

October 2018

www.GoodLifeHolistics.com / 508.559.8004



Autumn is in full swing and we're excited with the offerings and energy of a new season here at Good Life!

It has been quite a journey both in initially creating Good Life, being part of it's continued evolution, transformation and growth. I've watched Good Life blossom from a collection of just a few practitioners, to now include a fantastic group of healers. We are now a collection of ten practitioners, offering varied therapies and expertise. Good Life has blossomed into a very special place, offering care and healing that I am so proud to be a part of. Simply, we are here for you!

In some way, we are all gearing up for the upcoming colder months, and all that it represents. For some people, it's a season of joy. For others, it's challenging, physically and emotionally. Whatever the shift in season means to you, take advantage of the many healing and nurturing services that we offer. Count your blessings, keep looking forward, and take good care of you!

"Pain is inevitable. Suffering optional."

- Anonymous

Youth Sports Massage

**** \$50 ****

Attention athletes! You can maximize your athletic performance and reduce injuries with therapeutic sports massage! Discounted sessions through 11/30.

SHIATSU SPECIAL Essential Oils & Cupping \$30

This 30 minute session focuses on back, neck and shoulders.

Combines light shiatsu followed by application of essential oils & cupping! Alleviates pain, tension and swelling.

With Jill Chapman.
Thru 10/31.



Lynne-Marie & Lisa are teaming up!

Reading & Reiki Special

OCTOBER SPECIAL EVENT!

Saturday, October 20th, 12-4 PM

Spirit Medium/Psychic Lynne-Marie, and Reiki Master - Lisa Pomar, are teaming up to offer you this very special, one-time only event!

Enjoy a 20 minute reading with Lynne-Marie followed by a 20 minute Reiki session with Lisa - a true Reiki Master.

Both of these women are masters of their craft and always have the highest feedback and satisfaction from their clients. They are the real deal! This special is just \$100 for ONE DAY ONLY. By appointment only - no walk-ins. All bookings can be made by calling Lynne-Marie's scheduling line: 508-474-9371. This event cannot be booked on-line. You MUST call.



KIM ROY, HYPNOTHERAPIST



Kim Roy is a Nationally Certified Hypnotist, certified by the National Guild of Hypnotists, the world's premier organization for hypnosis professionals. She specializes in Hypnosis and Pain Management, having completed advanced hypnosis training in this area.

Kim assists her clients to overcome hurdles and reach their goals using hypnosis and coaching techniques. In her professional hypnosis practice, she helps clients achieve success in areas of Weight Management, Habit Cessation, Fear Elimination, Academic and Athletic Performance Enhancement, Improved Communication Skills and Pain Management.

Her warmth, positive energy and uplifting attitude shines a light in our practice. With Kim, her enthusiasm is contagious and is a key factor in assisting people in reaching and maintaining their personal and professional goals!

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**
- 2. Speeding Up Your Metabolism**
- 3. Ideal Body Image**
- 4. Be Fit Mentally**
- 5. Be Your Best**
- 6. Courage to Let Go**

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



FREE LECTURE SERIES!

Flu is Not a Season ~ Learn How Homeopathy Heals Flu

Monday, November 12th 2018, 7-8:30 PM

Some people hardly notice flu season. They NEVER seem to get sick, or even catch a common cold. The flu just bounces off of them, and onto others! But for many people, they may be down and out for a week or longer - regardless if they've had this year's flu shot or not! The flu can cause you to not only miss out on work and home life, but it can exacerbate underlying medical conditions such as asthma and autoimmune conditions.

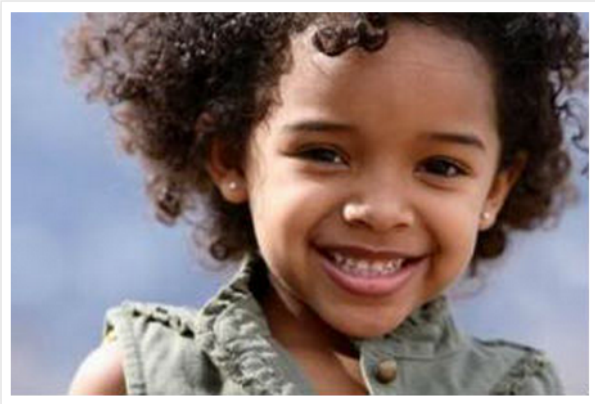
This FREE lecture will prepare you and have you ready to tackle flu symptoms from those very first "I think I might be getting sick" inklings! Avoid a hostile flu takeover and even learn preventative tips. This lecture is filled with easy, pragmatic advice, tips and cures.

