

GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES

Spring 2021

WWW.GOODLIFEHOLISTICS.COM / 508.559.8004

Love You, Mom!
Tarot Reading Special
April & May only

Mother's Day is just
around the corner. All
mom's enjoy \$10 off a
1-hour Tarot Card
Reading with Brenda.

Gain insight, confidence
and clarity while having
fun. The cards show us
what is attainable,
avoidable and available.
Come in and find out
why everyone is raving
about Brenda's
readings!

MOM
Happy Mother's Day



**"IF YOU CAN'T FEED A HUNDRED PEOPLE,
THEN FEED JUST ONE."** —MOTHER TERESA

CORE VALUES

Mother Teresa hit the nail on the head with this quote, didn't she? I've spent a lot of time reflecting on this concept - it's been an inspiration that has seen me through at times. As healers, it can be frustrating to not be able to fix everything for everyone. Intellectually we know we cannot be all things to all people. But in reality, human suffering is hard to bear and hard to watch. So how does one cope? One person at a time is the simple answer, really.

As a practice, we cope by giving each client our full and undivided attention. Although we certainly offer services that can be delivered via telephone and zoom (a blessing during a pandemic), we strongly believe in the human factor and personal interaction. People need connection, both touch and support in the same room, not virtually. So while we are grateful for the tools that have supported all of us throughout the COVID19 pandemic, it has been a reminder of where our moral compass and true values lie in our practice. We will always value in-person interaction, honor the value of human touch and connection, and give our clients our full attention while we are with them with respect, care and love. And that's not just a promise - it's our practices' core value. ❤️ Janet

Life Coaching 101



You Know You Need a Life Coach When ...

with Bev Giuffre

1. Do you feel lost in life with no idea how to get our groove back?
2. Have you had unexpected life changes recently and do not know how to handle it?
3. Do you wake up in the morning and want to pull the covers up over your head to avoid the day?
4. Are you going through a transition in life that is confusing and find it difficult to navigate through?
5. Do you feel like you are the only one who has ever gone through a certain problem and no one else could possibly understand?
6. Does the sound of your laugh startle you sometimes, because it makes you realize how little of it you experience it these days?
7. Can you not remember the last time you had a seriously satisfying belly laugh where you laughed 'til you cried?
8. Can you not remember the last time you felt truly happy? Have you asked yourself if you'll EVER feel happy again?

If you answered yes to at least two of these questions, there's BIG chance that you could use the help of a life coach!

Let me help you work through the worries you have concerning the things you answered yes to. Let's work together on getting your life back on track and rebuilding your strength and confidence. You are worth it, my friend!

Grooves & Growth



How to Get Your Groove Back Up and Running

with Bev Giuffre

Life with all its ups and downs can be downright frustrating and overwhelming at times, can't it? Unless you are that rare exception, we all go through those days that seem to be filled with stress and uncertainty.

Those of us who are getting to that mid-point in our life find that transitions of various kinds seem to have arrived on our doorstep without being invited. Things we never expected or wanted to happen or at least not so soon are now here. Some of us go through divorce, our children are growing up and are more self sufficient and not needing us as much. And before we know it, those kids are going out on their own life adventures and we become empty nesters. Down the road, those important people in our lives, such as our parents, may be passing away leaving us to wonder how we are now supposed to navigate this journey called life on our own.

With all this uncertainty and upheaval in our life, we get to a point in the road where we wonder what our role is in life anymore. We are unsure of who we are and what we are supposed to be doing. It used to be so easy, but now things have changed, and we feel completely lost. It is a whirlwind of activity in our brain trying to figure out what our next step is. Let's stop, take a breath, and try to assess the situation the best we can without making ourselves crazier than we are feeling right now.

I would like to offer a few suggestions as to how to get yourself back on track:

*After taking that deep breath, start to write your feelings down in a journal. Write down what is bothering you – be honest with yourself as you put words and feelings to paper.

*Another thing to try is meditation. Trying to quiet your mind and relax through meditating is often a gentle way to sort through your thoughts and get a grasp on how you can deal with the problems you are facing.

Using a life coach is another tool for you to consider. Finding a coach who is on your side to help you break down that stress and anxiety is key. They will help you to figure out where you are now, and where you want to be in the next phase of your life. Your coach will hold you accountable to looking deep inside yourself to find the answers to the questions that hold the key to your happiness. You will with time and practice take back your power and build renewed strength and confidence to become that person that you want to be again.

