

March 2019

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



**WARNING!**

**Our Wellness Bundles can cause extreme joy and relaxation.**

We've created wellness bundles for those of you who would like to save money while taking advantage of our many holistic offerings!

Synergistic healing! You can experience an accelerated healing process when combining multiple modalities as part of your health strategy.

**\$250**

**“Let your hopes, not your hurts,  
shape your future..”**

*- Robert H. Schuller*



**The Nourishing Cleanse 2019**

**April 8 through May 7**

**Enrollment begins this month!**

Join us! We promise you won't be hungry! Good Life clients pay just \$59!  
See page 8 for details

# Highlights

## THURSDAY SPECIAL

### Massage & Reiki

Now through May 31st, Sue is offering 1-hour Massage & Reiki Combo sessions for just \$65. With over 25 years of massage & body work experience along with credential of Reiki Master - you are guaranteed a deeply healing and relaxing session. Offer good for Thursdays only.



## Shiatsu:

### Acupressure Facial

#### Bargain Bundle Triple Play

Through April 30th, Jill is offering three Acupressure Facials for just **\$99!** Must use all three sessions by April 30th. **Acupressure Facials are fantastic for TMJ, headaches, sinus issues, stress reduction, and wrinkle reduction.** One of Jill's most requested specialty sessions!



## QUIT SMOKING FOR GOOD!

### with Hypnotherapy

3 Sessions just \$195

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 is often the answer for many people to reach their personal and professional goals.

**Hypnotherapy = success.** Offer valid through May 31st. Kim Roy, our certified hypnotherapist, will coach and help you every step of the way.

#### This is a 3-session Program:

- Session 1: consultation/smoking cessation
- Session 2: stress management/smoking cessation reinforcement
- Session 3: smoking cessation reinforcement



# Coming Up

## Thermography

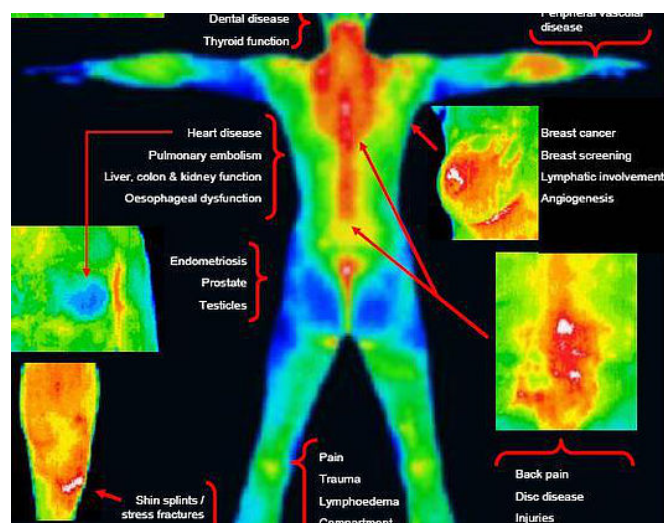
**NO-RADIATION Breast & Body Screening** provided by Sue Saari of MetroWest Thermography.

Early detection makes it possible for early intervention. With early intervention comes greater choices and better consequences.

Thermography can show:

- inflammation;
- physiology dysfunction;
- pain patterns and injuries;
- disease;
- therapy progress;
- and more!

**Dates for 2019: 4/2, 7/23 & 10/1.**



## Spirits Knocking:

### Private Table Tipping

2 hour sessions: \$45 per person

**Back by popular demand!** Table tipping is a time-honored tradition of physical mediumship that allows spirits to connect with us lovingly through the table. 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! With Cathy Corcoran.

## Teen Calmness Clinics

Thursdays: 3/28, 4/25, & 5/23; 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.

## WHAT IS HOMEOPROPHYLAXIS (HP)?



Homeoprophylaxis, or HP is a systematic program using remedies approved by the Homeopathic Pharmacopeia of the United States (HPUS), a branch of the FDA. It is an alternative to vaccination for infectious disease prevention without the attendant risks that come with vaccines. HP is a form of medicine under the branch of Homeopathy.

- ★ HP Serves to engage the immune system with our environment which normalizes ones' relationship to bacteria and viruses.
- ★ HP Stimulates immunity towards infectious contagious disease while preserving children's health.
- ★ HP Enhances normal childhood development through gentle immunological stimulation.
- ★ HP Benefits the individual and the "herd" by gently stimulating adaptability in the person and the population = Herd immunity.

