

# November 2018

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



There is an air of stillness to November, the calm before the holiday bustle. But in essence, November can be summed up in one word: gratitude.

By now, we've noticed that the vibrant foliage of October has given way to the restful barrenness of the trees and earth around us. The weather has drastically shifted - the mornings are oh-so-chilly! November usually brings us our first snow flurries alongside the football games!

We encourage you to take advantage of these weeks in November to reflect on the past year with appreciation. Noting the things we all have to be grateful for, regardless of our personal trials, is a powerful tool for well-being, healing and growth.

Good Life offers much in the way of supporting our clients and community. We offer a diverse array of healing modalities that empower you, along with continued events, classes and specials! Remember, it's not the destination that matters so much. The Joy is in the journey!

## **Sinus Kits return!**

**\$30**

Pick up at the front desk. For adults and children!

## **SHIATSU SPECIAL Headache Relief Sessions**

**\$50**

1-hour sessions tailored to relieve your headaches. Offer valid through December 31st with Jill Chapman.

## **Youth Sports Massage**

**\*\* \$50 \*\***

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

**FSA & HSA  
Cards  
accepted!**



## **SINUS RESCUE KITS RETURN!**

**Sinus Rescue Kits** are now available for sale at the 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.

Sinus Rescue Kits are available for adults and children. **Price is just \$30.** All kits prepared by our holistic nutritional therapist, Cathy Sloan Gallagher.

## **Are you ready to jump?**

### **Jump Start Your Weight Loss**

**with our 6-Week Hypnosis Program - \$395**

offer expires December 31, 2018

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**



## Homeopathy Q & A

by Cheryl Wood

**What is Homeopathy?** Homeopathy is natural medicine {remedies} with over 200 years of clinical experience. Remedies are made from plants, minerals and milks of animals. Homeopathy is the #1 go-to medicine of choice by medical professionals and consumers in Europe.

**Is Homeopathy covered by Insurance?** Not at this time, however, many do use their HSA/ FSA accounts for reimbursements. An invoice with CPT/ABC codes may be provided.

**What does Homeopathy help?** Homeopathy helps all sorts of ailments including acute {short lived} and chronic {long standing, recurring issues for 6 months or more}. Acutes including: poison ivy, bites, stings, bumps, bruises, colds, flu, coughs, first aid, hangover, teething, indigestion, eye irritations, a one or two time ear infection, recent loss of a loved one, in-grown toe nails, even a protocol to heal faster from surgeries and many more. Chronics including: fibroids, cysts, back and neck issues, gout, thyroid situations like Graves, Hashimotos, Hyper/Hypo; stress, depression, anxiety, ADHD, PANDAS, Lyme, pneumonia, fertility, Crohns, learning disorders, recurring allergies, substance abuse use, and mental health.

**How do you take a remedy?** A remedy can be ingested via dry pellets or dissolved in spring or distilled water. I've seen cases where a person's body is too sensitive for ingesting and needs to have the remedy on them, close to them, sleep under their pillow over night and/or through olfactory by sniffing the remedy.

**When is it a good time to see your Homeopath?** Anytime! However, many acute ailments can be worked out from home using homeopathy. When an ailment has been long standing, six months or more, is when I often see clients. Clients see me for a few different reasons, 1. it's the last stop and they've tried everything else that didn't work, 2. they've tried medications and either they didn't work even after switching a few of them and/or they didn't like how the side effects of the medications made them feel, and 3. they've received their diagnosis and know they do not want to try conventional medications at all and choose holistic approaches.

**Does it work?** Yes. I've been practicing over 10 years and am still amazed daily at its efficacy. It is a complex modality and it can take some time to come up with someone's remedy and there are times when we've come close and see some relief yet missed the "bull's-eye" remedy and there are times when a remedy chosen gives no effect or relief however that just means the wrong remedy was chosen which won't impact the person. These cases are few and far between. But don't take my word, visit a health store that sells homeopathic remedies and try one for an acute ailment and watch the empowerment grow within. Stores such as Good Health in Hanover/Quincy, Health Appetites in Plymouth and Whole Foods Markets carry homeopathic remedies. Start building your home acute kit today.

