

AUTUMN 2022

Good Life Acupuncture & Holistic Therapies

OFFERING:

Acupuncture
Akashic Records Readings
Animal Communication
Chinese Medical Massage
Cupping
Holistic Nutrition
Homeopathy
Life Coaching
Massage Therapy
Psychic Intuitive Readings
Reflexology
Reiki Healing
Richway Amethyst Biomat
Shiatsu
Thermography
Tuina
Yoga Nidra
Workshops & Classes



Listen! The wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves.

- Humbert Wolf

Autumn in New England is a celebrated and dynamic season - in no way overshadowed by the warmer weather that is passing with each day. Warm and fuzzy feelings and plans abound. As the days become shorter and cooler, fortifying our spirit, mind and body is imperative. Autumn is the calm before the holiday rush and should be celebrated and optimized to include healing and grounding in our every day.

Good Life is always here to support you. Whether through energy work, inspirational readings, bodywork, homeopathy or nutritional guidance, we have so much to offer to keep you well supported! Please call us at 508-559-8004.



TABLE TIPPING

with Teresa Lally



Join Author and Medium Teresa Lally for an amazing and unforgettable afternoon of physical mediumship.

Table Tipping is a way for everyone to experience a direct connection and communication with those in the world of spirit-loved ones who have passed (both people and pets), spirit guides, even guardian angels. Spirit causes the Table to move up and down, or tip, and will spell out answers to questions and messages for those sitting around it.

Space is limited to just 6 participants. Pre-payment required. No refunds.
\$50 per person.

<https://www.schedulicity.com/scheduling/GLA6DJ/workshops>

THIS EVENT IS SOLD OUT.



NEW! Healing Journeys

Good Life Healing Journeys are very specialized healing events that provide 90 minutes of synergistic restorative healing that promotes relaxation, mood stability and physical healing. We combine 30 minutes each of Reiki, Shiatsu, and Massage Therapy into one glorious 90 minute healing journey to create a unique and targeted wellness experience.

Two events only: Saturdays 11/12 and 12/3. Bookings at 8:45 AM and 10:15 AM. Space is limited. Cost: \$140. Healing Journeys must be precooked and prepaid. No refunds. Sessions can be booked online or call 508-559-8004.

<https://www.schedulicity.com/scheduling/GLA6DJ/workshops>

Everyday Homeopathy Class Series

Got Stress??? Managing Stress & Anxiety

Saturday, 11/12; 2-4 PM; taught by Cheryl Wood

This class will cover how to utilize the healing magic of homeopathy in your and your family's everyday life in dealing with stress.

Knowledge of remedies can help you handle acute, smaller type incidences easily at home while learning when it's time to see a trained homeopath. Time will be set aside to include a more organic discussion with participants to support individual questions and needs. You'll leave this class with the confidence to incorporate Homeopathy in your everyday life. \$20. Registration required. Space limited. [Register here.](#)

WELCOME

Yoga Nidra

According to the ancient sages, the root cause of all disease is tension and stress and current Western scientific research is proving it to be true. Our “always on” society is constantly triggering our stress response so we are simmering in a hormone stew that was meant only for emergencies. Feel like you don’t have enough time? Stress. There never seems to be enough money? Stress. Burnt out and overwhelmed at work? Stress. No one is immune.

Yoga Nidra is holistic medicine for stress, releasing physical, mental and emotional tension.

Translated as yogic sleep, Yoga Nidra is the ultimate de-stress program. Through a collection of techniques including relaxation exercises, breathing practices, meditation and guided imagery, the practice activates the relaxation response and quiets the thinking mind. It is a journey into yourself which ultimately releases the root cause of tension and stress and creates the opportunity for healing, restoration, transformation and integration of your whole self.

So what does a Yoga Nidra session look like?

Think of it as the longest, most juicy savasana ever! This is a private session in which you will be lying down in a comfortable position and will start with a brief reiki session or breathing practice. You will then only need to LISTEN as you are guided through a progressive relaxation that allows you to access deeper and more subtle aspects of your being, regulating all of the body’s systems, ultimately leaving you with a sense of connectedness and wholeness.

We are not just here to learn to navigate stress... we all want to nourish and thrive! A Yoga Nidra practice helps to remove barriers - deep seated tensions and mistaken beliefs - allowing connection to the storehouse of joy that always exists within you.

www.juliediedrichsen.com

Introducing Julie Diedrichsen

Julie Amaral Diedrichsen has been a local school nurse for over 20 years and has been teaching yoga and meditation in the community since 2018.