Cheryl Wood, our certified homeopath specializes in pediatrics and family homeopathic medicine. She is available for private consultations.



Natural Remedies
For Me &
My Family

Kids & Teens



Homeopathy with Cheryl Pino

Homeopathy has been in existence for over 200 years. It is a first go-to healthcare choice throughout the modern world. Homeopathy compliments conventional or allopathic medicine and works to resolve many acute and chronic medical conditions, as well as treats anxiety, ADD and depression.

Cheryl Pino specializes in pediatric and family care (infancy to elderly!) with Homeopathy. Please call 508-331-3739 for more information. To book an appointment, call 508-559-8004 or book on-line.

Teen Calmness Clinic

Tuesday, October 23rd, 7 - 8 PM 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!

Youth Sessions: Massage, Shiatsu, & Reiki

We offer specialized sessions for kids and teens for massage, shiatsu, and reiki.

Massage and Shiatsu are often used to promote athletic performance, prevent and treat injuries, reduce anxiety and stress, and promote relaxation. Reiki is a powerful treatment to treat a variety of issues such as ADD, ADHD, mental and physical fatigue, recovery from illness, reduce stress and promote physical, mental and emotional balance.

Angel Card Reading

Angel Card Readings can provide much insight and perspective and is perfect for teen angst and anxiety. This is a stress-free, fun, relaxed way to inspire self-confidence and self-reliance.





Is The Memory Hippocampus Worthy?

by Kim Roy, Hypnotherapist

The brain is SO fascinating. When we think, the limbic system responds. What the heck is the Limbic system? Well, the Limbic system deals with our emotions, memories and stimulation. In the coming months we will explore the important parts of our Limbic system. This month we will learn about the Hippocampus.

The Hippocampus controls our three kinds of memories. They are as follows:

1. Working Memory- This memory completes short-term functions like speaking and following basic instructions. These memories do not necessarily become permanent memories.
2. Declarative Memory - These memories are composed of facts, figures and names. These memories are stored by the hippocampus.
3. Procedural Memory - These memories are composed of actions, habits, and skills. This information becomes reflective. Examples-riding a bike, brushing your teeth.

How are memories created? It's pretty complicated, however I will try to give you a basic description.

The encoding of chemicals in the brain is the first step of a memory. It is a biological phenomenon that begins with perception. When a person first encounters something, someone or someplace, a formula is created in the brain to reflect the "recipe" of that perception. The perception about the item may be what it looks like, smells like and how it feels. The recipe is developed through electricity and chemicals within the brain. Using these chemicals, nerve cells connect with other cells and the firing of a pulse is created and neurotransmitters are created. These neurotransmitters link together forming a memory. Each brain cell can form thousands of links. The connections between brain cells change all the time. Brain cells work together in a network, organizing themselves into groups that specialize in different kinds of information processing. As one brain cell sends signals to another, and the more signals sent between them, the stronger the connection grows. What is amazing is that with each new experience, your brain slightly rewires its physical structure.

I know that before I learned about the science behind a thought, I would never have imagined that our feelings and memories are really chemicals that are created within the body.

It is how we use our brain that helps determine how your brain is organized. In fact, the brain keeps reorganizing itself with each experience. It also can rewire itself if it is ever damaged. Each experience creates a memory that is filed within the brain. The strength of a memory can be determined by how much emotion is attached to the memory or by how often we recall the memory. The repetition of a memory helps to reinforce circuits of knowledge as well. So, if a memory is not that worthy to you personally, the hippocampus may not hold on to it.

If you were to practice a skill over and over again, the repeated use of those memory cells is built in the brain and makes it easier to repeat the firing of certain cells. When you stop using the skill, it may take time to make that skill fluid again.

What is important to know is that our bodies have the same physical reactions whether we are actually living an event in the moment or recalling a memory. Although our brain is sophisticated in so many ways, it can't distinguish between past or present. So, if you are remembering a happy memory of your past, your chemicals are firing and sending signals to your body to react as if it is happening in real time. An example could be a smile, or a slower heart. The same holds true for sad or angry memories. When we recall an unhappy memory, the memory can have the same physical response. These could include an increase in blood pressure, or accelerated heart rate.

