

Autumn News 2021

GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES

www.GoodLifeHolistics.com / 508.559.8004

Upcoming Thermography Clinic Dates:

2021:

12/6

2022:

1/25

2/22

4/5

5/24

9/16

10/4

By appointment
only. Book online
or call Sue Saari of
Metrowest
Thermography
directly.
508-366-0875



Other locations/
dates available.



"The wind is rising, and the air is wild with leaves. We have had our summer evenings; now for October eves!" – Humbert Wolfe

Elderberry Syrup

Our locally produced Elderberry Syrup is restocked and going fast! This wonderful tonic is just what your immune system needs to stay on track. Enhanced with regional honey, organic ginger & cinnamon.

\$20/bottle

THE BENEFITS OF EATING SEASONAL FOOD

by Vanessa Mincolla

With life in a constant state of flux, we find ourselves being thrust into another new season! Fall is here, and with it comes a variety of change in routines- Fall schedules, Fall attire, Fall activities... all bringing a fresh perspective to the tone of every day life.

As our surroundings change, so do the fresh foods and local produce that our environment has to offer. Eating seasonal fruits and vegetables is associated with a number of different benefits that have the capacity to impact the health of our bodies, our wallets, and our local economy.

Seasonal fruits and vegetables provide us with better quality- freshness and taste are improved as we eat foods that are locally grown and in season. With less time elapsed during the transport from the farm to the table, there is a wider bioavailability of nutrients in fresh seasonal produce, improving their overall nutritional quality. Seasonal produce also requires far less pesticides and preservatives for growth, further enhancing overall quality.



Apart from the nutritional benefits that eating seasonal food offers us, there are economic benefits to be considered as well. Eating seasonal produce helps to support our local farmer's markets, having a positive impact on the local economy. Not to mention- purchasing seasonal produce is more cost effective, and can provide benefit our own financial interests as well!

With so many benefits to choosing seasonal foods, it appears worthwhile to incorporate this routine into our regular eating habits.

For more information on seasonal foods available in your area, visit the link <https://foodprint.org/eating-sustainably/seasonal-food-guide/>

Tomatillos and Cilantro are foods that seasonal produce items available in the greater Massachusetts area in early September; they compliment each other in terms of taste, and each possess a number of health benefits. Cilantro has been shown to have powerful anti-microbial properties that can help the body to fight against infections. There is also evidence to suggest that Cilantro may play a helpful role in the detoxification of heavy metals. Tomatillos contain phytochemical compounds called withanolides, which could have anti-tumor, anti-inflammatory, and anti-microbial effects.

Please see my recipe for Salsa Verde on page 3, that uses both tomatillos and cilantros in its ingredients!!





SALSA VERDE BY VANESSA MINCOLLA

What you'll need:

- 1 lb of tomatillos
- 1 to 2 cloves of garlic
- 1/4 cup of chopped onion
- 1/4 cup of fresh cilantro
- 1 Tbsp of lime juice (adjust to taste!)
- 1 Serrano pepper (remove seeds for a more mild taste)
- Salt and pepper to taste

Remove the husks from the tomatillos and rinse thoroughly. * Place the tomatillos in a sauce pan and cover with water. *Bring to a boil and then reduce heat to medium-low. * Simmer for 7 to 10 minutes or until soft.

