

Spring 2023

www.GoodLifeHolistics.com / 508.559.8004

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Here comes the
sun, and I say,
It's all **right**.

✕

THE BEATLES

MENU OF SERVICES

Acupuncture
Akashic Records Readings
Animal Communication
Chinese Medical Massage
Cupping
Essence Therapy
Homeopathy
Massage Therapy
Psychic Intuitive Readings
Raindrop Therapy
Reflexology
Reiki Healing
Richway Amethyst Biomat
Sauna Blanket
Shiatsu
Thermography
Tuina
Workshops & Classes

Shiatsu



Shiatsu is a form of non invasive Asian bodywork therapy originating from Japan. It uses a combination of kneading, pressing, tapping and stretching techniques. These gentle techniques aim to reduce tension and re energize the body. Shiatsu works with the body's energy flow, known as Ki or

Qi. It uses acupressure to release tension and bring balance to the body.

The word shiatsu means finger pressure in Japanese. You may also hear it called shiatsu massage or shiatsu body work. Like acupuncture, shiatsu frees blockages to the Ki flow and restore energy to areas where it is low. A shiatsu specialist does this by pressing on or stretching points on your body that lie along the lines of energy called meridian channels. In addition to balancing your body's energy, increasing physical mobility and calming your mind, regular shiatsu treatments can reduce and/or eliminate symptoms of: back, neck and shoulder pain, headaches, fibromyalgia, sciatica, anxiety and stress, insomnia and arthritis pain and poor digestion. They can also prevent you from becoming ill from the common cold or flu.

The power of touch through this beautifully simple, intuitive and ancient system of healing is an effective, non-invasive way to achieve physical, emotional and spiritual health and peace.

Jill Chapman is our shiatsu therapist., she often incorporates magnet therapy, sotai exercises and sometimes Chinese Cupping and moxibustion in her treatments. Unlike most shiatsu therapists, Jill utilizes a body support cushion to provide further comfort and support for her clients while treating the back, shoulders and various yang meridians. Although she treats many various health issues she has particular success in relieving neck and joint pain, anxiety, headaches, plantar fasciitis and is passionate about helping clients heal from grief and trauma.

Everyone seems to know what massage is for and some people know what acupuncture is for, but very few seem to know what shiatsu can do! Imagine combining these two modalities and voila! Take a look:

- Relieves fatigue and overall weakness
- Reduces stiff neck, shoulders, back pain and sciatica
- Reduces stress and tension, anxiety and depression
- Relieves headaches and migraines
- Restores and maintains the body's energy
- Promotes healing from sprains and other injuries
- Arthritis relief
- Coughs, colds, sinus and respiratory problems
- Insomnia
- Improves circulation
- Digestive disorders



Shiatsu is available by appointment only.



Welcome! Bridget Witkowicz

Bridget is the inventor of Essence – a patented/trademarked protocol and program utilizing radiofrequency to treat pain, restricted range of motion, numbness and other physical ailments.

Bridget began her career in aesthetics over 25 years ago. Her experience and path of discovery has led to this results-driven revolutionary medical treatment program treating pain, scar tissue, nerve damage, sciatic nerve issues, pinched nerves, scoliosis, Bell's Palsy ... the list goes on. Bridget's schooling, training and continued studies have helped her understand the intricacies of healing the body-skin-connective tissue. For the past 15 years, she has been honing her expertise in this particular modality. Her work is helping to blur the lines of aesthetics to therapeutics to medical arenas. Bridget is results driven. Her clients walk away from her sessions empowered with less or no pain, and with more knowledge and awareness of healing their own body.

Bridget is currently in talks with larger companies to make Essence available worldwide. Her goal is to share her protocol so that more people can benefit from this painless, simple treatment modality. Essence is being recognized by many companies worldwide, by doctors, holistic practitioners and other medical staff who are changing with the times. The results of these treatments speak for themselves. A true innovator, Bridget truly has a pulse on what works.