Your coach is ready to be your cheerleader and guide you to living large and getting your groove back! Are you ready? Let's go!



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**
- * **Shiatsu**
- * **reflexology and more!**

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

Mother's Day Highlight

**Give Mom a gift certificate
For a Tarot/Intuitive reading
With Crystal healing
1 hour reading for \$50.00**

(Regular price \$75.00 for 1 hour reading.)

Call me, Brenda, Celestial B at 617-571-7483

**Or call the Good Life Acupuncture
& Holistic Therapies**

508-559-8004

102 West Center Street

West Bridgewater, MA 02379

**Tarot readings tell us what is available, avoidable and attainable in
our current life's course. Readings provide insight, perspective,
and knowledge about ourselves, our environment and the people in
it. Tarot cards are a tool - a very fun, useful tool for making choices
and creating self-awareness.**

Specials & Offers

Class of 2021 Shiatsu Discount

\$15 Off for High School Seniors!

Jill is offering a \$15 discount for this year's high school seniors, now through end of June. Instead of \$55 for a 60 minutes session, seniors pay only \$40. We can focus on any healing area of your choice whether it's general stress reduction, tight muscles or stomach issues. Let's do some masked breathing together and get through this!



The World's Your Oyster Coaching Bundle

Just \$265 for 3 sessions

3-Pack Life Coaching Series for Young People Leaving High School or College

Bev is offering this special offer to our young women leaving high school or college and embarking on the next adventure - whatever that might be!

New Client Special Offer

\$25 off Life Coaching Initial Visit

All new Life Coach clients enjoy \$25 off your first visit with Bev for Life Coaching.

Calling all Mama Bears!

Enjoy \$10 off

For all our moms - Brenda is offering a \$10 discount on all 1-hour intuitive/tarot card readings. April and May only. (Discount unavailable for gift certificates.) See Page 5 of newsletter.

Military, Veterans, Police, Fire & Emergency Personnel 10% off

We offer a 10% military/veterans/police/fire discount on all services offered at Good Life, all the time.

Announcing our CLR Path Program

Extra TLC when you need it most. See Flyer on pages 7 & 8.

These offers valid through May 31, 2021.

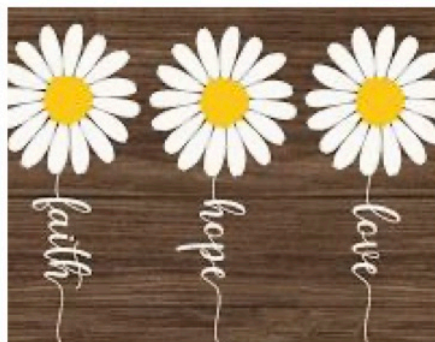
GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES

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TEL. 508-559-8004 - WWW.GOODLIFEHOLISTICS.COM

COVID LOCKDOWN RECOVERY PATH PROGRAM

AVAILABLE MARCH THROUGH AUGUST 2021



What this program offers you:

Empowerment
Healing & Self-Care
Vision & Direction
Strategies / Action Steps
Support & Help
Hope & Love
Joy & Happiness

Available Healing Modules

Expert Consultation
Life Coaching
Holistic Nutrition
Acupuncture
Homeopathy
Shiatsu
Massage Therapy
Intuitive & Tarot Readings
Amethyst Biomat Healing



ARE YOU READY TO FEEL LIKE YOURSELF AGAIN?

The past year has been difficult. Many of us - our clients, our friends, our family - are experiencing significant trauma, depression, loneliness, isolation, fear, physical ailments, chronic illness, pain, and grief, among a host of other feelings and issues left in the wake of the Covid lockdowns and restrictions. Many people were already experiencing difficulties before the pandemic due to major life changes, illness, divorce, caring for parents or special needs children, and so on. Many of you will be able to muddle through the quagmire and rejoin the world well enough, in your own time. All of our wonderful healing services and modalities are right here when you need them. However, many of us will gratefully take help in the way of care, love, support, friendship, and healing to make the transition from the darkness where we have lingered, back into the light where we need to reside in again. **Feeling empowered is the key to this healing and journey forward.**

We have been alarmed at what we are seeing in ourselves, and all around us: the steady decline of our emotional, physical, mental and spiritual selves. Many of us who have not typically struggled with anxiety and depression prior to the lockdown and restrictions, find ourselves standing on the abyss of despair. And it continues to darken our worlds. We have seen a steady increase of physical and mental health issues in younger people - and it's truly frightening. We receive calls weekly from worried parents who are looking for help for their children and are running out of ideas and resources. Although youth is resilient, it does not mean there are not consequences to their psyches and selves that will have far reaching effects: present and future. This is true for any of us at any age. Youth might be known for being adaptable and resilient but mature adults have wisdom and perspective. **And still, it is NOT enough to have insulated us from the social, physical, emotional and spiritual loss of the last year.** We all need a plan and path forward, to return to our lives,





How to Participate

Every client begins our CLR Path program with a FREE telephone consultation with our program coordinator, Janet Cabrera.

