

# FEBRUARY 2018

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

## Breast & Body Thermography Clinics

**Tuesdays:**  
4/3, 7/17 & 10/2  
9 AM - 6 PM

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## Saturday Massage Appointments

You've asked, and  
we've listened!

Sue has added  
Saturday morning  
massage  
appointments due  
to popular demand!

**Purchase a  
Saturday 4-pack  
(1-hour each)  
and receive a  
FREE 1-hour  
Amethyst Biomat  
Session.**

**All for \$250.**  
Restrictions apply.  
**Special package  
pricing expires  
March 31st.**



For New Englanders, February can be the most challenging and loneliest month of winter. As we near the end of this long cold, snowy season and wade more fully into 2018, it's helpful to remember that things change, evolve, get better - all seasons come round again if you wait it out.

Of all the things we offer at Good Life, helping people is what it all comes down to for us. That's why we do what we do. So whatever your challenges are, whatever the season, we can help you cope, transform, hope, and change. That's the support we offer our clients and community.

**The best way to find yourself is to lose  
yourself in the service of others.**

- Mahatma Gandhi



## Sinus Rescue Kits

Sinus Rescue Kits are available at our front desk.

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 for adult and child.

**Just \$30!**

### Q&A: Holistic Nutrition Therapy

By Cathy Sloan Gallagher

#### **Q: How does working with a nutritional therapist differ from working with a nutritionist?**

**A:** Nutritional therapy recognizes the biological individuality of each person. Every individual has different nutritional needs that cannot be met with a "one size fits all" approach. Nutritional therapy focuses on utilizing key indicators to correct imbalances or deficiencies at the root of an individual's symptoms. Deficiencies and imbalances are discovered or confirmed through a hands-on non-invasive technique which is unique to nutritional therapy.

#### **Q: What is your approach to the nutritional assessment?**

**A:** I use a foundational approach that strives to promote optimal wellness through smart food choice and, when and if necessary, natural food supplements. I work with you to identify and correct the imbalances and / or deficiencies that may be at the root of nagging symptoms or health issues that you are experiencing. This is accomplished through a combination of the inputs I collect from you as well as the data I gather first-hand from the functional evaluation that I perform.

#### **Q: What are the most common issues you help your clients to address?**

**A:** Fatigue and lack of energy; digestive issues such as frequent discomfort from gas, bloating, acid reflux, constipation or diarrhea; sleeplessness; alleviating menopausal symptoms; and of course, losing those few extra pounds.

# Highlights

## Spirits Knocking: Introduction to Table Tipping Workshop

Facilitator: Cathy Corcoran

Sunday, March 4, 2-4pm; Workshop Fee: \$45

Table tipping is a time-honored tradition of physical mediumship that allows spirits to connect with us lovingly through the table. Loved ones, pets, spirit guides, angels, ascended masters, and even those we knew from past lives have the opportunity to step forward and tap out their heartfelt messages of love and healing to us. With the intention for the highest good of all, 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!

You are invited to open your minds and your hearts and experience an extraordinary experience with Spirit!

***\*Please register early as seating is limited!\****



## Obliterate Back Pain Clinic

Monday, Feb. 26th, 4 - 8 PM; \$85/session

Janet and Sue are teaming up to offer all of you back-pain sufferers some relief and hope!

Our back pain clinics are a

one-of-a-kind collaboration of acupuncture, massage therapy, Reiki, cupping, and Chinese Herbal medicine. We combine our expertise and pain-bashing techniques to offer you lasting and effective back pain relief at a discounted, affordable price. Sessions are 75 minutes.

Here is what you will receive in each session:

- 30 min acupuncture session;
- 30 minute Reiki infused massage with Chinese herbal-infused therapeutic oil;
- Chinese cupping;
- CBD pain cream application.



**IF YOU ARE  
GOING TO  
DOUBT SOMETHING,  
DOUBT YOUR LIMITS.**



## **HYPNOTHERAPY = SUCCESSFUL RESOLUTIONS!**

This is *your* year to finally lose that weight, stop smoking, go after that new job, or get your life back on track! And we're going to help you do it - every step of the way!

**Now thru March 31st**

**What do YOU have to lose?**

**Weight Loss with Hypnotherapy**

**Package Savings**

**\$495/4 sessions**

*Transform yourself and your life in 2018. You have nothing to lose but the weight!*

## **What to expect:**

**Session 1:** Initial Session, allow for 2-1/2 hours; includes personal session CD.

**Sessions 2 & 3:** allow for 1-1/2 hours each session. Goals are discussed in more depth and we address specific issues/challenges that are of concern to you. As you move forward, we'll discuss nutrition, weight loss programs, & exercise programs that are a good fit for you. Each session includes personal positive reinforcement CD.

