

May 2018

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

## MOM'S ONLY

Mom's enjoy  
1-hour  
massage  
for just \$65

Saturday &  
Sundays  
May only



## Military & Veterans New Patient Acupuncture Special

All military, police,  
fire, veteran and  
emergency  
personnel! Receive  
your initial  
acupuncture visit  
for just \$85.



## May is for Mothers!

This month we celebrate all the people that mother and nurture us all - parents, caregivers, friends, ourselves and others! Mother is synonymous with generosity, support - and love.

## May is for honoring!

This month, we commend our hearts and thoughts to the brave men and women in the armed forces that have sacrificed life and home for us, and continue to serve and protect our country. Thank you!



# Highlights

## Weight Loss with Hypnotherapy

With Naomi Fernandes Monkus  
4 Sessions/\$495



Did you know that hypnotherapy beats out cognitive and behavioral therapies in terms of effectiveness and number of sessions typically necessary to instill lasting change? **Hypnotherapy boasts a 93% recovery rate after just 6 sessions.** That's actually pretty amazing. Hypnotherapy is often the answer for many people to reach their personal and professional goals. Hypnotherapy = success. Offer valid through May 31st.

## Tools for the Empath

Sunday, 5/13, 2-4pm; \$35  
with Cathy Corcoran

Come and experience simple yet powerful energetic techniques that will help you to thrive in a chaotic world. This is an experiential workshop that will provide down-to-earth spiritual tools that will allow you to enhance your personal power, create healthy boundaries, and embrace your empath gifts!



**em·pa·thy** noun \ 'em-pə-thē\

the feeling that you understand and share another person's experiences and emotions  
: the ability to share someone else's feelings



## Intermediate Tarot

Sunday, 6/3; 12 - 2:30 PM  
With Lynne-Marie

In this class you will learn various card spreads, gain deeper knowledge of card meanings and symbology, as well as expand on your ability to transfer knowledge to other tarot decks. Watch your confidence and accuracy build as you expand your ability to gain insight and guidance using this age-old method of divination. Lynne-Marie is a gifted tarot reader and teacher. Learn from the best! This is a hands-on workshop. Completion of Introduction to Tarot class is a pre-requisite for this class.



## Pain Relief with Hypnotherapy

by Naomi Fernandes Monkus, RN CHt

Hypnosis has a long tradition of effectiveness in controlling somatic symptoms, such as Pain. Hypnosis is one of the oldest methods used for pain treatment and is found in records as far back as the 1840s. Noting that the use of Hypnosis has been recorded since the beginning of time. There is a growing recognition for hypnosis and related techniques in pain

management. Clinical hypnotherapy in which you learn how to use the power of your mind to help make positive changes. Can alleviate the sensory and/or affective components of a pain experience.

Pain, anxiety and stress are among the most common symptom that clients present with when seeing their primary physician. Pain has a multi-dimensional experience, which includes cognitive and behavioral, sensory-discriminative, and affective-emotional components. Signifying that there is a growing recognition for hypnosis and related techniques in pain management. Psychological approaches to pain control, such as hypnosis, is proven to be a highly effective analgesic. The use of Clinical hypnotherapy you learn how to use the power of your mind to help make positive changes. Helping you alleviate the sensory and/or affective components of a pain experience.

*Brain imaging research by neuropsychologist Pierre Rainville, PhD, and collaborators in 1999. Displayed that the phrasing of the hypnotic suggestion affects the sensory and/or affective components of pain and affected brain areas. \*American Psychological Association*

Hypnosis is an altered state of consciousness that includes heightened focal attention, dissociation of peripheral awareness, and enhanced responsiveness to social cues. Hypnotherapy is a very effective and safe mind /brain/ body technique. Producing a state of deep relaxation and focused awareness, where you allowing yourself to be open to positive suggestions which you allow yourself to change undesirable habits and to create positive new changes in your behavior.

*"Research shows that medical hypnosis can help with both sudden (acute) and long-term (chronic) pain from cancer, burns, and rheumatoid arthritis. It also may ease the anxiety some people feel before surgery. "*  
*\*WEB MD*

Hypno-analgesia can be used to facilitate other types of therapies and treatments. Clinicians using hypno-analgesia consult appropriately with other specialists, and integrate different strategies to provide the most effective and enduring relief for pain. Hypno-analgesia is used in clinics, hospitals, burn care centers, and dental offices. It has been proven successfully in a number of interventions, providing reduction of pain in most individuals with acute and/or chronic pain.

**FOR ACUTE PAIN**, it has been proven effective in interventional radiology, with various surgical procedures, the treatment of burns, child-birth labor pain, and pain related to dental work, especially so with children.

**CHRONIC CONDITIONS**, usually require a comprehensive plan that targets various aspects besides the pain experience. Clients may need help increasing behaviors that foster well-being and functional activity, such as motivation to exercise, improving diet or challenging faulty thinking patterns (by reframing negative thoughts) such as "I cannot do anything about my pain", or restoring range of motion and appropriate body mechanics.

Using Hypnosis for pain relief is considered a natural and healthy alternative for Pain Management. It can help you alleviate symptoms of acute or chronic pain. Providing you with a life of emotional calm, physical comfort and inner peace.

# FDA APPROVED BIOMAT® TREATMENT FOR ARTHRITIS PAIN RELIEF.

The Biomat® soothes arthritis pain by delivering warm infrared heat to the affected areas. The infrared rays penetrate deep into the body providing relief where no sports creams or patches can reach.



The warmth of the Biomat® increases blood circulation. This boost in blood flow brings oxygen and nutrients to injury sites, reducing inflammation and promoting the body's natural healing process.

The Biomat's® infrared therapy effectively reduces the pain and stiffness associated with arthritis.

The Biomat® will relax your body and increase mobility. Now, you can take on the day!

**Starting at \$55/hour. Combination sessions available:**

- \* **acupuncture**
- \* **massage**
- \* **reiki**
- \* **reflexology and more!**

---

**SAVE \$5 on your next Amethyst Biomat 1-hour session.  
Just mention you saw it here! Offer valid through May 31st.**

---



# Allergies?

## Homeopathy to the Rescue

Spring Allergy season has finally arrived! The good news is that Homeopathy is an effective, natural treatment to alleviate all of your chronic and acute symptoms. Homeopathy can fix it all: pesky nose drizzles and dribbles, nosebleeds, sneezing, nagging headaches, painful sore throats and itchy skin! Don't suffer needlessly! Find relief with homeopathy. ***For more information, please call Cheryl Wood, CCH 508-331-3739 and visit [www.goodlifelholistics.com/BOOK-ON-LINE-.html](http://www.goodlifelholistics.com/BOOK-ON-LINE-.html) to book an acute consultation.***

## DEAR FEET, ARE YOU HAPPY?

Your feet do a lot, and ask very little in return! Honor your feet with a Happy Feet Shiatsu 3-pack offered by Jill Chapman now through June 30th.

Enjoy 3 Happy Feet Shiatsu sessions for just \$85 (a \$35 savings)! Must book/use all sessions before June 30th.