A graduate of Jacqui Bonwell’s Sacred Seeds Yoga School as well as Universal Power Yoga’s Advanced Yoga Teacher Training, Julie describes yoga as “the secret to the universe” and credits the practice and the teachings with providing a solid foundation for well-being. She fell in love with meditation as the antidote to stress and completed multiple teacher trainings with Sue Bonanno of Soulspace Meditation.

Julie has a particular interest in the science of yoga, specifically its soothing effect on the nervous system. Throughout her own personal practice and in response to the current needs she sees as a nurse, she has found her way to more meditative and restorative forms of yoga in direct opposition to an over-stimulated, stressful climate.

Combined with a focus on the energetic body, Julie’s sessions are an opportunity to access the body’s innate ability to restore order and balance, providing the optimal environment for healing.



Massage Therapy



AVAILABILITY

Massage therapy is available by appointment only on Mondays, Wednesdays, Fridays and some Saturdays.

Styles & techniques offered are: Deep Tissue, Swedish, Prenatal, Geriatric, Sports/Therapeutic, Oncological, Myofascial Release, Trigger Point, Raindrop Therapy, and our one-of-a-kind Chinese Medical Massage. Cupping also available.

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>

FEES

90 minutes: \$125
60 minutes: \$ 85
45 minutes: \$ 60 (youth sports only)
40 minutes: \$ 75 medical massage only
30 minutes: \$ 50

Different or additional fees may apply for specialized massage sessions such as oncology, raindrop, and others.

Sessions are bookable on-line!

<https://www.schedulicity.com/scheduling/GLA6DJ>

SHIATSU



This ancient Japanese method of healing is a kind of gentle bodywork. The goal is to balance and promote the flow of blood and qi by palming and thumbing the body's meridians or energy pathways. The front and back of the body are worked from head to toe leaving you relaxed, yet energized. Like acupuncture, shiatsu utilizes traditional Chinese medical theory to target the ailment source and form an appropriate treatment and specific acupoints are stimulated with finger, foot, elbow or knee pressure to create balance and wellness.

AVAILABILITY

Sessions are available Tuesdays, Thursdays, and some Saturdays by appointment only.

FEES

1 hour sessions are \$85. Please see website for full menu and fee schedule.

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>



Thermography

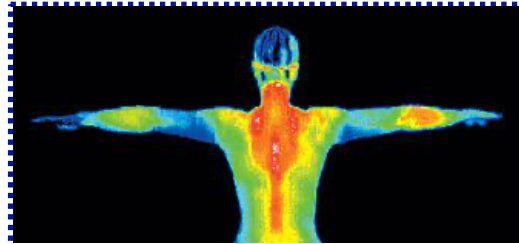
with Sue Saari

Our thermography clinics are offered by Sue Saari of Metrowest Thermal Imaging (MTI). Sue brings more than 30 years of experience in health care and health education to her patients.

This non-invasive diagnostic technique allows examiners to visualize and quantify changes in skin surface temperature.

Since there is a high degree of thermal symmetry in a normal body, subtle abnormal temperature asymmetries can be easily identified, thereby making it easier to diagnose, evaluate, monitor and document a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. According to Saari, early detection allows practitioners to look for the root cause, treat the underlying disturbance and restore balance. "Good health requires one to be proactive," she says.

Sue receives ongoing advanced training from Pam Ryerse, one of the teachers with the most extensive experience in clinical thermography in the country. Using the highest quality digital thermal imaging camera available. These scans are then read, interpreted and reports compiled by board-certified medical doctors. Thermography services include breast screening, region of interest screening, and half- and full-body scans in a caring, respectful and compassionate manner.



Thermography Clinics

2022

October 4
December 5

2023

January 24
April 4
May 23
June 20
July 18

MEET SUE SAARI

Metrowest Thermal Imaging (MTI) is owned and operated by Susan Saari, a licensed acupuncturist, Chinese herbalist and certified thermographer, will be coming to Good Life Acupuncture to offer her thermography services. She brings more than 30 years of experience in health care and health education to her patients.

MTI aims to work with clients and their practitioners to prevent disease and create vibrant, sustainable health and well-being. MTI offers digital infrared thermal imaging (DITI), a proactive screening tool that helps people detect early changes in their physiology and track the efficacy of their treatment choices, without any radiation, compression or pain.



Reiki & Readings

with Amy Heffernan

Amy offers the following readings and healing sessions:

Reiki: Ancient, specialized energy-based healing sessions. Reiki originated in Japan and is a hands-over (no touching) healing modality. Excellent for general well-being/healing, stress reduction, insomnia, anxiety, immune support, and other issues.