Be aware that your thoughts can have physical consequences. Self-talk can also affect your physical body. The more positive thought, the more positive affect on your physical body. **Are your new memories hippocampus worthy? The good news is that you have total control over whether they are or not.**

Awesome Classes & Events

FREE LECTURE:

Flu is Not a Season ~ Learn How Homeopathy Heals Flu

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Some people hardly notice flu season. They NEVER seem to get sick, or even catch a common cold. The flu just bounces off of them, and onto others! But for many people, they may be down and out for a week or longer - regardless if they've had this year's flu shot or not! The flu can cause you to not only miss out on work and home life, but it can exacerbate underlying medical conditions such as asthma and autoimmune conditions.

This FREE lecture will prepare you and have you ready to tackle flu symptoms from those very first "I think I might be getting sick" inklings! Avoid a hostile flu takeover and even learn preventative tips. This lecture is filled with easy, pragmatic advice, tips and cures.

Cheryl Wood, our certified homeopath specializes in pediatrics and family homeopathic medicine. She is available for private consultations.

FREE! Reiki Share with Lisa Pomar

Monthly: 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.



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Meditation Series: Working with the Angels

Wednesdays, 6:30-8:30 PM; 10/3, 10/10, 10/17, 10/24, & 10/31, with Lisa Pomar; \$35/class

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:

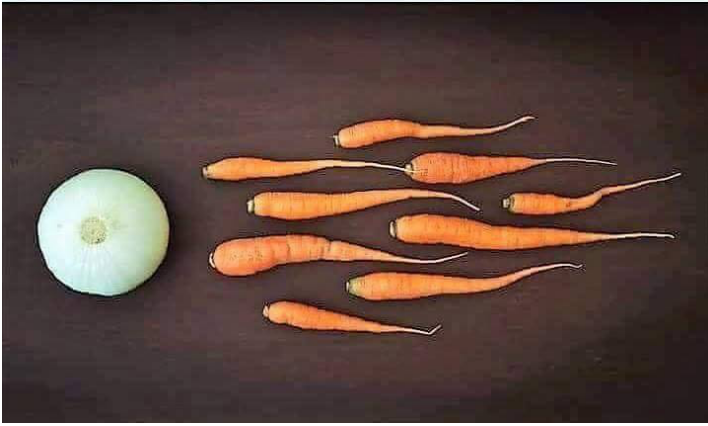
- Know about the Angel
- Know the Crystal they work with
- Listen to a Healing Meditation from the Angel of the week.

GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES

Acupuncture can effectively be used to treat these and other conditions:

- allergies/asthma
- anxiety/depression
- arthritis/joint problems
- back pain
- bladder/kidney problems
- childhood illnesses
- constipation/diarrhea
- colds/influenza
- cough/bronchitis
- dizziness
- drug/alcohol/smoking addiction
- effects of chemotherapy
- fatigue
- gastrointestinal disorders
- gynecological disorders
- headache/migraine
- heart problems
- high blood pressure
- immune system deficiency
- infertility
- injuries
- insomnia
- menopausal discomfort
- men's/women's health
- neck pain/stiffness
- pediatric conditions
- premenstrual syndrome
- paralysis/numbness
- rhinitis
- sciatica
- sexual dysfunction
- sinusitis
- skin problems
- sport injuries
- stress/tension
- tendonitis





Fertility Foods

By Cathy Sloan Gallagher

What does it take to build another human being? From pre-conception through pregnancy, and beyond, the simple answer is nutrient-dense food. Prenatal vitamins are a great preventative measure, but consuming the right nutrients from whole foods is a winning strategy. The good news is that the nine nutrients that are considered critical can be obtained by eating a relatively small variety of foods, which are all easily accessible at all supermarkets:

Folate, which is more biologically available than synthetic folic acid, is found in leafy greens, liver, and lentils.

Red meat, milk and eggs are rich in **B12**.

Fat-soluble vitamins A, D, E and K are super-important and require healthy natural fats in order to be absorbed. Enter raw milk, butter (grass-fed Kerrygold is a great choice), raw cheeses, and eggs. Seafood is also high in vitamin D and cold-pressed extra virgin olive oil is a great source of vitamin E.

Iodine, important for maintaining a healthy thyroid, is abundant in wild-caught fish, salmon roe, kelp, and some sea salts such as the Real Salt brand.

Like oysters? They are an excellent source of **zinc**, but equally so are beef, shrimp, and pumpkin seeds.

Last, but not least, is **iron**. We all know liver is a great source of iron. If you're not up to trying grass-fed beef liver with onions, give chicken liver pate a try. And beef is another excellent source.