Bridget is available Fridays for Essence Treatments and other therapeutic healing sessions. She is our Master Essence Therapist and Medical Aesthetician. Bridget also is the creator of her own line of skin, CBD and Kratom products available on-line and wherever Bridget is, including Good Life!

Typically, only 1-3 treatments are needed for you to be pain free. Book a free telephone or in-person consultation to see if Essence Therapy is right for you.

Visit Bridget's websites for more information:

www.spa883.com

www.blissandbenefit.com



Acupuncture & Chinese Medicine

Acupuncture is an effective form of health care that has evolved into a complete and holistic medical system. Practitioners of acupuncture and Chinese medicine have used this holistic medical system to diagnose and help millions of people improve and maintain their health. This medicine has been in continuous practice for thousands of years.

Fine, very-thin, sterile needles are placed at specific acupoints on the body which activates the body's Qi and promotes natural healing by enhancing recuperative power, immunity and physical and emotional health. It also can improve overall function and well-being. It is an effective way to treat a wide variety of medical problems.



Acupuncturists believe that Qi, or Life Energy, flows throughout the body. Qi helps to animate the body and protect it from illness, pain and disease. A person's health is influenced by the quality, quantity and balance of Qi. Blockage of Qi in the body hinders the distribution of nourishment that a body requires to function optimally. Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, diet, and accidents all can cause an imbalance of Qi. Acupuncture and Chinese medicine promotes the free-flow of Qi in the body so you can enjoy good physical, mental, and emotional health.

Janet Lee Cabrera is the founder and acupuncturist at Good Life Acupuncture & Holistic Therapies, which began as Elmwood Acupuncture & Wellness in East Bridgewater in 2005. She has been in continual private practice since 2001 with offices in Boston, Chestnut Hill and Bridgewater. Prior to private practice, Janet was a clinician and outreach coordinator at Pathways to Wellness/Aids Care Project of Boston which was the nation's largest and most progressive Chinese medical non-profit healthcare clinic.

After completing her undergrad from Emmanuel College in Boston, Janet completed her training in Chinese medicine and earned a Masters degree in Acupuncture from the New England School of Acupuncture, our nation's oldest Chinese medical teaching institution, where she has also taught. She is licensed by the Massachusetts Board of Medicine to practice acupuncture and is NCCAOM board certified.

Her experience includes working with individuals with a wide variety of acute and chronic medical concerns. She has extensive experience helping people who are suffering from chronic issues such as pain, fibromyalgia, arthritis, autoimmune disease and fertility issues.

Acupuncture sessions are available Tuesdays, Wednesdays and Thursdays by appointment only.

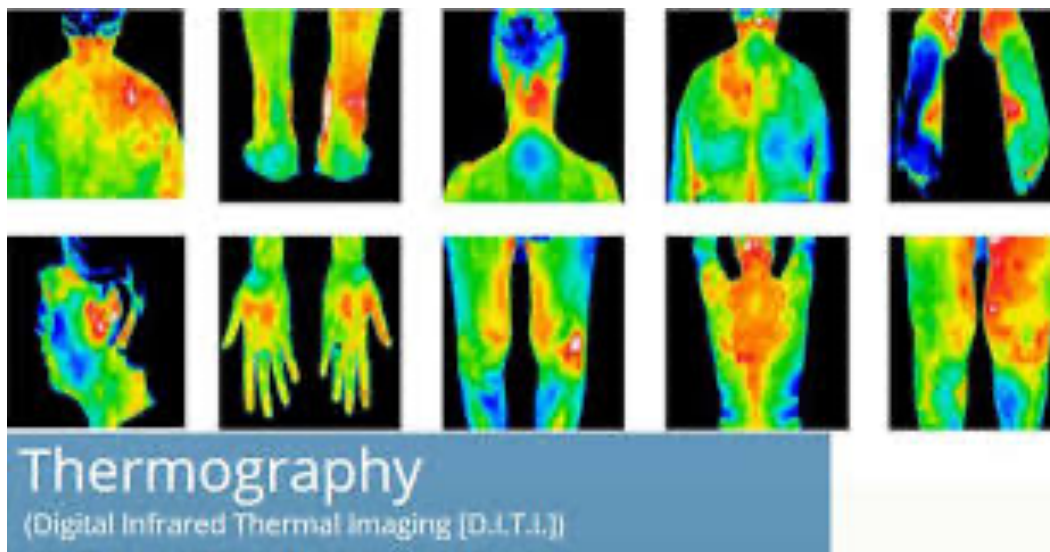
"Pain is inevitable. Suffering optional."

