tension in your neck, head and face and finish with fabulous footwork in this 30 minute shiatsu session! One session for \$40 or 3 for \$100. Now through June 30th.

**All Homeopathy Sessions  
10% off through June 30th!**



## Heavy Metals: The Minerals You Don't Want

by Cathy Sloan Gallagher

Approximately 98% of my clients that perform a hair tissue mineral analysis find they have some level of aluminum and mercury in their system. Both heavy metals are physically toxic, and neurotoxic, and have no known positive role in the body.

These and other heavy metals, such as lead and arsenic, are a major cause of inflammation and infection, can cause tissue damage, and have been linked to neurological disorders like Parkinson's, Alzheimer's, and MS.

Heavy metals are not degradable, which means they will remain in your body and brain until they are coaxed out of storage and eliminated from the body. While in your body, heavy metals will replace nutrient minerals in enzyme binding sites and tissue structures such as arteries, joints, bones and muscles. They will also support the development of fungal, bacterial, and viral infections that make it very difficult to alleviate until the HM burden is eliminated.

The heavy metal detoxification process has several components and should only be undertaken with the support and direction of a practitioner, but there are steps you can take to help yourself. **The most important step is to stop increasing your heavy metal load by doing the following:**

- Eat organic to the largest extent possible. Many fertilizers are contaminated.
- Avoid highly processed foods, which often use metal compounds in the processing of their foods as well as in their packaging. Common table salt has been found to contain aluminum. Use Real Salt, a nutritious sea salt.
- Drink clean water by installing water filters at home, testing quality and contents of well water, and drinking bottled water that comes from a trusted source. Locally, [Simpson Spring](#) in Easton is a great choice and they will deliver.
- Read ingredient labels in your body care products. Most deodorants, if not specifically listed as excluded, will contain aluminum. Applying it under your armpits daily, near your primary lymph nodes, is not a safe practice. Native, Schmidt's, Primal Pit Paste, and one version of Arm & Hammer are all safe choices. Or add good old Milk of Magnesia to a recycled roller ball and use it. It works!



## Heavy Metals: The Minerals You Don't Want (continued from page 3)

- Avoid antacids, which are high in aluminum. Instead, take 1 tablespoon of Bragg apple cider vinegar 10 – 15 minutes before your meal to eliminate heartburn and acid reflux.
- Many cosmetics contain aluminum. Use clean brands like [Beautycounter](#) (full disclosure, I am a consultant) or [CIn&Drty](#), a local company.
- Some vaccines contain Thimerosal, or ethylmercurithiosalicylate, which is a mercury-containing preservative.
- Speak to a biological dentist about plans to replace dental amalgams (i.e.; silver fillings), which contain mercury, cadmium and other heavy metals. If your dentist insists there is no issue with amalgams and/or cannot speak to the unique process they must follow to remove them, find another dentist to perform the removal.
- Use organic lawn and garden treatments.
- Avoid aluminum beverage cans, cookware and use of tinfoil.

Hair tissue mineral analysis is a relatively inexpensive and non-invasive method to reveal your toxic metal load. If you're interested in learning more, feel free to schedule a 30-minute complimentary consult and I'll be happy to review the process, share sample test results, and answer any questions you have.



Cathy Sloan Gallagher is a board certified Nutritional Therapy Practitioner (NTP) and the owner of *Eat Thoughtfully*, a holistic nutrition counseling and therapy practice. She received her training from the [Nutritional Therapy Association](#) in Washington State where she learned to utilize a combination of education and non-invasive hands-on testing techniques to help her clients address a range of ailments. Cathy remains focused on continuing education opportunities in the field of holistic nutrition.

# Allergies?

## Homeopathy to the Rescue



Spring Allergy season has finally arrived! The good news is that Homeopathy is an effective, natural treatment to alleviate all of your chronic and acute symptoms. Homeopathy can fix it all: pesky nose drizzles and dribbles, nosebleeds, sneezing, nagging headaches, painful sore throats and itchy skin! Don't suffer needlessly! Find relief with homeopathy. **For more information, please call Cheryl Wood, CCH 508-331-3739 and visit [www.goodlifeholistics.com/BOOK-ON-LINE-.html](http://www.goodlifeholistics.com/BOOK-ON-LINE-.html) to book an acute consultation.** *All Homeopathy Sessions 10% off through June 30th!*

You are  
beautiful

# 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!**



## **Six-Week Weight Loss Hypnosis Program** **With Kim Roy, Hypnotherapist** Through June 30th - \$390

This program guides you through a process to achieve and maintain the ideal weight for your body type. Through healthy eating and developing a positive self-image, you will obtain the body that is just right for you.. You become more aware and attuned with your body. This six-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.

