

# March 2018

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



*The body heals with play,  
the mind heals with laughter  
and the spirit heals with joy.*

- proverb

## FREE Holistic Consults

Some **GOOD** things in life **ARE** free! We offer **FREE** informational sessions for Holistic Nutritional Therapy, as well as Homeopathy? You can book on-line or call 508-559-8004 to reserve your spot with our in-house experts.

## HOMEOPATHY

### Homeopathy For Recovery From Substance Abuse

Cheryl Pino is offering **FREE**/pro-bono help to anyone struggling with substance abuse! If you or anyone you know needs help, please contact Cheryl:  
508-331-3739.

**Buy 2 Get**

**1 FREE**

**Shiatsu  
Acupressure  
Facial**

Enjoy three 30 minute sessions where you can choose to focus one or more of the following: reducing wrinkles, TMJ, sinuses or head aches.

These sessions are primarily acupressure only, there are no lotions, peels or masks. Jill might also use a jade roller, eye pillow and/or some essential oils.

Must use all 3 sessions by April 30, 2018. Just \$90 for 3.



# Highlights

## Thermography & Nutritional Therapy: Detection, Assessment & Resolution

**Monday, 3/19 at 6:30 – 7:30 pm**  
**With Sue Saari, Dipl.Ac., CCT &**  
**Cathy Sloan Gallagher, NTP, FDN-P**

Attend our FREE information session to learn more about combining Thermography and Nutritional Therapy to detect, assess, and begin resolving digestive distress, liver congestion, or gallbladder dysfunction.

Thermography is most commonly known as an adjunctive risk assessment for breast exams and playing a significant role in early detection. Did you know that thermography is also used to scan other regions of interest (ROI) in order to detect inflammation and potential dysfunction?

Holistic Nutritional Therapy uses a functional evaluation and lingual-neural testing to assess and balance the “foundations of health” in order to prevent or resolve inflammation. Along with your diet and lifestyle, ***THE most important foundation you can address to support your health status is your gut.***

## Raindrop Massage Save \$5 this month only.

An infusion of therapeutic essential oil therapy, aromatherapy and gentle massage. Raindrop Massage Therapy is a specialized form of massage that utilizes high quality Grade A essential oils that are dropped along the spine, similar to raindrops. The combination of oils and massage techniques promotes not only relaxation, but also overall health and wellness. These oils are reported to decrease back pain and boost the immune system. We use only Young Living Oils. 1 hour sessions just \$80 (normally \$85).

## Private Medium/Psychic Readings \$75/30 min. with Lynne-Marie Reviolitis. By appointment only.

Lynne Marie is one of the most gifted mediums of our time. She offers private medium and psychic reading sessions at Good Life. Lynne Marie also conducts gallery-style readings throughout Massachusetts. She is available for house parties, fundraisers, corporate and private events. To book your session or event, please call Sue at 508-474-9371. For more information, please visit her webpage:

<http://lynnemariespiritme.wixsite.com/mysite>

## Spirits Knocking: Table Tipping Facilitator: Cathy Corcoran

**Sunday, 3/4, 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!



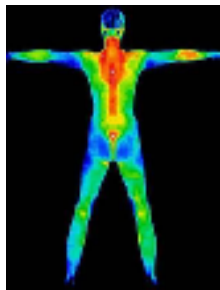
# Coming Up

## Bridgewater State University

Employee Wellness Expo

Wednesday, March 14th, 11 AM - 2 PM

Look for us at this spectacular event! We will be sharing our information and expertise, and will be available to answer your holistic medical questions! Sign-up discounts!



## Breast & Body Thermography

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

With Sue Saari of Metrowest Theramography.

Thermography is a screening of physiology (the body's function). With specific reference to breast cancer: mammograms and sonograms indicate the structure of a "lump" or area of suspicion. Thermography indicates the function associated with active developing pathology. The function of a growing breast cancer is known as angiogenesis. "Angiogenesis" (when referring to cancer) is the formation of new blood vessels that supply oxygen and nutrients to cancerous tissue. Inflammation and early stages of angiogenesis in breast tissue can be detected thermographically as many as ten years before a "lump" is large enough to be detected by structural tests or breast self exam.

Visit <http://www.mythermography.com> for more information on thermography, locations, and Sue Saari!

## Teen Calmness Clinics

Mondays: 3/26, 4/16 & 5/21

6:30 - 7:30 PM. \$10/class

Back by popular demand! Breath work, guided meditation, artwork, stretches and acupuncture are some of the things we do in this time-out gathering for anxious, stressed out teens. Wear your comfies and bring a friend! It's different every month. Space is limited, please sign up in advance. Facilitated by Jill Chapman, Shiatsu Therapist.

## The Nourishing Cleanse 2018

April 9th Kick Start -

Enrollment ends April 2nd

Just \$69 gets you a spot in the program and all of the extensive resources that go along with it!



Spring is an ideal time for a cleanse. It's the natural time of year for our bodies to shed all of the excesses of the winter season. Why not give your body a chance to reset, restore and de-stress? Begins April 9th - End whenever you want - 10, 20, or 30 days. Due to prep, enrollment ends 4/1.

