

September 2018

www.GoodLifeHolistics.com / 508.559.8004

Breast & Body Thermography Clinic

Our next clinic is Tuesday, October 2, 2018. By appointment only with Sue Saari. Book on-line or call to book. Clinics are held quarterly throughout the year.

Youth Sports Massage Special

Young athletes can maximize their athletic performance and minimize sports-related injuries with therapeutic sports massage.

Now through November, a 45 minute session is only

\$50.

FREE CUPPING!

with a regular acupuncture, massage or shiatsu session.

Ask about the many benefits of this age-old healing modality.



Transitions & Announcements!

Please join us in welcoming our newest practitioners to Good Life! Lisa Pomar joins us as Reiki Master, Angel Card Reader and Energy Therapist. Also, Kim Roy has joined our practice as our staff hypnotherapist.

We are so happy and blessed to have them both and look forward to sharing these wonderful women and their gifts with all of you!

Naomi Fernandes Monkus has returned to school to pursue a career in midwifery! She began her new program this past August. We wish her every success as she pursues her dreams. Fortunately, Kim Roy will be here to pick up the torch for Hypnosis at Good Life!

Amber has landed a full-time gig as a vet-tech at a private practice in Middleboro and is continuing field-related on-line classes. We miss her already but we are so happy for her! Tuesdays at the front desk just won't be the same without her! Congratulations, Amber!



Jump Start Your Weight Loss with Kim Roy with our 6-Week Hypnosis Program - \$395 for a limited time only

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!

- 1. 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.
- 2. Speeding Up Your Metabolism** – Achieve permanent weight loss, instead of temporarily suffering through a gimmicky diet deprivation program. This session will empower your subconscious mind and augment your inner strength to actually increase your body's metabolic and caloric burning capacity. This session gives you suggestions that trigger and teach your body to metabolize calories at a higher rate. This powerful self-talk session enhances your body's power to heal and encourages all of your body functions to work properly.
- 3. 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.
- 4. 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.
- 5. 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.
- 6. 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.



**This special offer expires December 31, 2018.
Makes a great holiday gift - gift certificates available!**



DO YOU RECOGNIZE THIS GIFTED PRACTITIONER?!

Lisa Pomar, formerly of Uplifting Connections in Bridgewater, is a dedicated and seasoned practitioner & teacher. She offers an array of healing and inspirational healing services. Lisa specializes in pediatrics, offering dedicated healing sessions and classes geared towards children and teens.

Lisa is a Reiki Master offering 30, 60 & 90 minute sessions for: Reiki, Angel Card Readings, Integrative Energy Therapy (aka Reiki on steroids!), Akashic Record Readings, Theta Healing and New Paradigm Sessions.

***A Testimonial:** "Lisa is an amazing woman with a beautiful gift. I've truly been blessed to have met her ... The first time Lisa practiced Reiki on me, I felt an inner peace and calmness that is unexplainable through words... Thank you Lisa from the bottom of my heart for blessing me with these experiences." - Love Kim xo*

Signature Sessions with Lisa Pomar

Lisa is an experienced practitioner with extensive experience working with both adults and children. She has trained with some of the top holistic teachers in the area & field of holistic therapies.

A Signature Session allows Lisa to pull from all her training, knowledge and experience to customize the perfect holistic healing session catered to you. **Just \$120 for a 60 minute session.** Through her intuition and training, Lisa can determine the best 'package' or combination of modalities uniquely healing for you. So, you can just relax and know you are in good hands!



Ready, Set, GO!

MARK YOUR CALENDAR!

Usui Reiki Level 2

Sunday, 9/9, 9 AM - 3:30 PM with Lisa Pomar, \$250.

Are You Ready to Advance to Reiki Level II?

Overview: Brief Open Discussion, Reiki I review, outline expectations, Reiki Q & A, Intro to Reiki II symbols, Learn names and pronunciations of the Reiki Symbols. Learn meanings (intentions) of each symbol. Manual and Certificate presented at end of class. We will be breaking for lunch, please bring a lunch. Minimum age: 12.