Thermography

Our thermography clinics are offered by Sue Saari of Metrowest Thermal Imaging (MTI). Sue brings more than 30 years of experience in health care and health education to her patients.

This non-invasive diagnostic technique allows examiners to visualize and quantify changes in skin surface temperature. Since there is a high degree of thermal symmetry in a normal body, subtle abnormal temperature asymmetries can be easily identified, thereby making it easier to diagnose, evaluate, monitor and document a large number of injuries and conditions, including soft tissue injuries and sensory/autonomic nerve fiber dysfunction. According to Saari, early detection allows practitioners to look for the root cause, treat the underlying disturbance and restore balance. “Good health requires one to be proactive,” she says.

Sue receives ongoing advanced training from Pam Ryerse, one of the teachers with the most extensive experience in clinical thermography in the country. Using the highest quality digital thermal imaging camera available. These scans are then read, interpreted and reports compiled by board-certified medical doctors. Thermography services include breast screening, region of interest screening, and half- and full-body scans in a caring, respectful and compassionate manner.





Amethyst Biomats Sessions

We continue to offer our clients healing sessions on the Richway Amethyst Biomats either as a stand-alone session or in combination with acupuncture, shiatsu, massage, reflexology and other holistic therapies.

Biomats sessions are \$60/45 minutes. Amethyst Biomats sessions are offered Monday through Saturday by reservation only. Reserve your spot on-line or call 508-559-8004.

The Universal Biomats is an FDA approved medical device developed by a highly skilled group of specialists, medical professionals and engineers. In 1991, this device won the Nobel prize in Medicine.

The unique combination of the healing properties of Amethyst crystals, Far Infrared Rays and Negative Ions help relieve pain and restore balance in the human body. Originally, this device was developed to target/destroy cancer cells on a cellular level and makes a wonderful adjunct therapy during cancer treatment.

Biomats detoxifies and restores pH in the body, alleviates allergies, headaches, insomnia, exhaustion and provides higher alertness and more mental energy. Furthermore, it can help with nervous system disorders, depression, heart, stomach, teeth and skin disorders.

Massage Therapy



AVAILABILITY

Massage therapy is available by appointment only on Mondays, Wednesdays, Fridays and some Saturdays.

Styles & techniques offered are: Deep Tissue, Swedish, Prenatal, Geriatric, Sports/Therapeutic, Oncological, Myofascial Release, Trigger Point, Raindrop Therapy, and our one-of-a-kind Chinese Medical Massage. Cupping also available.

On-line booking is available here: <https://www.schedulicity.com/scheduling/GLA6DJ>

FEES

90 minutes: \$125
60 minutes: \$ 85
45 minutes: \$ 60 (youth sports only)
40 minutes: \$ 75 medical massage only
30 minutes: \$ 50

Different or additional fees may apply for specialized massage sessions such as oncology, raindrop, and others.

HOMEOPATHY



SAFE NATURAL AND HIGHLY EFFECTIVE TREATMENT

AVAILABILITY

In-person appointments are available Mondays and Tuesdays. Other weekdays and Saturdays available upon request. Zoom and telephone appointments available.

By appointment only.

