

February 2019

www.GoodLifeHolistics.com / 508.559.8004



The staff at Good Life is in the holistic healing arts for all the right reasons! We do this work because for each of us, it's our life's work, our calling. We are so happy to be able to share our experience and techniques with you and be of service. We are a unique healing center offering something for everyone. Thank you for supporting our mission to bring holistic healing to the forefront of mainstream medicine. We wouldn't be here without each of YOU. We've said it before, and we'll say it often - we are truly grateful to be gathered under one roof, offering our healing services to all of you in our community!

WINTER SAVINGS

Shiatsu Winter Bundle

Purchase a 3-pack of 1-hour each shiatsu sessions for just \$180. All sessions must be scheduled by February 28th!



***REIKI* 2-Pack**

Two sessions of Reiki for just \$99 now through end of March. Must be used by March 31st. With Reiki Master Sue Eaton.

Reflexology Special

Enjoy a 1-hour Relaxation Reflexology Session through February 28th for just \$59.

CUPPING

Cupping is an age-old technique for enhancing physical performance, treating injuries, and relieving chronic health issues. Available as a stand-alone session or in conjunction with acupuncture, massage or Shiatsu.

Wellness Bundles

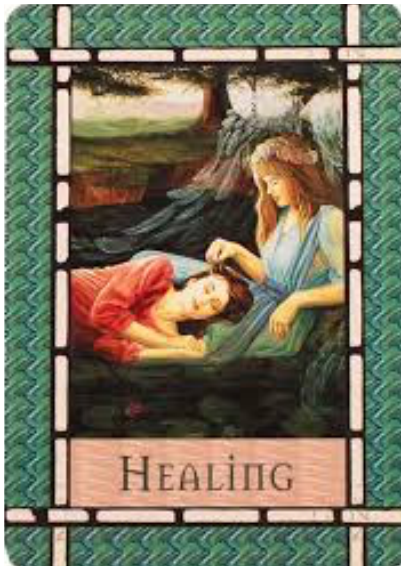
Because more of a good thing, is a good thing.

Just \$250

ON-LINE BOOKING AVAILABLE

For more information, click here.

ANGEL SENT HEALING ... and savings!



Winter Blues and Blahs Settling in?

How About Giving Yourself a Treat?

Here's good news: Throughout the month of February, you can have a 1-hour combo of Transcendent Heart Healing and Angel Therapy Reading for just **\$65!** That's \$25 off the standard price!

Give yourself the gift of a relaxing energy healing and optimization and also receive an uplifting oracle card reading channeled from your own Angelic Team of Angels, Masters, and Guides. You will feel lighter and brighter, and please remember: **you are worth it, and you deserve it!** *With Cathy Corcoran.*





INTRODUCING 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.

HYPNOSIS Q & A

WHAT IS HYPNOSIS?

Hypnosis is a relaxed, focused state where the conscious mind is bypassed so that positive suggestions are received by the subconscious mind. A suggestion given in the hypnotic state is much stronger than the one given in the conscious state. The subconscious mind remains awake and receptive to suggestion. You are not asleep while in Hypnosis, you are deeply relaxed.

WHO CAN BE HYPNOTIZED?

Anyone with an open mind and is able to concentrate. There are definitely some people more difficult to induce hypnosis in than others are, but this does not mean they are less capable of being hypnotized. It merely indicates their resistance for one of many possible reasons, (e.g., fear of losing control, difficulty in distinguishing internal states such as relaxation or tension, negative situation factors, fear of change, etc.) Once the nature of the resistance is identified and resolved, the person becomes able to experience hypnosis easily.

HOW DOES HYPNOSIS HELP PEOPLE?

The ability to reprogram emotional attitudes and reaction is within every human being. Hypnosis is a functional and reasonable way to train life-long attitudes and habits.



Homeopathy to the Rescue!



This month we continue to arm you with the knowledge to Build Your At-Home Remedy Kit. This is Part 3 in our series!

You can build your own homeopathic remedy kit for acute medical issues! Educate yourself about remedies and know-how for common ailments – Cheryl Wood, our gifted Homeopath, shows you how!

~ **Ferrum Phosphoricum**, “inflammation remedy” helps low or mild fevers, particularly when only a fever and not sure where it’s from, first stages of colds-ear infections-sore throats.

~ **Belladonna**, “febrile remedy” high fever of sudden onset with perspiration (but maybe not), glassy eyes, skin very hot to touch, redness and heat of the face with cold extremities, throbbing and pulsating pains..

~ **Kali Bichromium**, “if it sticks it’s kali bic” helps colds with thick nasal discharge, crusties that keep forming, congestion in the sinuses with postnasal drip (good starting one for most sinus issues!).

~ **Calcarea Phosphoricum**, “growing pains remedy” during adolescence, growth too much or not enough, late or slow development of teeth, headaches in school aged children, frequent stomach pains in school children.

~ **Cina**, “worm remedy” helps eliminate pinworms & ringworms accompanied by classic nose picker/rubbing, grinding teeth during sleep, bedwetting, the child’s behavior is usually “cross and ugly”.