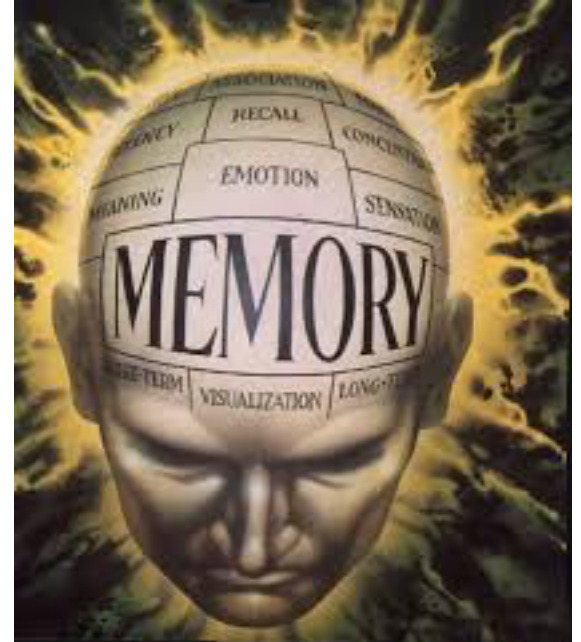
For the trickier acutes and chronic ailments please call Cheryl Wood, CCH, RSHom(NA) 508-331-3739 and visit [www.goodlifeholistics.com/BOOK-ON-LINE-.html](http://www.goodlifeholistics.com/BOOK-ON-LINE-.html) to book an acute or chronic consultation.



## A-mig-da-la, darling?

### Understanding How Memory Works

by Kim Roy, Hypnotherapist



Last month we talked about the Hippocampus and its role in storing memory. The hippocampus is necessary to have a conscious recollection. We learned that the more emotion that is associated with a memory, the more likely the brain will store it. In this month's newsletter we are going to examine the Amygdala. Pronounced, A-mig-da-la. The amygdala works closely with the hippocampus in prioritizing our memories.

So, what is the Amygdala? The amygdala is the part of our brains that processes adopted behaviors on an unconscious basis. What? Ok...I'll give it another try.... The amygdala is the unconscious processor that takes information in from the outside world, by using our sensory system. The sensory used could be auditory, visual, touch, pain or other stimuli. Once the sensory message is received, it processes it, and then creates an emotional response to it. This response can also be physical. For instance, if it is fear or anger, then the body will raise its blood pressure, increase our heart rate, and release stress hormones.

Because it has connections with all of our sensory systems, it takes in a lot of information at once. The amygdala will also store unconscious reactions. For instance, if we hear a sound right before a painful event occurs, we will associate that sound with the pain. So, when you hear that sound again, the amygdala remembers the recipe of reaction which could trigger a protective defense response. This is true for positive events as well. Fear is the most researched of all of the emotions. Fear is often seen as a negative emotion, but it is needed at times for survival. I am sure you have heard of the "Fight or Flight" response. The amygdala does not have to learn how to be afraid, but it learns what do in response to it.

Pretty amazing, right? There is one flaw though. The amygdala cannot distinguish between what is happening in real time, or what is a thought or a memory. Your body responds to this perceived event in the same way. So, if you are thinking about a negative thought, or stressing about something that hasn't yet happened, the amygdala will trigger the emotional and physical response in the same way as if it were actually happening in the present moment. Therefore, our minds change our physical body. If we are under stress for long periods of time, our physical body can begin seeing health issues.

***Hypnosis and meditating can be very helpful in reducing stress. Our minds are incredible, and we have the ability to be in control of our thoughts. Our thoughts become who we are. The more negative talk that we have for ourselves, the more the amygdala will respond as if we are under attack. The amygdala is unable to distinguish truth from perception. There are so many factors in our lives that can cause us stress, we shouldn't be the ones adding more negativity to ourselves. Your thoughts control your mind. Our minds can control our physical responses. So, YOU control YOU.***

## Classes & Events



### FREE LECTURE:

### 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.

### Teen Calmness Clinics

Tuesday, 11/20, 7-8PM 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!