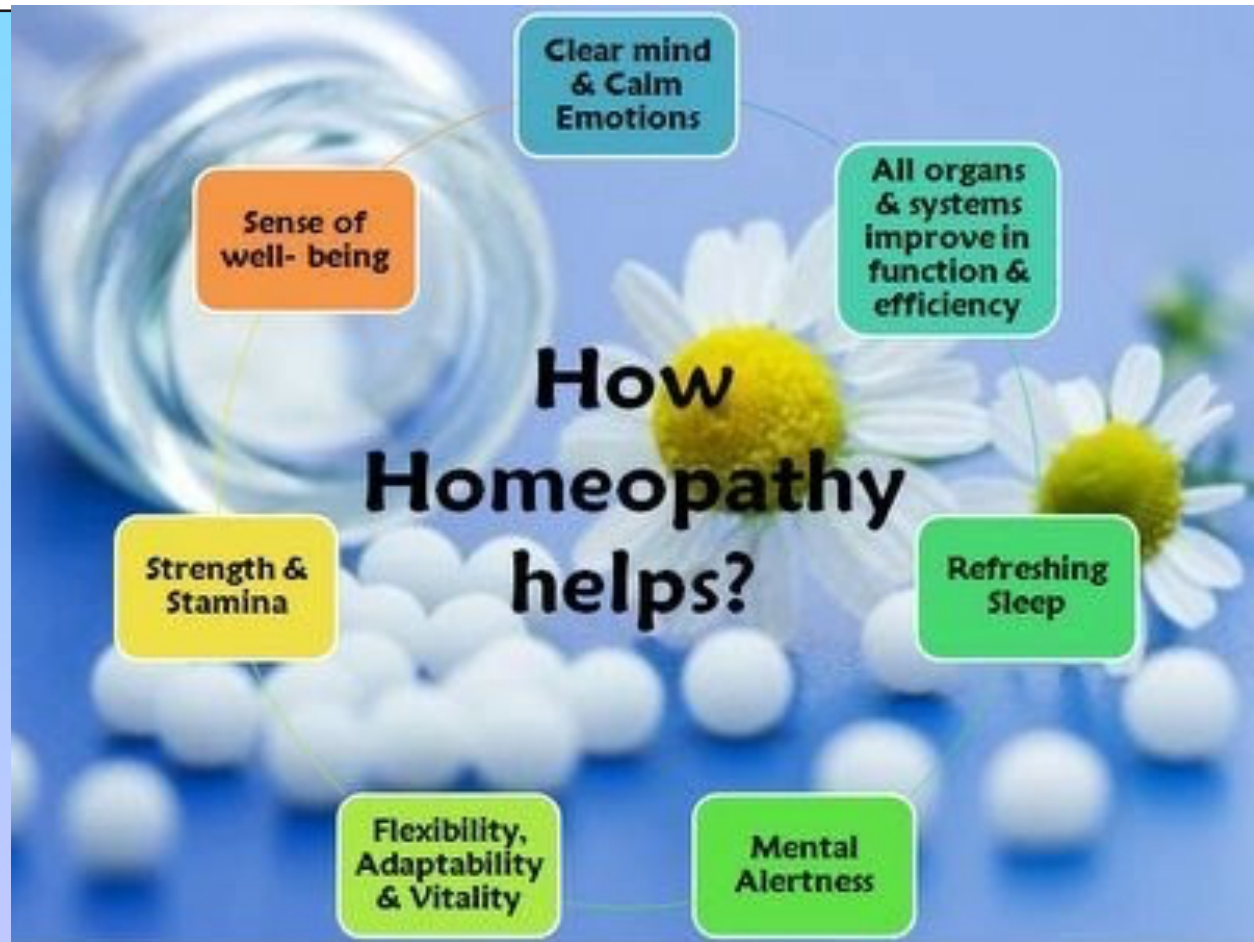
Combine all ingredients in a blender! Enjoy!



Cheryl Wood Homeopathy
Novus-CV Homeoprophylaxis

❖ **Homeoprophylaxis (HP) is immune system education!**

- ❖ HP can be used as a whole program for all the childhood infectious diseases (geared more towards children but anyone of any age can complete this lengthy program—myself and 4 children are in the middle of this program), Travel diseases (as alone if making an overseas trip or can be added to the childhood program), or for just the single disease Novus-CV.
- ❖ Vaccination & Immunization are used interchangeably by the medical community; Vaccination by definition is Inoculation (to implant a disease agent or antigen in a person, animal or plant to produce a disease for study or to stimulate disease resistance) by vaccinating; Immunization by definition is The fact or process of becoming immune, as against a disease.
- ❖ HP remedies do not contain adjuvants, additives, chemicals, antibiotics, fetal tissues or Glyphosate as vaccines do.



By Cheryl Wood, Homeopath at Good Life Acupuncture & Holistic Therapies

Being a Homeopath I'm often asked 'What Is Homeopathy?' My two second answer is 'Homeopathy is Natural Medicine' but here's an incerpt from the book titled Impossible Cure, The Promise of Homeopathy by Amy L. Lanskey, PhD:

"Homeopaths have used a variety of analogies and metaphors for an informational view of remedy action. Jeremy Sherr, an Israeli-British homeopath, tells it like this. Being in a state of disease is like driving down the right highway in the wrong direction. The driver knows that he is on the right road, but he never reaches his destination. Perhaps he is looking in the rearview mirror rather than the front windshield - his perception is off. The remedy is a voice that tells the driver: "Hey, you're going in the wrong direction!" When the driver first hears this, he might get very upset (experience an aggravation of symptoms). But if the car has enough gas (the body has a strong vital force), the driver can turn around and go in the right direction. While doing so, he will pass all the places he has already been (experience a reversal of symptoms)."