Cathy Sloan Gallagher will be your guide as we eat our way towards better health with nutrient-dense, healing foods. In our increasingly toxic world, cleansing provides a much needed healing respite.

Take a break from your old food patterns and emerge inspired, healed, and re-energized along with a group of like-minded people.

Visit <http://www.eatthoughtfully.com/groupcleanse/> for more information and registration.



## Sick and Tired ? (of being sick and tired?)

We hear it over and over. Many people are often left frustrated and sick, spinning through our modern healthcare system without solutions to their health issues. They try medication, and often more medication, sometimes surgery... and yet, here they are, sick, tired, and **tired of being sick and tired.**

The **good news**, is that there are a variety of healthcare models available to people outside the Western paradigm. Increasingly, people are turning to holistic medicine for help and getting great results without invasive procedures or unwanted side effects.

Whether you are suffering from acute or chronic pain, illness such as migraines, IBS, fibromyalgia, among others, we are here to help. We have provided thousands of people with natural pain relief and healing. We are a staff of dedicated professionals with decades of practical experience. At Good Life, we are passionate about our work and committed to providing individualized care to each client. We welcome the opportunity to earn your trust. **KNOW YOUR OPTIONS!**

## A Little Advice ...

from Cheryl Wood, Homeopath

**You know your body!** Of course you do! And when you're feeling something coming on, or you notice family members like this, store a box of this in your cabinets and follow the directions, 90% of the time whatever was developing won't, no joke. Sold at about all stores. Pick some up this weekend. And don't get panicked with the talk, you have this. Also, stock up on vitamin d3 and ascorbyl palmitate which is fat soluble vitamin C, take these daily thru the winter. And take a quality probiotic ... Jarrow formulas is a good brand. You'll be a lot less sick and less susceptible to getting sick.







## **HYPNOSIS REALLY CHANGES YOUR MIND**

by Naomi Fernandes Monkus RN,CHt

**YOU HAVE A THOUGHT, YOU ATTACH AN EMOTION TO THAT THOUGHT,  
THAT THOUGHT THEN BECOMES AN ISSUE OR NOT!**

There are two parts to our brain. Each has a very different role. The conscious mind or the “thinking” part of the brain and the subconscious mind the “ memory “. The conscious mind acts and reacts to what is in front of you. It then sends the message to the subconscious mind which is like a huge memory bank. It’s capacity is virtually unlimited. It permanently stores everything that ever happens to us.

Hypnosis is a very effective and safe mind /brain/ body technique. It’s purpose involves guiding a client (or even yourself) into a state of deep relaxation and focused awareness, where you access your subconscious mind allowing yourself to be open to suggestions and messages. In this state you then allow yourself to access and change undesirable habits while also allowing yourself to create positive new changes in your behavior.

Our subconscious mind keeps all our internal systems functioning properly, recording everything with out distinction (good or bad). Our subconscious mind is subjective. It does not think or reason independently. It does not allow us to reason with it. It merely obeys the commands it receives from the conscious mind. Our subconscious mind communicates with us through feelings which then dictate our reactions. The conscious and subconscious mind are always in conflict with each other. Have you ever not taken action due to fear ?

There are many ways to free ourselves of those blocks. Talk therapy (psychotherapy), movement therapy, psychoanalysis, or a spiritual practice. Hypnosis is one of the fastest ways to move our blocks and create change.

A survey of psychotherapy literature by Alfred A. Barrios, Ph.D. UCLA ~ revealed the following recovery rates:

Psychoanalysis:.....38% recovery rate after 600 sessions

Behavioral Therapy.....72% recovery rate after 22 sessions

**Hypnotherapy.....93% recovery rate after 6 sessions**

Hypnosis and hypnotherapy enable us to find a way to override that subconscious thought/issue. It allows us to create shifts in our mind that will help strengthen our lives on all levels mentally, emotionally, physically and spiritually. Offering us the peace, happiness and joy we so desire.

## **Cathy offers unique healing sessions: Transcendent Heart Energy Healing.**

Cathy works with highly sensitive energetic fields that surround your physical body, connecting with higher healing vibrations. Through the release of accumulated tension stress, fear and other forms of negativity, your mind-body-spirit is then free to process self-healing on all levels of your being. Benefits include the clearing of dis-ease, points of pain, blockages, and negative patterns from current and past life experiences. Once the process of clearing and healing are complete, you will be energized with a full spectrum of Radiant Light, nourishing your physical body and all the layers of your energetic field. This brings you into a natural state of alignment. A vibrational shield of protection will be placed all around you, protecting you from the negative energies that exist in our daily lives. You will emerge feeling renewed and peaceful. The benefits of your energetic “tune-up” will continue to unfold with time. Cathy will provide you with instructions and feedback so that you can practice the tools of energetic protection, self healing and Divine communication. ***“There is boundless joy in helping people connect with their own spiritual teams, activate and hone their intuitive gifts, and learn how to heal and balance their own lives.”*** - Cathy Corcoran



## On Being an Empath ...

By Cathy Corcoran

### **Empaths are the absolute nicest people on the face of the earth!**

They want everyone to be happy, everyone to heal, and they will turn themselves inside out to make that happen, often leaving nothing left for themselves. The scales of giving and receiving become way out of balance, and it may feel like you don't know where you end and other people begin. The bottom line is that empaths are emotional sponges. This is not a choice empaths make as we come into this lifetime; it's simply how we are wired, with wide open hearts and a desire to serve.