All remedies should be 30C potencies. For chronic (lasting 6 months or more) and more serious ailments, contact Cheryl Wood, CCH, RSHom(NA), C. HP, directly at 508-331-3739 or book online at: <https://www.goodlifeholistics.com/BOOK-ON-LINE-.html>



Valentines Day is Stupid Shiatsu Special



The most non-romantic, practical shiatsu session around!

Who is it for?

Jr. High and High School students tired of pressure surrounding Valentines Day.

When? The entire month of February.

How long is the session? 30 minutes

How much? \$25

What's in it for you?

1. Shiatsu for your head, neck and face to keep your mind and vision clear and strong.
2. Shiatsu for your feet to keep you grounded and put pep in your step.
3. An application of essential oils (your pick) to help with grounding and positive feelings.

What you *won't* get:

Positively no work on your heart or heart protector meridians ... because they're fine.

Look at you over there! So sure of yourself, happy and carefree from this stupid holiday Hallmark invented!





Healing Heart Shiatsu by Jill Chapman

As we enter February we often focus on matters of the heart. The light and joy Valentines Day brings is a nice, bright spot in the dead of winter and appreciated by many of us. But very often, those matters of the heart are centered around sorrow and darkness causing many different symptoms: poor sleep, fatigue, anxiety and cloudy thinking, to name a few.

The Healing Heart Shiatsu focuses on matters that touch us most deeply; grief, loss and trauma. In this \$40, 30 – 40 minute session, I focus on 3 arm meridians, breath work, the head, neck and feet.

- ◆ In Traditional Chinese Medicine the Lung meridian is associated with grief. If you're having difficulty processing your grief it can negatively impact and cause imbalance to your lung Qi causing frequent sickness and low energy.
- ◆ The Heart meridian, often called the Emperor, is also the "House of the Spirit" (Shen) whose imbalances can effect your emotions, sleep, complexion and speech.
- ◆ The Pericardium meridian is your heart protector and shields the heart from excessive emotions. I think of it as the soldier of the Heart, therefore keeping it strong is essential.
- ◆ The Kidney meridian is associated with fear and imbalances here can manifest as fatigue, back pain, poor memory, anxiety and lack of will power.

In addition to working on a healthy Qi flow of these meridians, we will also help open the tightness and congestion you feel in your heart center and head, and drive the Qi downward, promoting a more grounded, calm state.

Be kind to yourself as you wade through this struggle. Sometimes a moment of stillness can move mountains.

Improving IVF Success Rates with Acupuncture

by Janet Cabrera



A widely published German study found that using acupuncture with IVF achieved a 42% clinical pregnancy rate compared to only 26% in the control group that did not receive acupuncture. In my clinical experience, the success rate is MUCH higher.

How does acupuncture help?

- ◆ Improves function of ovaries and improves egg quality;
- ◆ Regulates hormones to produce more follicles;
- ◆ Increases blood flow to uterus and increases thickness of uterine lining;
- ◆ Relaxes the patient and reduces stress;
- ◆ Helps prevent uterine contractions;
- ◆ Lessens side effects of Western IVF drugs;
- ◆ Strengthens and regulates patient's immune system;
- ◆ Improves male semen to enhance quality and quantity of embryos;
- ◆ Decreases chance of miscarriage.

Good Life Acupuncture & Holistic Therapies has helped hundreds of people become families. We have over 20 years continuous clinical experience. We can help. For more information, please call 508-559-8004.



classes & events

Teen Calmness Clinics

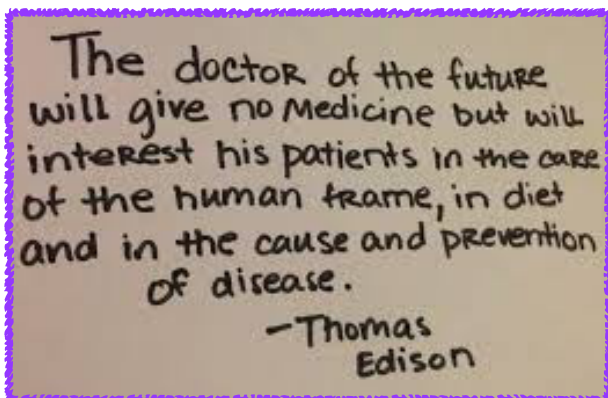
Thursdays: 2/28; 3/28, 4/25 & 5/23
7 - 8 PM

Jill's much sought-after teen-based Calmness Clinics return after the holiday hiatus! Classes held through May then we break for the summer. So come on in while the gettins' good!



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!

Lead by Jill Chapman. Each class is \$20 or \$15 each for siblings.



Body & Breast Thermography Clinics

Provided by Sue Saari of MetroWest Thermography.

Dates for 2019:

April 2nd, July 23rd, & October 1st.

Thermography is a way to photograph the body without harmful radiation or side effects. This technique captures area of heat & inflammation in the body reflecting areas of concern or to highlight the healing process. Early detection makes it possible for early intervention. With early intervention comes greater choices and improved outcomes. Thermography images can show inflammation, physiological dysfunction, pain patterns and injuries, disease, therapy progress, and more. It is safe, painless and affordable!

For more information:
www.mythermography.com