So many physical, emotional and mental 'bumps in the road' are helped thru the application of homeopathy. A sample of 'bumps' I've helped include: thyroid diseases & dysfunction such as Graves & Hashimotos, Lyme, ADHD, back problems, ear infections, enlarged adenoids/tonsils, UTI's seasonal allergies, cysts/fibroids, stomach issues and more. I offer 15-30 minute personal free informational consultations so you can determine if homeopathy is right for you. Call or book online www.goodlifeholistics.com.



Dreading the Winter Doldrums?

While some of us embrace the cooler weather and, dare we say it ... SNOW ... many of us struggle with the darker/shorter days , the cold weather and its effects on our psyches and bodies, as well as the isolation of being back indoors for months.



But what if I told you this can be a time of feeling good about yourself, significant self-growth and the accomplishment of goals? A time to regroup and find strength and focus? It's true. I am living proof! I can help you turn what was a difficult time into a time to shine for you.

So if you know yourself well enough, and are aware that during the upcoming months and seasons, that you will have difficulty finding joy, now is the time to strategize before the doldrums set in.

I work with many people. I hear the same phrase repeatedly: "What's wrong with me?" It's easy to think this way when you witness others enjoying life, the holidays, etc. and you feel stuck in the mire of a dull, unhappy life. Well, my friend, I can help you begin to make some positive changes in your life and get back to living a life that is happy and bright. No matter the season.

My name is Bev Giuffre, and I am a life coach. My work revolves around working with individuals to help them discover their own self-worth, rise up, and love and live the life they are meant to live.

If you find you are still living in a dull world, come in and let's talk about how to help you blossom and bloom into the person you want to become. You have got this, my friend! Your journey forward begins now.





Understanding Chinese Medicine: Treating Liver Qi Stagnation

by Janet Cabrera

Liver qi stagnation is one of the most common imbalances seen clinically. Although there are genetic predispositions to Liver Qi Stagnation, it's complicated or worsened by the habits and lifestyles of western culture.

In Chinese medicine, The Liver is a complex organ and energetic system. All energies interconnect in the body and influence (both positively and negatively), our other organ systems. From a Western paradigm, the liver organ filters the blood of toxins, produces and excretes bile and enzymes for digestion, stores nutrients, regulates blood clotting, and removes excess glucose from the bloodstream. And although that seems a lot for one organ to take on, from a Chinese medical perspective, the liver organ system is responsible for so much more than this!

In Traditional Chinese Medicine, the liver's primary function is to regulate the smooth flow of energy or Qi throughout the body. All organ systems are completely dependent on this function, including how water and blood circulates. Menstruation, fertility and maternity are governed by Liver Qi. Feelings, expressing emotions and creativity all are a function of the Liver. The sense organ most associated with the liver is the eyes, as TCM observes the liver qi moving upward to nourish the eyes, allowing for vision. In Five Element Theory, the liver is the "mother" of the heart, and ongoing liver imbalances may be predictive of future heart concerns.

You can keep your Liver moving and grooving properly with regular exercise, avoiding highly processed and fried foods, reducing or eliminating alcohol, stress management, proper sleep habits, and **acupuncture**. We all have busy schedules but it's important to take time for self-care. Having a balanced approach to problem-solving, avoiding frustration, and nurturing a healthy emotional state are also important keys to prevent a constrained liver. Acupuncture helps support and manage all of this. Herbs, both local and Chinese herbal therapy, are fantastic adjunct therapies to support healthy Liver Qi.

Regular acupuncture tune-ups are key to keeping your energy and immune system functioning well. To book your next acupuncture session with Janet, please call 617-285-2336. Acupuncture is available at Good Life on Tuesdays, Wednesdays, and Thursdays. By appointment only.



To Book on-line:

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

For assistance, please call:

508-559-8004

or email: info@goodlifeholistics.com

Please look for our next newsletter this winter!