Speaking from the many exhausting and sometimes devastating experiences of being a “raging empath” for my first 48 years, I have had to learn methods of energetic protection and more importantly, strong personal boundaries, requiring a major shift in my mental/emotional programming, in order to live peacefully in a chaotic world. A new and magical word entered my vocabulary: **Pause**. This pause allows me to be reflective rather than reacting at the speed of Light: Yes, I can help you! Yes, I will do that! Yes, I am there!

Choosing the “Pause” gives me the necessary time to breathe. A lot. Reflect. A lot. And then I can ask my higher self: “Is it for my highest good at this time to rush to the aid of whoever is asking?” Our bodies can't lie, they are the temple of our souls, and they will give us a definitive yes or no energy. It is the ego and emotionally reactive self that says we must rise to each request, regardless of how we are feeling or what we are doing.

**So Pause.** Breathe until your mind is quiet, and then reflect. I will take it one step further: pay attention to what your body is telling you! For the spiritual truth is that if it is not for our highest good, it is not for the highest good of the person or people we are rushing to help. The “Pause” gives us time to come back into our centers and the present moment we are meant to be inhabiting. And that truly feels a whole lot more peaceful than spending our lives spinning around like whirling dervishes, never coming to rest!

# Join us!

Spring is THE ideal time to cleanse. It's the natural time of year for our bodies to shed all of the excesses of the winter season.



The *Nourishing Cleanse* is a simple, gentle detox program you can make your own. It emphasizes healings foods that naturally detoxify and rejuvenate your mind, body and spirit and leave you feeling satiated, nourished, and lighter. And - unlike many other cleanses - the approach is centered on educating you so you can take control of your health! Registration ends April 1; program begins on April 9. End whenever you want – 10, 20 or 30 days. Pick up all kinds of good habits along the way. Find all the details at [www.eatthoughtfully.com/groupcleanse](http://www.eatthoughtfully.com/groupcleanse) or email Cathy at [cathy@eatthoughtfully.com](mailto:cathy@eatthoughtfully.com).

\$ 69.00	Nourishing Cleanse with Online Group Support
\$130.00	Optional add-on. The NutriClear® Plus metabolic cleanse kit
<b>\$199.00</b>	<b>Total for both</b>

**Good Life clients receive \$20 off when purchasing both (\$179)**

*NutriClear® Plus is a 15-day metabolic cleanse kit that provides the optimal nutrients necessary to support the body's natural two-phase detoxification process, allowing toxins to clear more completely and easily. The formula includes easily digested, certified organic pea protein, medium chain triglycerides, added fiber and an extensive array of antioxidants. The kit contains 30 pouches of powder and 30 supplement packets, which include 5 capsules each.*

## Here's what participants from last year had to say:

- ... I loved it actually; I'm glad I made that impulsive decision to do it even though I was leaving on a trip.
- I initially lost a good chunk of weight fairly quickly. Other than actual weight, I do feel lighter, certain things fitting better and best of all just feeling better overall (better sleep, more energy, less lethargic, more optimistic, more focused, etc.)
- It was a great experience that I would do over and over again because of the awesome benefits!
- I am especially happy that Jim was able to lose 14 pounds. He is a chef and really noticed all the poor choices he makes at work while cooking and eating on the fly. He has significantly changed his habits and LOVES your coconut bark, which helped him stay on the eating plan.
- I am so happy I decided to participate in this cleanse, I love the Facebook group - that made it so much easier! So did my husband participating with me :-)
- I don't think you should change a thing! The frequent FB posts were especially helpful to me--I needed to know others were doing it too.



**Janet Cabrera**  
Acupuncturist, Teacher  
Founder of Good Life



**Lynne Marie Reviolitis**  
Medium / Psychic  
Offering private sessions,  
home parties and gallery  
readings



**Cathy Sloan Gallagher**  
Holistic Nutritionist  
Treats Lyme Disease.  
Nutritional testing &  
assessments



**Cathy Corcoran**  
Energy Healer, Teacher,  
Medium  
Offering energy based  
healing sessions & readings



**Cheryl Wood**  
Homeopath  
Specializes in Family and  
Pediatric Homeopathic  
Medicine



**Sue Eaton**  
Massage Therapist,  
Relaxation Reflexology &  
Reiki



**Jill Chapman**  
Shiatsu Therapist  
Wellness Teacher &  
Mentor



**Sue Saari**  
Thermographer  
Breast & Body Thermography



**Mary Ann Lamson**  
Office Manager



**Naomi Fernandes Monkus**  
RN, Hypnotherapist & Neuro  
Linguistic Programming



**Kathi Torres**  
Front Desk / Scheduler



**Amber Aguilera**  
Front Desk / Scheduler