Of course, you must also consider the other side of the coin. It is equally important to consider foods that are not pro-pregnancy due to a gross lack of nutrition and their tendency to cause blood sugar imbalances and hormonal disruptions. Eliminating added sugars and other refined carbs, unnatural man-made vegetable oils from canola and soybean, and avoiding soy in general (with the exception of organic fermented soy), are all necessary steps toward properly preparing your body to build another human being.



Are you eating all the right foods and still having trouble conceiving? Or perhaps you are thinking about having a baby in the near future and want to ensure you're on the right track. It's never too soon to plan a healthy pregnancy. ***Consider scheduling a 30-minute complimentary consultation to learn what additional steps you can be taking.***

ANNOUNCING!

Congratulations to Cathy Sloan Gallagher!

Cathy Sloan Gallagher has just joined [South Shore Perinatal Wellness Center](#) in Norwell one day a week starting in October.

In Norwell, her focus will continue to be on women's health, with particular emphasis on planning for pregnancy, prenatal nutrition, and fertility support.

Cathy is available for FREE 30-minute consultations for holistic nutritional therapy. Her offices are located in Braintree, here at Good Life in West Bridgewater, and now Norwell! Please call 781.626.2215 or book on-line for appointments at Good Life.



Congratulations to Cheryl Pino!

Cheryl Wood, our homeopath, has office hours now available in East Bridgewater at Forge Pond, as well as here at Good Life! Please call Cheryl to book an appointment: 508-331-3739. On-line booking available for Good Life appointments.



How to Use Your Crystals: **Beginning the Relationship with your Crystal Allies**

by Cathy Corcoran

Crystals are true messengers, teachers, healers, and allies. The gift of the Crystal Kingdom is to bring us into the very core of our being, and our Crystal Allies act as a bridge between the Higher Realms and Earth.



Crystals carry the vibration of the Divine, and many have been programmed to unfold Divine messages when the receiver is open to hearing them.

They are solidified knowledge and memory, messengers from the Earth Realm, past civilizations, and the Ascension Star Realms, and they speak to us through the Language of Light and Vibration and through the deep intelligence of the Universal Heart.

Crystals have a life and a breath to them, personalities that are quite distinct. The crystals choose us, not the other way around! When we experience the energy of a crystal, we are also being experienced by that crystal so that it may better work with us. If we take the time to create a grateful invitation filled with gratitude, we may be granted amazing messages filled with the wisdom of the Soul of the Earth and above.

Beginning our connection to our Crystal Allies is like an invitation to the Dance. We are merging with another beautiful and unique soul, with the intention of forming a lifelong relationship filled with joy and with purpose. We are co-partnering and co-creating with our new ally, and it is truly a sacred process.

Begin by visually admiring your new ally. Look at it from all angles. What do you see? What do you sense? Are there specific energies coming through to you as you connect? Are there beings residing inside that are reaching out to your attention? Isn't it truly amazing what Mother Earth has created!

Holding your crystal ally in your non-dominant hand, sit comfortably and relax into your breath. Close your eyes, soften your mind, and open to possibilities. Relax into this beautiful crystalline energy that enfolds you. Begin to become more body-centric and sense-centric. You are moving into a heightened state of awareness that allows you to merge with the All That Is within you and the All That Is that surrounds you, and you are connecting with the heartbeat of the Earth itself, our Great Mother.

Visualize your heart as wide open, and bring your crystal ally to your heart. Cover with your dominant hand. Breathe In: Invitation — Breathe out: Gratitude!

We are inviting this ally to be partners and co-creators with us, and we are expressing our gratitude for this partnership. Remember: The Crystal Ally chooses us.



GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES

[How to Use Your Crystals continued from page 11:](#)

If at any time, your crystal ally becomes too heavy, place it in your lap; the connection is the same.

Continue to offer your heart breath to the crystal with complete trust and with no expectations, which opens you to receive whatever the crystal chooses to offer back. As we weave together our wellbeing and our gratitude with each stone being we encounter, we are also contributing to the wellbeing of our beautiful Earth as well as ourselves.

As you deepen your connection, your crystal ally may have wisdom to share. You may wish to ask:

“Please tell me what you wish me to know.”

“Please tell me your story.”

“Please help me to understand how we may best work as a team.”

And now, simply receive in whatever way your crystal speaks or shares with you. You may receive a message or visions or healing or a balancing of energies. You may wish to keep a journal of the wise messages your crystal allies may offer; you will be amazed at their wisdom. When you feel the message is complete, remember give great thanks to your wonderful Ally.

