

SPRING 2024

Good Life Acupuncture & Holistic Therapies

www.GoodLifeHolistics.com

SERVICES MENU

- Acupuncture
- Aesthetics Radio Frequency
- Chinese Medical Massage
- Cupping & Gua Sha
- Essence Therapy (medical radio frequency)
- Infra-red Healing
- Massage Therapy
- Mediumship
- Radio Frequency for Aesthetics
- Readings
- Reflexology
- Reiki
- Richway Amethyst Biomat
- Sauna Blanket
- Shiatsu
- Sotai
- Thermography
- Tuina
- Workshops, Events

Welcome to Good Life's Spring Newsletter!

2024 has been a year of growth and change for all of us at Good Life. We want to thank every client, colleague and staff family for sharing your path with us! We see you and value your trust in us. We recognize that healing is a journey, not a destination.

It seems all too recent that the world turned upside down with lockdowns and restrictions. For people everywhere, the utter isolation was devastating. Most of us are still recovering from that personal, professional and economic trauma. As a center we pulled together and responded to our community's needs with the Covid Lockdown Recovery Program. We were honored to facilitate and witness so much courage and healing. We are committed to bringing together extraordinary holistic healing modalities and therapists under one roof!

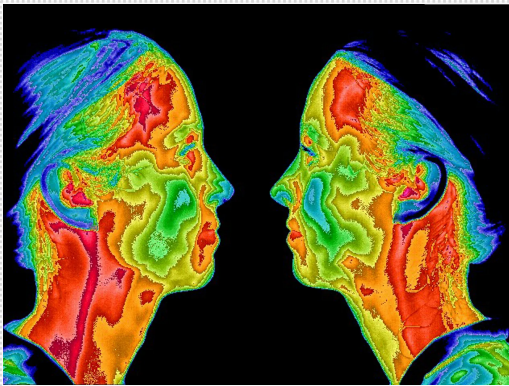
Our wholistic approach recognizes the unique needs of each individual. This is what holistic medicine excels at - individualized medicine and care! You, our client, are always at the forefront of the What and How, of everything we do and offer at Good Life.

With the changing winds of Spring, we pause to reaffirm our commitment to our clients and our practice. We appreciate zooms and the virtual experience for those that need and desire it, BUT at the very core of our healing center's heart is the appreciation and value for in-person connection and relationships. In-person healing sessions, human touch and 1:1 attention is a core value for us. We will always strive to give you the attention and care that you deserve and expect from us. This cannot be understated. It's integral to our mission of earning and retaining your trust.

This Springtime and beyond, we are working to offer you more variety of services, classes, events and plain old fun! We look forward to journeying alongside you!



Save the Date



Upcoming Thermography Clinics

April 2

May 21

June 18

July 16

Sept 13

2024



Spiritual Development Circle

This monthly gathering is a safe and supportive group for people who are looking to initiate, strengthen and trust their ability to tap into their intuition and expand their knowledge of various intuitive, healing and energetic topics.

With a focus on intuitive development, join us to explore expanding and growing your innate intuitive abilities. Learn about being a conduit of light and healing energy for yourself and others. Gain an understanding and recognition of the information channeled to you from your Higher Self, Guides, Angels, Ascended Masters and Loved Ones. Each week we will focus on a different topic including channeling, meditation, grounding/protection, manifesting, divination, crystals and more.

Meets Fridays 7 - 9 PM

Registration required.

April 19

May 17

June 21

July 19

Aug 23



REIKI HEALING & READINGS

With Amy Heffernan

Now Booking

- ★ *Reiki*
- ★ *Intuitive/Psychic Readings*
- ★ *Akashic Records*
- ★ *Card Readings: Oracle, Intuitive & Angel*
- ★ *Animal Communication*
- ★ *Mediumship*
- ★ *Reiki plus reading combination*



Massage & Bodywork

- ◆ Swedish
- ◆ Deep Tissue
- ◆ Shiatsu Bodywork/Massage
- ◆ Youth Therapeutic
- ◆ Reflexology
- ◆ Raindrop Therapy
- ◆ Aromatherapy
- ◆ Chinese Medical Massage
- ◆ Oncology
- ◆ Geriatric
- ◆ Cupping & Gua Sha

Acupuncture & Asian Medicine



Acupuncture

Acupuncture is an ancient yet effective form of health care that has evolved into a complete and wholistic 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 personal'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.



Chinese Medical Massage

We've created a unique style of massage/bodywork that integrates specialized massage therapy techniques with ancient Chinese medicine: topical herbs, tuina, cupping, and gua sha.