Cord Cutting with Reiki Power

Wednesday, 9/12, 6:30-8:30PM w/ Lisa Pomar, \$30.

Cord Cutting is a powerful tool used to eliminate energy-draining cords. Having Archangel Michael assist with provide protection and help cut any fear one might have. In this class we will begin to cut cords that have been around for eons and also to cut cords that are just beginning to grow. As we go through our lives, we form energetic cords with various people and situations. These cords keep us confined to unhealthy patterns that rob us of precious energy. Includes deep breathing exercise to help you get ready for the meditation to cut cords. Reiki will be utilized to adjust to the energy after the meditation to help a simulate to the energies. Pre-registration recommended.

Reiki Share with Lisa Pomar

Monthly: 9/26, 10/24, 11/28 & 1/23; 6:30 - 8 PM

Come join our monthly gathering! Practice Reiki on each other in an inviting, safe, and comfortable environment. All levels welcome; a great way to develop and expand your Reiki skills. All levels welcome! The best way to learn & perfect your craft.

Teen Calmness Clinic

Monday, Sept.17th, 6:30PM w/Jill Chapman, \$10

Breath work, guided meditation, art and shiatsu are just some of the things we do in this monthly workshop for anxious teens. Dress comfortably and bring a friend to this small gathering. **Please sign up on line as space is very limited.** Don't wait - these workshops fill up fast. One of our most popular classes!

Meditation Series: Working with the Angels

Wednesdays, 6:30-8:30 PM; 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, & 10/31

With Lisa Pomar; \$35/class or \$245 for all.

Angels are powerful allies on the path of healing and when called upon will assist your energetic being to allow your state of well - being to shine through. Meditation is a tool for taking responsibility for your mental state, regardless of what is happening in your life. It is a process of getting to know your own mind, and then transforming your mental state for the positive. Meditation has many benefits. It can boost your bodies immune system, it helps reduce anxiety or depression, and can help you cope with the challenges, obstacles, and confusions of life. We will be working with one Angel per week. Goal for each class:

- Know about the Angel
- Know the Crystal they work with
 - Listen to a Healing Meditation from the Angel of the week.





The Comfort-Producing Breath

by Kim Roy, Hypnotherapist

Most humans can live up to three weeks without food, three days without water, but only three minutes without oxygen. It is clear that our breath is key to our survival, but it is the way that we breath that can make a significant difference in our lives.

I first became aware of how I breathe when I took yoga for the first time many years ago. The instructor would remind us all to “Breathe in peace and to exhale all the negative energy”. During stressful times in my life, I would use this mantra quite often. Sometimes to myself, but oftentimes, to the surprise of the people around me, I would say it out loud. At least they knew I was trying to stay calm during a stressful situation. It helped. But years later, when I learned how to take an abdominal breath, it raised my ability to “Stay in Namaste all day”. Besides being a catchy phrase, it was life changing!

Abdominal breaths are helpful during times of stress and it can also allow you to tap into one of your body’s strongest self-healing mechanisms. Below we will talk about the benefits of the abdominal breath, but first I would like to bring you through an exercise.

I would like for you to take a very deep breath. As you let it out, I want you to notice how your chest and neck stiffened up, and how perhaps you bit down clinching your jaw, and you may not have even been aware of it.

The lungs have five lobes and when many people take a very deep breath, they breathe the majority of air only into the two upper lobes of the lungs. This happens because we are pushing the diaphragm up rather than down.

Now, I will walk you through how to take an abdominal breath: Take a breath, but while you do, I want you to push out your stomach, and notice how you automatically suck air into their lungs. The reason for this is the negative pressure that you create when you push out your stomach, makes the diaphragm drop. When we drop the diaphragm down, we are moving the oxygen into the two lower lobes of the lungs. These lower lobes have more blood vessels and alveoli. This breath allows for more oxygen to be transported into the tissues. This is a more productive breath.