### Body & Breast Thermography Clinics

**2019 Clinics: January 29th, April 2nd, July 23rd, and October 1st.**

Provided by Sue Saari of Metrowest Thermography.

[www.mythermography.com](http://www.mythermography.com)



**Functional Lab Test Information Series:  
Adrenal Stress Profile**

**- Hormone Balancing -  
Why It's A Game Changer!**

**WHAT IS THE ADRENAL STRESS PROFILE TEST?** Measurement of cortisol hormone levels, as well as DHEA, progesterone, estrogen, testosterone, and melatonin (sleep hormone).

**HOW IS THE TEST DONE?** Saliva samples are taken at four predetermined times during a single day.

**WHY DO CORTISOL HORMONE LEVELS MATTER?** Cortisol, DHEA and your sex hormones, are all steroid hormones competing for the same raw materials (fat and cholesterol) in order to be produced. If your cortisol levels are chronically elevated, which in turn requires your body to produce more and more cortisol, these raw materials are often in short supply. Since cortisol is required in order for the body to function, producing it will ALWAYS take priority over producing sex hormones, ultimately leading to an imbalance and malfunctioning of the endocrine system. This imbalance is often at play in regards to infertility, but also impacts blood sugar regulation, quality of sleep, ability to detox, weight gain, or the immune system.



**WHAT CAUSES CORTISOL TO BE ELEVATED?** Stress! Our automatic “fight or flight” mechanism is immediately invoked under stress. Acute and short-term stress such as accidentally running a red light, getting lost in the woods, or preparing for a test. Or chronic and long-term stress such as a debilitating illness, anxiety due to your job, school, or family demands, or food sensitivities and digestive distress, or even toxic buildup. Stressors can be physical, mental, or environmental.

**WHEN SHOULD I CONSIDER THIS TEST?** If you're experiencing chronic fatigue, chronic pain, sleeplessness or insomnia, PMS, infertility, or are suffering from menopausal symptoms, the Adrenal Stress Profile will provide key insights for us to work together to improve your health and vitality and alleviate your symptoms. In my experience, supporting the adrenals and bringing balance to the endocrine system are often life changing.

**\$25 Off**

Now through 12/31/18, enjoy \$25 discount for the Adrenal Stress Profile lab test with Cathy Sloan Gallagher.



**Kick that headache to the curb with Shiatsu!**  
**with Jill Chapman, Shiatsu Therapist**

Headache got you down? There are several different types of headaches: migraine, sinus, tension ... all can occur in different locations in our body: back of the head, on one side, frontal... so what to do? Shiatsu.

Regardless of where your headache is located, or what is causing it, Shiatsu/acupressure can alleviate your symptoms effectively.

Now through December 31st, receive a 60 minute shiatsu headache session at a discounted rate of \$50. That's a \$20 savings effective through the rest of the year! During our session, we'll discuss your symptoms and I'll determine what is the correct headache treatment for you utilizing Shiatsu therapy!

**Book on line or call for an appointment!**





## **Do you have an FSA/Flex Spending Account?**

It's that time of year! Flex spending cards/accounts are a fantastic way to save money. Typically, you need to use the money in your account or lose it by year's end!

Good Life accepts FSA/flex spending cards for payment for acupuncture, massage therapy, shiatsu, reiki and more. Acupuncturists are licensed by the Board of Medicine in Massachusetts, same as physicians. Acupuncture sessions are a valid medical expense, along with holistic nutrition, and other therapies at Good Life.