These are targeted 40 minute sessions for people that have old and new traumatic injuries, and chronic muscle, joint, and fascia related pain and/or stiffness. Not available anywhere else!

Sotai & Adjunct Asian Therapies Clinics

This is a hands on clinic targeting the treatment of muscular-skeletal disorders and range of motion issues. Meant for conditions of pain, stiffness, physical trauma and movement restrictions. Additional adjunctive therapies offered as part of the repertoire of Chinese & Asian Medicine therapy techniques.

Sotai is a form of Japanese bodywork therapy, a type of physical therapy. In this clinic we may also include moxibustion, Chinese food healing/recommendations, auricular therapy, tuina, gua sha, cupping and other appropriate treatment methods. In general no acupuncture/needles are used during clinics with the exception of needle moxa if appropriate.

This is an intensive 1:1 session. Clients will be given homework and most likely provided instructions for at-home treatment.

Shiatsu - Japanese Bodywork Therapy

Shiatsu is a super unique bodywork experience. Not quite massage, not exactly reiki, not Thai yoga massage. It's a dynamic Japanese bodywork/massage session offered on a heated floor mat. You remain fully clothed throughout the session. Meridian work, stretching, massage, acupressure, magnet therapy, and qi invigoration are just some of the techniques incorporated in a session, as well as cupping, moxa and gua sha!



April:

- 10** Jill's Shiatsu Neck Clinic
- 19** Spiritual Development Circle
- 26** Sotai Clinic
- 26** Bridget's Essence Therapy Class: **CAESARIANS, PREGNANCY & WEIGHT LOSS**

May:

- All Month** Reiki & Readings Event
- 17** Spiritual Development Circle
- 18** Sotai Clinic

June:

- All Month** Reflexology Hot Stone Special
- All Month** Reiki & Readings Event



Dates to be posted soon! Table Tipping, Tarot Event, Past Life Regression with Hypnosis, Astrology Consults, Psychic & Wellness Fair ... and more!

Free Class

HEALING WITH ESSENCE THERAPY

CAESARIANS, PREGNANCY & WEIGHT LOSS

Have you had a C-section, laparoscopy or other abdominal surgery? Do you have stretch marks? Have you found it hard to lose the belly-fat after your pregnancies/deliveries? Do you continue to suffer from constipation and bloating? We are pretty confident we have answers and solutions as to why your body might not have bounced back after any of these scenarios. We totally get it - been there too! But we are here to tell you can charge and heal your body. This class will provide you with the knowledge and understanding you need to move forward. Screenings will be provided free of charge after discussion so you can better decide if Essence Therapy is appropriate for you. There is no cost to attend this FREE class.

WHAT IS ESSENCE THERAPY?

Essence Therapy is a patented technique and protocol delivered through special calibrated RF machines. Essence Therapy has revolutionized the application and use of RF healing in the medical field. Essence Therapy stimulates the body's own ability to restore its own physiological posture and structure via connective tissues (fascia, muscle, lymph). This creates cell memory for new pathways throughout your body, restoring optimum blood and lymphatic circulation. It encourages your body to heal more efficiently.



APRIL 26TH

6:30 - 8 PM

- Class is FREE!
- Free body screenings included!
- You MUST pre-register.



BRIDGET WITKOWICZ
Creator & Master ET Therapist

Bridget is the mastermind behind this amazing modality. She holds the patents for Essence Therapy. She is in the process of rolling out worldwide.

A THREE SPIRIT SHIATSU EVENT



CHECK YOUR NECK CLINIC

Wednesday
April 10th

3 - 8 PM

\$45

By Reservation only

Good Life Acupuncture & Holistic
Therapies

Route 106 - West Bridgewater

508.559.8004

NEW!