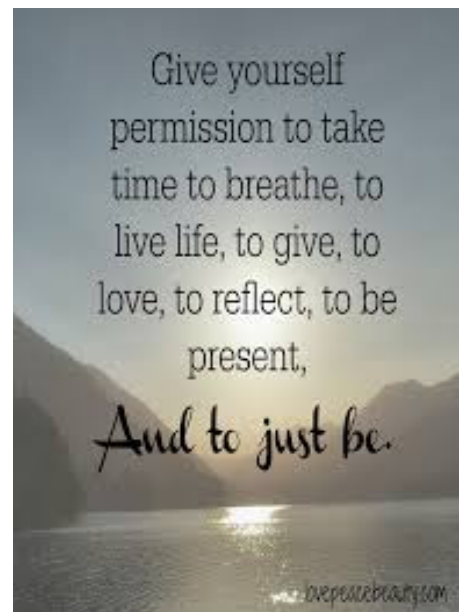
Oxygen is not only relaxing, but it is healing. Oxygen also has been known to decrease stress and an increase in overall comfort.

Besides more oxygen being transported to tissue, there is another benefit the body receives from this breath. The vagus nerve runs through the diaphragm. And when we use the abdominal breath, the diaphragm is hyper stretched and activates the vagus nerve. The activation of this nerve stimulates the release of anti-stress and pain killing hormones. These important hormonal endorphins include serotonin and melatonin. These endorphins are the natural pharmacy drugs created by our bodies to reduces stress and promote relaxation.

The most effective way to benefit from this breath is to breathe in for a count of three, hold the breath for three counts, and then to breathe out for a count of six.

By taking an abdominal breath as described at least once per hour, can change your stress response. This breath can also be used right before you are going to sleep at night. The endorphins that are released will help your whole body to relax and promote a good night’s sleep. Whenever I wake in the middle of the night, I take three abdominal breaths and it has helped me to settle back into a nice deep sleep.

So go ahead and breathe in peace, but make it one that will truly allow peace to fill your whole body and soul.



Coming Up!

Headaches are one of the most frequently treated conditions in medicine: both in the conventional and holistic settings. Jill Chapman, our Shiatsu Therapist, is in the process of completing advanced training in the prevention and treatment of headaches. Look for specialized shiatsu sessions with Jill to eliminate your headaches!



We are always striving to share our knowledge of holistic medicine and empower our clients in their own healing journeys. In the coming months, we'll be adding classes for cupping, tarot cards, angel cards, Reiki certifications, and more! If you have a particular interest or need for a class, please contact Janet or Mary Ann or speak to your practitioner!

MORE EVENTS COMING UP! Good Life pajama parties, psychic/wellness fairs (first ever!!!), Reiki shares, more teen calmness clinics, thermography clinics, table tipping events and more!

NEW! Monthly Reiki Shares best way to learn and perfect environment. All levels September 26th.



with Lisa Pomar. This is the your skills in a safe, supportive welcome. Starts this month on

REMINDER! **The Nourishing Cleanse** with our holistic nutritional therapist, Cathy Sloan Gallagher, returns in April. So enjoy the holidays and know help is just around the corner! For more information: www.eatthoughtfully.com.



Homeopathy Corner ...

by Cheryl Wood

Stepping into the world of Homeopathy can feel overwhelming, complex, tricky and a lot like where-do-I-begin?! I continually encourage people to start building their own home kits. Handling simple acute ailments becomes self-empowering as you see the amazing effects and benefits of homeopathy unfold before your eyes!

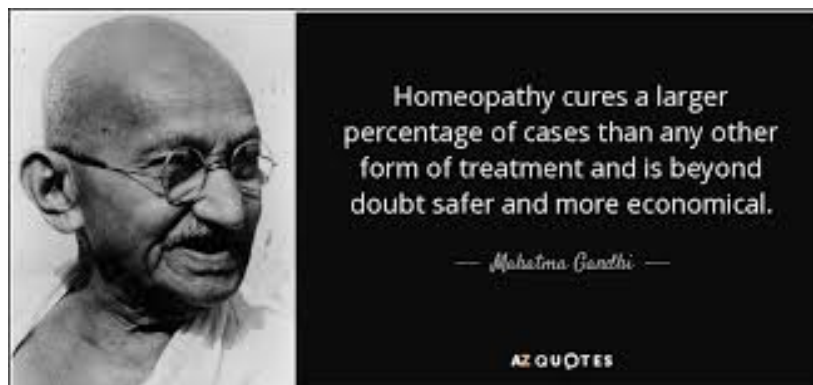
To get started, I recommend building a small starter library of your own! The following books are great for beginners and even more advanced lay person:

- **Homeopathy A-Z** by Dana Ullman, M.P.H.;
- **Everybody's Guide to Homeopathic Medicines** by Stephen Cummings, M.D. and Dana Ullman, M.P.H.;
- **The People's Repertory** by Luc De Schepper, M.D., Ph.D., C.Hom., D.I.Hom., Lic.Ac.;
- **Homeopathic Medicine At Home** by Maesimund B. Panos, M.D. and Jane Heimlich.



Another way to build your knowledge and confidence is to simply roam the health supplements section of Whole Foods, Good Health stores (Quincy or Hanover), Healthy Appetites in Plymouth, or Bright Morning Star in Raynham. In the Homeopathy sections you'll find Boiron's pull-down scrolls that have great acute first-aid reliable help. You'll see, left to right titles at the top, Conditions ~ Symptoms ~ Symptoms Accompanied by ~ Single Remedy.

Simple acute conditions can be easily helped at home! There's so, so much we can do on our own before having to resort to seeing a physician, the ER, or even me, your homeopath! For the trickier acutes and chronic ailments, you always want to consult a professional. Please call Cheryl Wood, CCH, RSHom (NA) at 508-331-3739 and visit www.goodlifeholistics.com/BOOK-ON-LINE-.html to book an appointment.



Inspiration, Insight and Soul Nourishment

We all need a little help now and again to kickstart a project, a change. It's easy to feel overwhelmed or stuck. Utilizing resources that provide insight and pragmatic advice while recognizing that you are only human - can be life-changing.

Healing comes in a variety of ways. Conventional medicine AND holistic medicine are often used together whether in coping with chronic illness, grief or pain. For people that are dealing long-term with these issues, it's often the elephant in the room after awhile. Have you ever felt that family and friends really just want you to say you're 'fine'? When you really, really are just NOT fine? What is often overlooked in conventional medicine and day to day living is spiritual and real emotional support. Support that goes beyond pill popping, or superficial talking. We all need our hearts and souls nourished to heal and move forward. And fortunately, at Good Life, we have a lot to offer you.



We proudly offer an array of therapies and tools that are truly useful and promote growth and positive change. We offer on-going spiritual and self development classes in addition to private sessions. If you feel like you need some help or insight, I suggest contacting any of the following practitioners to discuss if their services are a good fit for you:



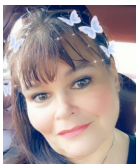
Kim Roy
Hypnosis & Coaching



Spirit Medium Lynne-Marie
Mediumship, Tarot Card Readings
Look for additional Fall & Holiday sessions!



Cathy Corcoran
Transcendent Heart Healing (works with your spiritual team for healing & guidance); Angel Card Readings; Mentorship for Empaths, Mediums, Healers and other gifted people



Lisa Pomar
Angel Card Readings, Akashic Record Sessions

Someone you love needs help? Gift Certificates are available.
Remember, we've all been there and we are all journeying, doing the best we can with what life throws us. Our practitioners are experienced and empathic.
Let us help.

SHIATSU SPECIAL ESSENTIAL OILS & CUPPING

This very special 30 minute session focuses on back, neck and shoulders. Approximately 10 to 15 minutes of light shiatsu followed by application of essential oils & cupping where appropriate! Oils used are based on individual need! Focus is to alleviate pain, tension and swelling.

With Jill Chapman, Shiatsu Therapist.

Offer expires October 31st.

\$30



Jill Chapman is our Shiatsu Therapist.
Sessions available by appointment. Choose 30, 60 or 90 minutes.

We Shiatsu. Do YOU?