Think of HP this way: HOMEOPROPHYLAXIS is IMMUNE SYSTEM EDUCATION for the body:

- ◆ Schools develop *the mind*;
- ◆ Social interaction develops *the emotions*;
- ◆ HP educates *the immune system!*



**HP is offered by Cheryl Pino, our Homeopath, who specializes in pediatric and family homeopathic medicine.**

# Are you ready? 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.





## Stop Smoking / Vaping with Hypnotherapy **\$195**

Wouldn't you like to stop smoking and/or vaping for good? Like, permanently? Our smoking cessation program is a 3-session approach providing you with the coaching, expertise and tools you need to quit once and for all. Hypnotherapy is effective and helps you make positive, permanent changes in your life to accomplish your goals. Each hypnotherapy is customized to YOU and what YOU require in the way of support to make it happen!

### What's included:

- Session one consultation/smoking cessation
- Session two stress management/smoking cessation reinforcement
- Session three smoking cessation reinforcement

We all know that quitting smoking is good for us, right? But guess what? Here's what happens to your health when you end cigarette addiction:



**Within 8 hours:** Carbon monoxide levels drops in your body and oxygen level in your blood increases to normal.

**Within 48 hours:** Your chances of having a heart attack start to decrease. Your sense of smell and taste begin to improve - food tastes like it's supposed to again!

**Within 72 hours:** Bronchial tubes relax making breathing easier; lung capacity increases. This leaves you less susceptible to pulmonary issues like bronchitis, pneumonia and asthma.

**Within 2 weeks to 3 months:** Circulation in your ENTIRE body improves. Lung function increases up to 30%, and what's better? You actually start sleeping better. Win!

**Within 6 months:** Coughing, sinus congestion, tiredness and shortness of breath improve.

**Within 1 year:** Risk of smoking-related heart attack is cut in half!

**Within 10 years:** Risk of dying from lung cancer is cut in half. You read that right!



## Bringing Quiet to Our Busy Brains in a Very Noisy World

by Cathy Corcoran

This is a very simple energetic and meditative practice (don't panic at the word meditative!) that you can do anywhere and at any time. It will bring you back into the present moment, shift the cycle of "negativity in, negativity out" when we are anxious or experiencing any negative emotions, and most importantly, it feels great!

**Meditation in all forms is the golden key to developing Quiet Mind.** Bringing it into an energetic cycle enhances the process. However it does not need to be fancy or elaborate; you do not have to chant or repeat complicated sequences in languages you may not understand. For those interested in exploring their intuitive gifts and moving forward on their spiritual path, developing Quiet Mind is essential.



THE STRESSED BRAIN

## Transcendent Heart Mantra for Developing Quiet Mind & Releasing Negative Emotions

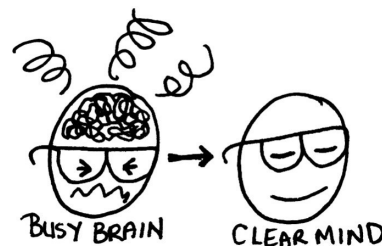
- Deep breathe in.
- Say out loud: "All is well in my world."
- Exhale out the mouth.
- Say out loud: "Thank you."
- Repeat.

**Simple, right?** Repeat this sequence until you feel more peaceful, grounded, and centered in the present moment. It truly is like coming home to your true self.

**It is important to note that you do not have to actually feel that "all is well in your world;" this is when it is best to do this exercise!** It is like the concept of "fake it until you make it." faking a smile until you actually begin to feel like smiling.

By repeatedly stating this sequence of words until calm descends, you are creating the intention for a cycle of positive energy to be sent out into the Universe, which will then be returned to you beautifully. Speaking the words out loud keeps your brain from being in overdrive and actually begins to reprogram your busy mind into a more positive and productive, grateful mindset.

**Certainly worth a try, don't you think?**





## The Nourishing Cleanse is Good for Every Body

April 8 through May 7

Prep week begins Monday, April 1st

In our increasingly toxic world, cleansing provides a much needed healing respite. Along with a group of like-minded people, take a break from your old food patterns and emerge inspired, healed, and re-energized.

- Eat well! No starvation, deprivation or harsh extremes.
- Learn first-hand which foods serve you well and which are causing food-sensitivities that feed inflammation.
- It is safe and beneficial for every body regardless of age or health status.

### Group cleanse membership includes:

- Personal 20-minute individual consult prior to & after the Cleanse
- Private Facebook Group for daily support, chit chat, and encouragement
- Inspirational messages during the Cleanse
- The camaraderie and support of a group working toward the same goal
- Pay once and participate for no additional charge year after year
- Regularly priced \$69. Clients of Good Life Acupuncture pay \$59.

**Registration closes at midnight on Friday, April 5th. Details and registration at [www.eatthoughtfully.com/groupcleanse](http://www.eatthoughtfully.com/groupcleanse). With Cathy Sloan Gallagher.**