Sotai & Asian
Adjunct Therapies
Clinic

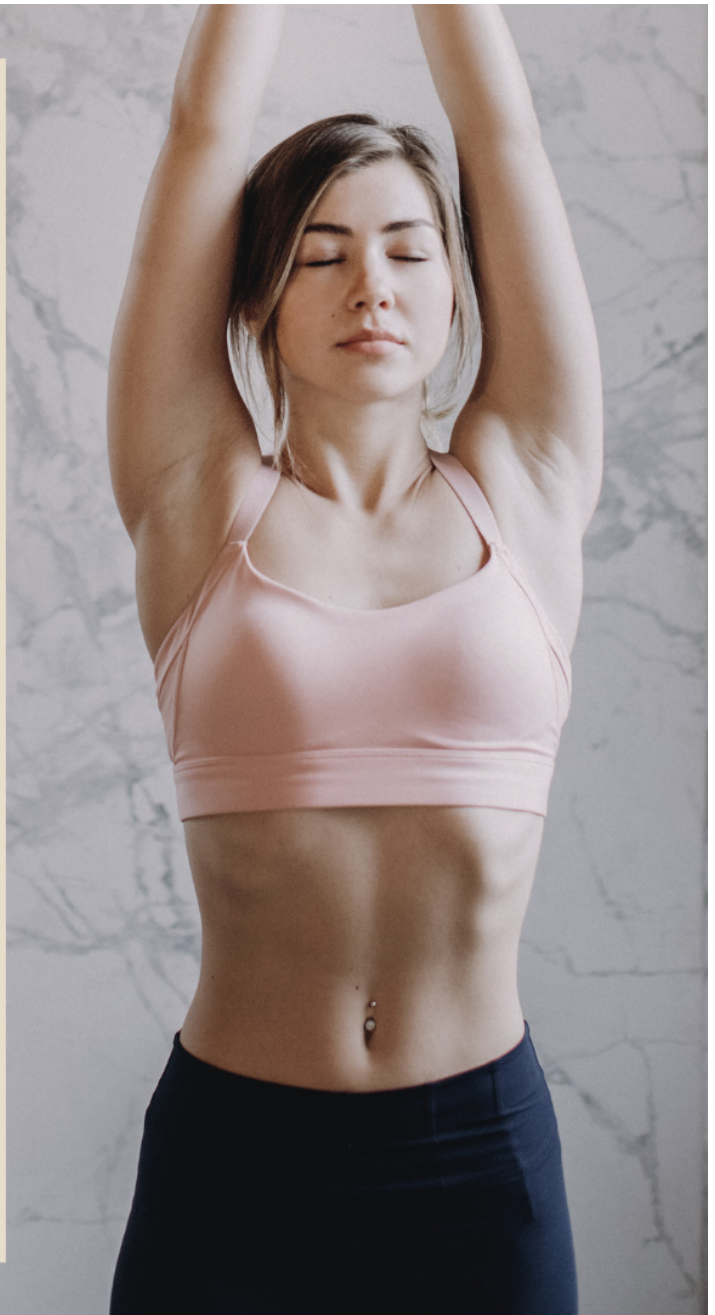
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This is an intensive 1:1 session. Clients will be given homework and most likely provided instructions for at-home treatment.

April 26 & May 18

By appointment only.

offered by Janet Cabrera, Lic.Ac., M.Ac.



NOW BOOKING

Space is limited.

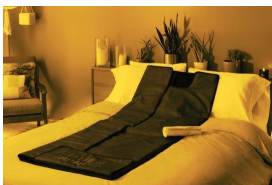
INFRA-RED *healing*

Infrared therapy is a safe and non-invasive healing method that uses infra-red light to treat acute or chronic pain. It is a simple, passive and painless therapy that is being studied for use in various fields of medicine. It is being celebrated in conventional medical settings and has found its way into various research studies. The holistic community has been decades ahead in the knowledge that this modality is powerful, affordable, and easily accessible. It can be used alongside acupuncture and other modalities to enhance and promote healing. This light wave deeply penetrates the layers of skin, fascia and muscle. Infra-red light waves most closely resembles our own body's vibrational energy.

At Good Life, infrared therapy is delivered in a variety of ways. While receiving acupuncture or other energy work, you have been provided with our infra-red heat lamps. But because this is such an effective and easily provided modality, as a practice we have committed to incorporating other ways in which our clients can access and benefit from Infra-red healing. We love the positive impact infra-red therapy has on healing as well as the relative ease in which it can be provided. Here is our infra-red menu:



❖ The Richway Amethyst Biomat is another passive modality that combines infra-red with negative ion therapy. This FDA approved medical device is available as a solo treatment or can be combined with acupuncture, massage, Reiki and other sessions.

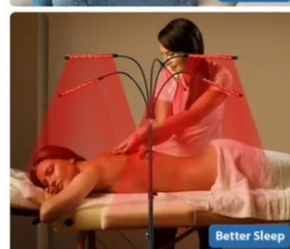
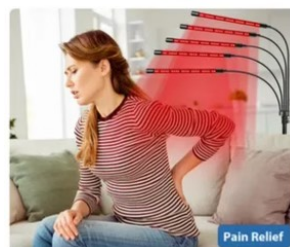


❖ Sauna Blanket - a deliciously hot sleeping-bag like device where you immerse yourself in a cocoon of infra-red healing energy

❖ Infra-red LED lights

❖ Infra-red Heat Lamps

note: Equipment available for sale for home and office use.