As you continue to move forward on you weight loss journey, we will build upon your prior weeks accomplishments. Assuring you are on tack with your weight loss goal. NLP exercises to reinforce your new positive behavior

**Session 4:** You've come so far! You've accomplished so much! Let's talk maintenance and your future goals!

# HYPNOTHERAPY = TRANSFORMATION

## WITH NAOMI MONKUS, RN

Certified Consulting Hypnotherapist NLP Practitioner Naomi Fernandes-Monkus, RN, has over 30 years of clinical experience working in Boston-area hospitals. She became interested in Holistic Nursing and Alternative Therapies after trying Hypnotherapy to help her cope with her emotions of grief and anxiety after the unexpected death of her husband.

She received her Certifications in Hypnotherapy, Neuro~Linguistic Programming and Advanced Crystal Energy Healing from the Cape Cod Center for Whole Health in Sagamore Beach MA and she received her Pain Management Certification through the American School of Clinical Hypnosis International in Clinton TN.

In her hypnotherapy practice Naomi has helped adults and teens change their lives! Naomi gives her clients the additional tools to help improve their lives and reach their personal and professional goals. She assists her clients with a range of issues from Anxiety and Depression, Pain Management, Weight Loss and Grief, to helping teens enhance their Study Skills with improved academic work performance.

Naomi is a member in good standing with the National Guild of Hypnotists, The International Medical and Dental Hypnotherapy Association and the International Association of Counselors and Therapists.

Naomi is also currently in the process of Becoming a Certified Doula (Birth Partner) and working on her certification in Hypno ~ Birthing.

*Naomi's passion is supporting you, by giving you the appropriate resources to help you transform your life! This is truly possible! Reach for your goals in healing, health and life. Naomi can show you how.*



# HYPNOTHERAPY

ACHIEVE YOUR GOALS.  
FEEL EMPOWERED  
AND STRONG.

HEALING

RELEASING  
WORRIES

QUIT  
SMOKING

OVERCOMING  
ANXIETY & PHOBIAS

WEIGHT LOSS

PERFORMANCE





## **The Garden of the Mind** *by Naomi Fernandes Monkus, RN CHt*

Gardening can sometimes be quite an undertaking. Myself, I like flowers and I love to garden. My garden is my sanctuary. I spend the winter season thinking about my spring garden, scanning brochures for new ways to improve it's charm as I eagerly await spring. As soon as spring arrives, I'm weeding and clearing making room for the new plants that are beginning to bud. I till the soil and plant new plants, I water and fertilize. By actively cultivating and clearing all that is not needed in this space, I'm assured that my garden will remain healthy and productive season after season and year after year.

When I step back to assess my efforts, a feeling of joy and contentment fills me. I am happy proud and pleased with my efforts. I can imagine how beautiful my garden will look when in bloom. I smell the many wonderful fragrances and hear the soft buzzing of the bees as they bounce from flower to flower. Satisfaction sets in with my knowing that all this effort will produce a beautiful masterpiece.

This is a ritual that I am committed to. This nurturing process involves a conscious effort, one that I enjoy and take great pride in. Taking the time to weed, prune, fertilize and water assures my garden remains healthy, strong and thriving year after year.

How this relates to Hypnosis? Hypnosis focuses on our subconscious mind. The subconscious mind is like a garden of what's been planted throughout our lifetime. What's nourished grows and flourishes. We all have things that have been planted and not weeded or nurtured taking up space in our subconscious mind. These can be things such as stress, anxiety and phobias. They stay with us season after season and year after year, taking over the garden of our subconscious mind. We have to weed out those things that don't provide us with what we need or desire. With Hypnosis we can weed out what's not working in our lives, such as limiting beliefs, negative thought patterns and unhealthy habits and fill our subconscious mind with all that we desire. This allows us to cultivate happiness, success and a sense of well being that will remain with us season after season and year after year .

As with the seasons, hypnosis provides us with the opportunity to change and to cultivate that which brings us joy, happiness and love.

**COMING SOON!**



*the Nourishing Cleanse*

**BEGINS APRIL 9**

**END WHENEVER YOU WANT.**

**10, 20, OR 30 DAYS?**

**[www.eatthoughtfully.com/groupcleanse](http://www.eatthoughtfully.com/groupcleanse)**

What have **YOU** got to lose?

## **Congratulations, Stacey!**

Stacey Fiutem has opened her acupuncture office in Medfield, MA:  
Soul 2 Sole Acupuncture & Holistic Healing located at  
258 Main Street, Tel. (617) 312-8836.

Stacey will be leaving Good Life in February to concentrate  
on her practice in Medfield. If you are currently seeing Stacey for  
acupuncture, please contact her to book an appointment in her  
beautiful new space!

If you would like to remain in our West Bridgewater office, we'd be  
happy to set that up for you:  
please call 508-559-8004.