**Clearing the space for new beginnings-** In order to begin a new way of living, we must first clear the things in your life that may be in your way to becoming a healthier leaner you. This session will guide you through the garden of your life. First, clearing away the obstacles that may be preventing you from living the healthy lifestyle you desire. Once that is complete it is time to plant the things in your life that you would like to grow.

**Healthy Eating for Weight Loss –** This session teaches you to make healthy choices. In doing so, you become more aware and in touch with your body and its needs. You no longer eat for temporary satisfaction or momentary pleasure. Your subconscious mind will be programmed to eat to live, instead of live to eat. You will be taught a successful technique for eating the correct amount of food that your body requires for healthful maintenance of your ideal body weight. Weight loss is not a matter of willpower it is a matter of power.

**Ideal Body Image –** This series helps you to see and accept your inner uniqueness and beauty. Your newfound self-acceptance and self-love will then carry over into your attitude about life. We all have an ideal body image goal that we aspire to look like. This session repeatedly will make you achieve that goal. Be a weight loss winner and have a healthy image of your body.



## Six-Week Weight Loss Hypnosis Program (continued from page 7)

**Be Fit Mentally** – This session improves your attitude about life and your self-perceptions. You will learn life-changing techniques that reprogram unhealthy attitudes you hold about yourself. Heal your self-image. To eliminate self-destructive behaviors, such as over-eating and bingeing on unhealthy foods, you must first love and accept yourself unconditionally. As your sense of self-worth, self-confidence, and self-respect increases, reaching your ideal weight becomes easier to achieve.

**Be Your Best** - Many people are afraid to try their hardest, fearing that even their best efforts won't be good enough. If you sincerely do your very best, what else can you expect from yourself? This session gives you the courage and the tools to change your habits and become a self-starter. It teaches you to trust yourself and shows you how to have faith in your abilities. You learn to accept success. You are worthy of the benefits that success has to offer.



**Courage to Let Go** – Have you ever said, “I look at food and gain weight”, or “I have the slowest metabolism in the world”? You are what you think, and you become what you think. This session will improve self-talk by eliminating negative self-programming. When you hold harmful preconceptions about your body or your abilities, they sabotage and destroy any and all of your attempts at losing weight. This session eliminates negative self-talk. You will also release any harmful thoughts you possess about any past weight loss failures and self-sabotaging behavior.

Kim Roy is a Nationally Certified Hypnotist, certified by the National Guild of Hypnotists, the world's premier organization for hypnosis professionals. She specializes in Hypnosis and Pain Management, having completed advanced hypnosis training in this area.



Kim assists her clients to overcome hurdles and reach their goals using hypnosis and coaching techniques. In her professional hypnosis practice, she helps clients achieve success in areas of Weight Management, Habit Cessation, Fear Elimination, Academic and Athletic Performance Enhancement, Improved Communication Skills and Pain Management.

Her warmth, positive energy and attitude shines a light in our practice. With Kim, her enthusiasm is contagious and is key factor in assisting people in reaching and maintaining their personal and professional goals!





## Spirits Knocking! Table Tipping with Cathy Corcoran

Table tipping is a time-honored tradition of physical mediumship that allows spirits to lovingly connect with us through the table.

Loved ones, spirit guides, Archangels, Ascended Masters, pets, and even those we have known from past lives have the opportunity to tap out their heartfelt messages of love and healing to us. 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! An amazing experience!

### Pricing is as follows:

- \$120 Individual, 1.5-hours
- \$130 Two People, 2-hours
- \$ 45 Per Person, Small Group, 2-hours



## Clean Swap Social - Wed. 5/29

*Did you know the European union has banned or restricted 1,400 ingredients from personal care products?*

In the United States – only 30 are banned or restricted. Personal care products can be a source of serious health issues as these toxins are applied to our hair, face and body day-in and day-out. Thankfully, there are a few companies providing cleaner products for us all.

**Do you know if your personal care products are safe?**

**Are you interested in learning about and sampling safer products?**

Join Cathy, functional nutritional therapist, to learn why what you put on your body is just as important as what you put in it. Here is what's included:

- Learn the best sources to check the safety of your favorite products
- Identify high priority products to make the switch
- Opportunity to sample Beautycounter [body lotion](#), face lotion, and eye cream
- Sample several different clean mascaras
- Sample the award-winning “clean” Beautycounter [sunscreen](#)
- Take-home a sample and recipe for DIY deodorant
- Enjoy drinks and a treat!



**WHEN?** **Wed, May 29 at 6:30-8:30pm.** Session limited to 6 participants.

Fee is \$10 and will be applied to any service or product purchased at end of session.

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