Janet has worked in the healing industry for over 40 years. She is the founder of Good Life and an expert adviser on all modalities offered in-house. After listening and talking with you, Janet will provide you with a CLR Path recommendation. You will be provided with the ins and outs of your customized plan. Janet will book all healing sessions for you at this time.

You will receive an email from Janet outlining your program and upcoming sessions.

Once you have completed all of your scheduled healing sessions, you'll have a second complimentary phone session with Janet to assess your progress and needs. You'll decide with Janet if you require additional supports and services at this time and in the future.

**Please spread the word!
Share this information
with the people who
need it most!**

**We will get through this.
Together.**

our light, and our own journeys that include happiness, joy and growth.



All of our practitioners at Good Life have enthusiastically come together to offer our community a very unique and much needed program: The COVID Lockdown Recovery Path program (CLR Path). This is a short-term program completely dedicated to providing individuals with a clear path forward to heal themselves and to reengage with their lives, families, friends and communities.

The Fun Part! Here's how the program works! Each person is an individual that has had a unique experience, and as such requires a customized healing plan. We offer a variety of healing services (preview on-line at www.goodlifeholistics.com) that will be deeply discounted in order to insure you have a complete and affordable healing action plan to support you in your Covid Lockdown Recovery!

Clients begin with a complimentary phone consultation with our founder, Janet Cabrera. Janet will talk and partner with you to determine the Good Life supports, expertise and healing therapies that will best heal you and move you forward. She will book your sessions for you (CLR Path sessions cannot be booked on-line by clients). Each person will go at his/her own pace that will feel just right and be respectfully supported.



This program is appropriate for mature middle-schoolers through to adulthood. We do offer some healing therapies and support for 8-12 year olds - please just ask! Our CLR Path program is a short term support to get you back into the light of your life and shed the stressors that have been weighing you down during the pandemic lockdown. ***We're in this together and you can count on us.*** We are dedicated to each other and all of you. We all need to prioritize our healing and recovery and get back to living our best lives!

To Schedule/Book: contact Janet at 508-559-8004 or jlee@goodlifeholistics.com. CLR Path consultations can be booked on-line with Janet and are free of charge. CLR Path is already a deeply discounted program and as such, will not be combined with other discounts, coupons, or special offers. No exceptions. ***Let our expertise guide, help and inspire you.***



Homeopathy At Home

With Cheryl Wood, Homeopath



Everyone should have some homeopathic remedies on hand at home. Having access to homeopathy sooner rather than later for some common complaints like joint soreness, summer insect bites or poison ivy, can be a life-saver! In my practice, I want to educate and empower people with homeopathic knowledge so they can incorporate it into their everyday lives whenever possible. More challenging or bigger issues absolutely require the expertise and guidance of a proven homeopathic practitioner. But many smaller, more acute issues can be handled right at home with a repertoire of common homeopathic remedies.

Rhus Tox is a homeopathic remedy everyone should have on hand in their medicine cabinet! Here's when to use it:

Rhus Tox

GO-TO for poison ivy, sumac and oak rashes; for chronic sufferers or ones where their work involves daily contact, take 1 pellet of 30C once/month on a monthly basis March – October and watch how less of eruptions/episodes you have.

GO-TO for joint stiffness (Arnica is for muscles).

Rhus Tox sufferers are usually always helped by heat, such as a hot shower-sauna-or heating pad.

Helped by Continued Movement – the initial first steps are stiff when beginning to move but as they get going and have continued movement, they feel fine; think “the rusty gate” syndrome.

Worse by Humidity – you would think if better by heat they'd do well with humidity however they're more like a human barometer and can feel damp weather patterns approaching!

Tarot/Intuitive Readings with Brenda: What to Expect!

GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES



Your session with Brenda begins before you actually even arrive! Brenda takes the time to ‘cleanse’ her own energy and that of the reading space prior to your arrival. This is important as she wants ALL the energy in the room to be for you and about you. The room is YOURS while you are here and is not entangled in energies not your own.

We’re often complimented on the peaceful and healing feel of our space – from the reception room to each of the four treatment rooms. The positive energy is tangible and calming. The foundation of the building itself sits on old farmland that radiates goodness. You can actually feel that if you are sensitive and can quiet your mind!

From the moment you enter Good Life, we want you to feel nurtured, respected and supported. We’ve designed our space to soothe all of your senses, from the pure oil Shoyeido incense made in Japan to the clean zen décor that calms your nerves and sets you at ease. We add soft meditative music along with the quiet sounds of water falling in the fountain hammered from bronze by an artist in Vermont. We hope you feel at home and cared for. Enjoy the peace! You deserve it.

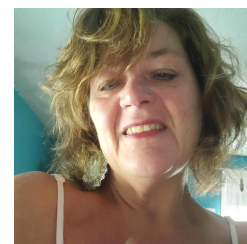
When you arrive, you will join Brenda in the reading space that has been energetically prepared for you. She utilizes the ancient Native American method of saging to further cleanse the space. Sage has been used for centuries for cleansing and neutralizing negative energy. When you sit for your reading, you can be confident that the energy in the room will support you and the reading.

I then shuffle the cards and fan them out, I have you pull a number of cards that comes to me after I shuffle. I encourage you to take your time, run your hands over the cards and let your energy choose which cards are calling to you. The reading begins with me connecting to your energy and the cards. We will discuss what I see, and try to see where it fits into your life. You may not understand it at the time, but eventually I hope you will see where it fits. Very often someone you know may come through and send a message from beyond. Sometimes they need to share, or just say “Hi”, and let you know they are ok. At the end of the reading, I ask if you have any questions, and possibly pull a couple more cards if necessary.

Once I am done with the cards, I move to the Crystals. I have a tray of crystals that you can look at. I have you choose a couple that pull you to them. I then go over the names of the ones you chose, what healing properties they have and how they coincide with the reading. I have you hold them, and I sage them to cleanse them so they are just for you. I then give you a pretty little bag to put your crystals in.

Lastly, I have you pull a Thoughtfulness card for you to keep. I tend to find that those also coincide with the reading. We add that to your bag and the reading is complete.

I hope to help you find clarity and direction in your daily life.



Namaste! - Brenda

Have you ever thought about why you suffer from inflammation in your body? What is Inflammation, and what impact does it have on overall health?

GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES



Fortunately for all of us, our holistic nutritionist - Vanessa Mincolla - has given it a lot of thought and offers this information:

Inflammation is a term that is frequently used when understanding and describing the underlying components of various health conditions, and can be thought of as the body's effort to protect itself against harmful exposures. Acute inflammation plays a role in the body's natural homeostatic processes, whereas chronic inflammation is more often associated with disease, and in some cases, death.

Research has shown that more than 50 percent of all deaths are linked to diseases rooted in chronic inflammation, including but not limited to cancer, heart disease, diabetes, stroke, and various neurodegenerative and autoimmune conditions (Furman et. al., 2019). Diet and lifestyle habits have been shown to directly influence the body's inflammatory responses by increasing oxidative stress and therefore triggering many of these chronic health conditions.

Making small diet and lifestyle changes can largely impact prevention of chronic illness! The foods we eat and the lives we lead have just as much capacity to enhance overall wellness as they do to cause disease. Take control over your health by actively choosing to fuel your body with the foods that heal instead of those that harm!

If you suspect that inflammation is having an impact on your health and wellness goals, please contact Vanessa to see if she can help. She can be reached at 781-261-0320.

Holistic nutrition consultant, Vanessa Mincolla, BS, CHNC, offers a unique approach to wellness. Following closely in the footsteps of her father, Dr. Mark Mincolla, Vanessa employs what she refers to as the "Whole Health" system, which utilizes elements of traditional Chinese medicine combined with adapted methods of applied kinesiology, to create highly individualized food and supplement plans for a wide variety of different health related goals.

Vanessa's application of the Whole Health System embodies an integrative approach, encouraging healing on a multidimensional level. With her extensive background in the human services field, as well as several years of experience providing mental health services to a wide variety of populations, Vanessa is able to empower and guide others as they access the healer within themselves on their personal journey to wellness.