FEES

Full Consultation, 2 hours: \$225
Follow Ups, 30 minutes: \$95
Immune Session, 30 minutes: \$95
Acute Consultation, 15 minutes: \$45
(existing clients only)
Acute Consultation - New Clients, 60 minutes: \$95
Feline or Canine Consultation, 30 minutes: \$75

HOMEOPATHY



Restoring health naturally



ACUPUNCTURE

AVAILABLE BY APPOINTMENT ONLY.

INITIAL VISIT, 90 MINUTES: \$129

FOLLOW UPS, 45 MINUTES: \$ 70

Sessions available Tuesdays, Wednesdays and Thursdays.

Reiki & Readings

with Amy Heffernan



Amy offers the following readings and healing sessions:

Reiki: Ancient, specialized energy-based healing sessions. Reiki originated in Japan and is a hands-over (no touching) healing modality. Excellent for general well-being/healing, stress reduction, insomnia, anxiety, immune support, and other issues.

Psychic/Intuitive Readings: During a Psychic Intuitive reading I draw upon the most appropriate tools I as I am guided for the highest good of the client. This usually includes channeling guides, Angels, ancestors and/or Ascended Masters to seek guidance on various aspects of life and to answer questions the client may have. I also may use oracle cards or other divination tools, depending upon how I am guided. Every session is different and I'm always excited to see who will come through with messages and guidance!

Connecting With Your Spirit Guides: This is a divination and channeling session to help identify your personal Spirit Guides and learn how you can best work with them! I find this to be one of the most popular readings that I do with clients and it's sometimes the most surprising and exciting for clients to find out who "has your back" in the Spiritual world!

Animal Communication: Amy is a huge animal lover so Animal communication is so close to my heart! You can bring your animal in if possible or just bring a photo. I connect heart-to-heart with your animal friend and we have a two way "conversation". You can ask questions you are concerned or curious about, or we can let your animal friend tell us about themselves and how they think and feel about any and all things. I find this reading to be so rewarding for pet owners! Having two fur babies myself, I understand the value of knowing what our animal friends are thinking and feeling. I invite you to come to a session and connect with your animal friend on a whole new level!

Akashic Records Reading: The Akashic Records is the vibrational record of your soul's unique journey over the entire human experience. An Akashic Records reading offers the opportunity for a greater connection to one's Soul and Soul's purpose in this lifetime. The Akashic Records are excellent for examining and shifting limiting beliefs and patterns as well as reaching Soul level healing from wounds occurring in this lifetime or previous lifetimes. Akashic readings are also a great resource for everyday life questions, concerns and advice. I am very passionate about working in the Records and how it can bring about a change in one's life! Please think of questions you'd like to ask and bring them to your reading.



www.thesparklinghealinglight.com

Email: amy@thesparklinghealinglight.com



Spiritual Development Circle

April 21 | May 19 | June 16

7PM | \$11.11 per person

Good Life Acupuncture & Holistic Therapies

102 W Center St

West Bridgewater, MA 02379

To save your spot, please visit
goodlifelholistics.com or call
(508) 559-8004

Meeting each month, this is a safe and supportive group for anyone seeking to ignite, strengthen and trust their intuition and expand their knowledge of various intuitive, healing and energetic topics. Learn about being a conduit of Light and healing energy for yourself and others. Each month we will focus on a different topic including intuition, meditation, grounding/protection, manifesting, divination, crystals and more.

Heart Heart Animal Communication Special Event

Monday April 24th @ 6PM

Good Life Acupuncture & Holistic Therapies
102 W Center St
West Bridgewater, MA 02379

30 minute session - \$45

To book please visit
goodlifeholistics.com
or call (508) 559-8004

Animal communicator Amy Heffernan will connect with your animal companion during your session. You can ask questions you are concerned or curious about, or simply let your animal friend share about themselves.

**Please bring a photo of your animal to your session



Special Event

Reiki Reset

a restorative healing moment

Monday May 8th @ 6PM

40 min \$45

including mini Angel card reading

Good Life Acupuncture & Holistic Therapies

102 W Center St
West Bridgewater, MA 02379

To book please visit goodlifeholistics.com
or call (508) 559-8004