Psychic/Intuitive Readings: During a Psychic Intuitive reading I draw upon the most appropriate tools I as I am guided for the highest good of the client. This usually includes channeling guides, Angels, ancestors and/or Ascended Masters to seek guidance on various aspects of life and to answer questions the client may have. I also may use oracle cards or other divination tools, depending upon how I am guided. Every session is different and I'm always excited to see who will come through with messages and guidance!

Connecting With Your Spirit Guides: This is a divination and channeling session to help identify your personal Spirit Guides and learn how you can best work with them! I find this to be one of the most popular readings that I do with clients and it's sometimes the most surprising and exciting for clients to find out who "has your back" in the Spiritual world!

Animal Communication: Amy is a huge animal lover so Animal communication is so close to my heart! You can bring your animal in if possible or just bring a photo. I connect heart-to-heart with your animal friend and we have a two way "conversation". You can ask questions you are concerned or curious about, or we can let your animal friend tell us about themselves and how they think and feel about any and all things. I find this reading to be so rewarding for pet owners! Having two fur babies myself, I understand the value of knowing what our animal friends are thinking and feeling. I invite you to come to a session and connect with your animal friend on a whole new level!

Akashic Records Reading: The Akashic Records is the vibrational record of your soul's unique journey over the entire human experience. An Akashic Records reading offers the opportunity for a greater connection to one's Soul and Soul's purpose in this lifetime. The Akashic Records are excellent for examining and shifting limiting beliefs and patterns as well as reaching Soul level healing from wounds occurring in this lifetime or previous lifetimes. Akashic readings are also a great resource for everyday life questions, concerns and advice. I am very passionate about working in the Records and how it can bring about a change in one's life! Please think of questions you'd like to ask and bring them to your reading.

www.theparklinghealinglight.com

Email: amy@theparklinghealinglight.com

HOLISTIC NUTRITION



AVAILABILITY

Holistic nutrition & coaching services are available in office on Wednesdays and Fridays with Vanessa Mincolla. Vanessa also sees clients at Mark Mincolla & Associates in Braintree on Tuesdays and Thursdays. Phone and zoom consultations available.

FEES

60 minutes: \$150
45 minutes: \$112
30 minutes: \$ 75

LIVE LIFE HEALTHY

To book call 781/817-3444

HOMEOPATHY



SAFE NATURAL AND HIGHLY EFFECTIVE TREATMENT

AVAILABILITY

In-person appointments are available Mondays and Tuesdays. Other weekdays and Saturdays available upon request. Zoom and telephone appointments available.

By appointment only.

FEES

Full Consultation, 2 hours: \$225
Follow Ups, 30 minutes: \$95
Immune Session, 30 minutes: \$95
Acute Consultation, 15 minutes: \$45
(existing clients only)
Acute Consultation - New Clients, 60 minutes: \$95
Feline or Canine Consultation, 30 minutes: \$75

HOMEOPATHY



Restoring health naturally



ACUPUNCTURE

AVAILABLE BY APPOINTMENT ONLY.

INITIAL VISIT, 90 MINUTES: \$129

FOLLOW UPS, 45 MINUTES: \$ 70



Purple Power

Amethyst Biomat Restorative Sessions

**** \$10 Savings ****

PURPLE NAPS! We continue to offer our clients healing sessions on the Richway Amethyst Biomat either as a stand-alone session or in combination with acupuncture, shiatsu, massage, reflexology and other holistic therapies.

Biomat sessions are \$60/45 minutes. Amethyst Biomat sessions are offered Monday through Saturday by reservation only. **Now through February 2023, mention this newsletter offer and receive \$10 off!** Reserve your spot on-line or call 508-559-8004.

The Universal Biomat is an FDA approved medical device developed by a highly skilled group of specialists, medical professionals and engineers. In 1991, this device won the Nobel prize in Medicine.

The unique combination of the healing properties of Amethyst crystals, Far Infrared Rays and Negative Ions help relieve pain and restore balance in the human body. Originally, this device was developed to target/destroy cancer cells on a cellular level and makes a wonderful adjunct therapy during cancer treatment.

PRAYER FOR PEACE

OH GREAT SPIRIT WHO DWELLS IN THE SKY,
LEAD US TO THE PATH OF
PEACE AND UNDERSTANDING,
LET ALL OF US LIVE TOGETHER
AS BROTHERS AND SISTERS.
OUR LIVES ARE SO SHORT HERE,
WALKING UPON MOTHER EARTH'S SURFACE,
LET OUR EYES BE OPENED TO ALL
THE BLESSINGS YOU HAVE GIVEN US.
PLEASE HEAR OUR PRAYERS, OH GREAT SPIRIT.

NATIVE AMERICAN PRAYER