SPECIAL MOTHER'S DAY OFFER

*Reiki &
Readings*

be your mom's favorite!
May through June
\$70

booking now - gift certificates available

only at Good Life Acupuncture
& Holistic Therapies



Essence Therapy FAQ's

What is radio frequency (RF)?

Radio Frequency is a nonsurgical/noninvasive healing modality which uses specific energy waves to stimulate the body's innate healing mechanisms. The heat from RF therapy permeates the deep layer of your skin (the dermis) and stimulates collagen production in the body. (All connective tissue is collagen-based so it enables the body's own tissues to heal.)

What is Essence Therapy?

Essence Therapy is a patented technique and protocol delivered through special calibrated RF machines. Essence Therapy has revolutionized the application and use of RF healing in the medical field. Essence Therapy stimulates the body's own ability to restore its own physiological posture and structure via connective tissues (fascia, muscle, lymph). This creates cell memory for new pathways throughout your body, restoring optimum blood and lymphatic circulation. It encourages your body to heal more efficiently.

Why should I have Essence Therapy?

The goal of Essence Therapy is to reduce or eliminate pain, restore proper circulation of blood and lymph systems, reduce scarring and scar tissue, increase range of motion, increase mobility, reduce or eliminate inflammation, heal trauma (including surgical procedures), and restore proper nerve function.

What types of conditions can Essence Therapy treat?

Essence Therapy is used to treat a wide range of medical conditions. Included are chronic and acute pain conditions, problems with stiffness and limited range of motion, inability to flex or move, inflammation, neuropathies and choked nerve issues including nerve damage from surgery, trauma or conditions such as Bell's Palsy, etc.

Essence Therapy has been especially helpful to people suffering from sciatica, spinal stenosis, disc disease, cartilage damage, scar tissue problems, and residual physical damage from broken bones, trauma or surgeries.

Essence Therapy is successful in cases of emotional trauma and other painful physical conditions stored in the body where no physical diagnosis can be observed/documentated by modern medical testing.

Are there any risks associated with Essence Therapy? No. Our specially calibrated machines and patented protocol is safe when done with a certified Essence Therapist.

What should I expect during an Essence Therapy Session?

Essence Therapy feels similar to a hot stone massage. The area is soothed with heat/warmth that is pleasantly relaxing accompanied by massage-like techniques. The session concludes with warm, moist towels and the application of a healing oil. People experience improved well-being and a deep relaxation during and after a session.

Does it hurt? No. Essence Therapy is a gentle healing modality and is not painful. People experience improved well-being and a deep relaxation during and after a session.

How long is a session? Please plan to be with your Essence Therapist approximately 45 minutes to 1 hour, each session.

How many sessions will I need? You will need a minimum of 2 sessions. You may require up to 3 or more sessions for lasting results. Sessions are scheduled 2-3 weeks apart. In addition, some people may require a longer-term maintenance plan. Your practitioner will advise you on your individualized plan.

How long should I wait between Essence Therapy sessions? Initially, sessions are scheduled 2-3 weeks apart until the initial course of treatment concludes. Your practitioner will recommend a maintenance plan if appropriate. Additional follow-ups for maintenance can be monthly or even yearly. This is an individualized medicine and each person's plan is personalized.

Will my medical insurance cover Essence Therapy? Not yet ... but we are working on it!

Are there any contraindications for Essence Therapy? If you have just come down with a cold or virus (such as flu or Covid), you should wait until you are symptom free to have an Essence Therapy Session. Essence Therapy cannot be done NEAR a pacemaker, fibrillator, or port. Essence Therapy will never be administered over open skin or wounds. Please consult with your physician if you have a pacemaker or fibrillator prior to an ET session.

What should I expect after my Essence Therapy session? A feeling of well-being, and deep relaxation is common. Ultimately, less pain, stiffness and inflammation is the goal. Over the first 24 hours, some soreness in the affected area is normal. This indicates that your tissue is healing – changing. Your muscles, fascia and connective tissues have been awakened and invigorated!





The Serenity Prayer

God grant me the
Serenity
to accept the things I cannot change,
Courage
to change the things I can and
Wisdom
to know the difference





Nori's
DETOX DAILY TEA

- grate 1" fresh ginger root
- grate 1" fresh turmeric root
- 1/2 to 1 whole lemon, squeeze juice, include rind
- 1/2 tsp. local honey (to taste)
- a shake of ground cinnamon
- a pinch of ground cayenne
- several sprigs fresh cilantro, chopped

Steep in 24 oz. hot
water.

Serve hot or cold.