**What's considered a medical expense?** According to the IRS website: 'Medical expenses are the costs of diagnosis, cure, mitigation, treatment, or prevention of disease, and the costs for treatments affecting any part or function of the body. These expenses include payments for legal medical services rendered by physicians, surgeons, dentists, and other medical practitioners. They include the costs of equipment, supplies, and diagnostic devices needed for these purposes. Medical care expenses must be primarily to alleviate or prevent a physical or mental disability or illness. They don't include expenses that are merely beneficial to general health, such as vitamins or a vacation.' *[Good Life note: the cost of herbs or supplements cannot be paid for by an FSA card.]*

'Medical expenses include the premiums you pay for insurance that covers the expenses of medical care, and the amounts you pay for transportation to get medical care. Medical expenses also include amounts paid for qualified long-term care services and limited amounts paid for any qualified long-term care insurance contract.'

***So, PLEASE feel free to utilize your tax-free dollars via your FSA card at Good Life! Receipts are also available upon request.***





Good Life House Blend  
**Hand Sanitizer**



All natural ingredients using the highest quality essential oils.  
Prepared in small batches by Kim Roy.

On sale now at the front desk.

**\$10/bottle**



## Acupuncture & Back Pain

Back pain is one of the most common issues that people seek medical assistance for, including acupuncture treatment. In fact, back pain will strike 4 out of 5 Americans at some point. Acupuncture and traditional Chinese medicine has much to offer in treating back pain naturally. Acupuncture can be used alone or in conjunction with Western medicine/conventional treatment such as physical therapy.

There are many possible causes of back pain and therefore many treatments. But whether your pain is caused by muscle/ligament issues, arthritis, traumatic injury or poor posture, acupuncture effectively treats back issues and can minimize the vulnerabilities in your body that are causing your issue.

Acupuncture not only works to relieve symptoms, but treats the root cause of your pain. Studies have shown that acupuncture impacts both short and long term issues and further improves quality of life in areas such as mood, stress levels and sleep. Improved energy levels are a commonly reported 'side effect' of acupuncture!

So many people find relief in our office with acupuncture treating both acute and chronic back pain. If you are struggling with body pain, please call Janet to find out how acupuncture could help. You'll be glad you did!



## COMING SOON!

April brings not only spring showers ... but also Cathy's annual **Nourishing Cleanse!** So enjoy the holidays, and mark your calendar for our annual Nourishing Cleanse coming this Spring!

The **Nourishing Cleanse** has the potential to:

- Drastically increase energy levels, vitality and health
- Rid your body of years (or decades) worth of old toxins
- Create better digestion, clearer thinking, and emotional well-being
- Reduce inflammation, allergies, aches and pains
- Leave you feeling cleansed and renewed

The **Nourishing Cleanse** plan is flexible and easy to integrate into your daily life. It includes complete instructions for following The **Nourishing Cleanse**, plus all the recipes for the delicious, easy-to-prepare broths, soups, juices, and other foods you'll enjoy. There's even a grocery list to help you shop for recommended foods and kitchen staples. It was designed to be easy to implement—no matter your lifestyle or busy schedule.



Unlike other cleanses, the **Nourishing Cleanse** approach is centered on educating you, so you can take control of your health. All of the inspiration, resources, recipes and support are provided, while you learn nourishing recipes and develop the skills to cleanse and heal your body. It will entice you back into the kitchen to prepare the broths, soups, juices and cultured foods you need to nourish yourself.



### What people are saying:

*"My sleep has been so much more restful, according to my FitBit, which has been terrific."*

*"After 10 days, I shed 8.5 lbs and my husband shed 10. We had been traveling, and not living the "cleanest of lifestyles", so maybe had more to shed than normal. Grateful for better nights sleep and all the compliments that I look as good as I feel."*

*"We've had a good run of this and have seen results! Many things will be incorporated into our daily eating going forward!"*





# GOOD LIFE ACUPUNCTURE & HOLISTIC THERAPIES

Support healthy prostate & urinary tract



Support eye, lung & cell health



Good for vision, immune system & growth



Healthy bones & circulatory system



Good for heart, brain, bones, arteries & immune system

