

January 2019

www.GoodLifeHolistics.com / 508.559.8004

Shiatsu Winter Savings

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.



Welcome, 2019

“We are taught to understand, correctly, that courage is not the absence of fear, but the capacity for action despite our fears.” - John McCain.

Change is good. Change is exciting. Change is scary. Change is terrible. Change can be healing. Change is all these things and more - nothing ever stays the same, does it? As we move into another calendar year, we are all humbled by the opportunities and hardships that life throws at us. Our capacity to go with the flow and embrace the tides of change can change on a daily basis. Being supported, sharing the burdens, make it all easier, bearable, happier.

Our wish, for ourselves, our clients and our community for 2019: may we all retain faith in ourselves, have courage to move always forward, and embrace all the changes, challenges, and blessings that come our way! May each of us handle it all with grace, and when we each find it hard to stand alone may we lean on each other and be bolstered by love. ***Blessings to you all in 2019.***



HYPNOTHERAPY = SUCCESSFUL RESOLUTIONS!

with Kim Roy

The New Year is here! If you are like most people, the turning of the calendar to 2019 is accompanied with resolutions made with the best of intentions. **Unfortunately, most resolutions are difficult to keep.**

We may decide to start on a regime of eating healthy and exercising with the goal of losing weight. When we begin, our motivation is high. What typically happens is at the first sign of temptation or stress we

lapse, and it is hard to get the motivation back. The same applies to stopping smoking and other well intended resolutions.

The reason it can be difficult for most of us is because we are creatures of habit. Our patterns are formed, and it is difficult to change them. So, when we start working towards our resolutions, we are excited to jump on that highway of success. There are often exits off this road and it is in those times of stress we are more tempted to revert back to our old coping mechanisms. Maybe on the healthy eating highway of success, there is an exit for extra dessert or a bag of potato chips. In the case of smoking, maybe we think one cigarette isn't going to make us relapse and become a full smoker again. We think in our minds that we can always just jump right back on the highway of success. It isn't as easy as it seems. Sometimes we get so far off the highway that it is impossible to find the highway again.

Hypnosis can be very beneficial in helping to achieve your goal. Your subconscious mind is where habits are formed. **Hypnosis is a relaxed state of consciousness that allows your subconscious mind to transform old beliefs, thought patterns and habits.** But it is important to know that you must be fully committed to achieving your goal in order for hypnosis to be effective. Because it is with repetition that thought patterns are changed, oftentimes more than one session is needed. The commitment from the client to do self-hypnosis at home in between session is very important in achieving and maintaining your goal.

Whether you want to lose weight, quit smoking, or achieve a different goal, hypnosis may be the best tool you give yourself. For more information, please call Kim Roy at (617) 529-7580.



Building Your Home Remedy Kit:

Homeopathy with Cheryl Pino

Our goal is to empower our clients and families with knowledge and know-how to feel and stay well. In this spirit, we're continuing our series on building your at-home homeopathic remedy kit! In April, 2018 you received your first info blast regarding homeopathy at home. Here is our next building block:

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



~ **Mag Phos**, “cramp remedy” relieves writers, calves and menstrual cramps, particularly the bent-over, hot water bottle, cringing cramps

~ **Hypericum**, “puncture/nerve remedy” helps wounds of bites, painful injections, lumbar (great after headaches from spinal taps) and palm, sole & nail punctures, mostly any trauma to a nerve enriched area of the body

~ **Apis**, “sting remedy” relieve bites from bees, jellyfish and wasps; can also be helpful for puncture wounds

~ **Silica**, “nail remedy” relief from ingrown toenails, brittle nails and/or white spots. Also great for pushing out hard-to-reach splinters (yes it will!!)

~ **Oscillococinum**, “go-to flu remedy” best when taken at the first 24-72 hours of flu-like symptoms, completely nips it in the bud, found at all local pharmacies

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>



Shiatsu Winter Savings

During the months of January and February, you can purchase a 3-pack Shiatsu Bundle for only \$180. All sessions are 1 hour each and must be used by February 28th.

Perfect for our chronic pain clients whom are suffering from fibromyalgia, Lyme disease, arthritis, injuries, traumas and stress. Sciatica? Jill's gotcha covered. Headaches? Yup, you bet. Sinuses killing you? She can give you relief.

Contact Jill Chapman to book this amazing Shiatsu 3-pack offer!
Jill can be contacted at 978-821-3284.

FREE OF CHARGE

Holistic Nutrition Consultations

Available by phone or in person.

Our holistic nutritional therapist offers 30-minute consultation at no cost to you. This service is provided so that you can understand what holistic nutrition can do for you, understand how Cathy works and her approach, and determine if it's a good fit for you and your health goals.

To book your FREE consultation, click [here](#):

<https://www.schedulicity.com/scheduling/GLA6DJ/services/854924/providers/196086/date>



Homeopathy Information Sessions

Cheryl Wood is our certified homeopath with additional expertise in mineral salts. Homeopathy is widely used throughout the world in typical and holistic medical practices. Please call Cheryl directly at 508-331-3739 for information on the healing potential of homeopathy and why it is such a great option for children, adults, the elderly and even your pets.

Goal Setting Consultations

Our hypnotherapist is an expert in helping people realize their goals and potential. Kim Roy is available for free 30 minute phone or in-person consultations so that you can understand more about hypnotherapy, how Kim works and whether this process is a good fit for you. You have NOTHING to lose and everything to gain. Call Kim directly at (617) 529-7580.



Sinus Rescue Kits

Sinus Rescue Kits are available at our 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 for adult and child.

Just \$30!



Good Life House Blend Hand Sanitizer

All natural ingredients using doTerra essential oils. Prepared in small batches by Kim Roy.

On sale now at the front desk.

\$10/bottle

classes & events

Teen Calmness Clinics

Thursdays: 1/31 & 2/28; 7 -8 PM

Jill's much sought-after teen-based Calmness Clinics return after the holiday hiatus!

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: January 29th, April 2nd, July 23rd, and 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