



Winter 2024

REVIVE, RESTORE, RESET RETREAT

*COME JOIN OUR CLINIC WIDE COLLABORATIVE RETREAT
FOR THE MONTH OF JANUARY
2024*

body / mind / spirit





ARE YOU READY?

Have you always wanted to go to a healing retreat or have you been to one and wish that you could again?

No more room for excuses!

“That’s not real life.”

“I’m too overwhelmed to add anything else to my plate”.

“I can’t afford it.”

What if your very own trusted healthcare providers created an in city, while living your real life, healing retreat?

Here is your chance to start 2024 in a holistic Mind, Body & Spirit honoring transformation.

REVIVE, RESTORE, RESET RETREAT OFFERINGS

CORE RETREAT



CLEANSE CLASS
TELEMEDICINE

1.



2.

RELAXING & DETOXIFICATION
TREATMENTS
IN CLINIC

ADD ONS



MENTAL HEALTH GROUP
TELEMEDICINE

3.



4.

MEDICAL GYM
IN CLINIC



SPIRITUALITY
IN CLINIC

5.



6.

IV THERAPY
IN CLINIC

CLEANSE CLASS

EDUCATION, INSPIRATION, ACCOUNTABILITY, COMMUNITY

with Dr. Meghan Zech ND, FABNO & Dr. Jennifer Daniels ND, ARNP



Weekly Course Overview

Week 1: Detox Essentials-
Introduction & Preparation

Week 2: Detoxification- What is
happening in your body

Week 3: Lifestyle Cleanse

Week 4: Challenge & Food
Introduction

You will learn:

1. How to support the body's natural routes of elimination
2. Prepare and guide you through a modified elimination diet
3. Supplement supported cleans program- customized if needed
4. How to create lifelong habits for decreasing toxin exposure and promoting the elimination of toxins on a regular basis

DATES: Wednesdays

January 3rd, 10th, 17th, & 24th

TIME: 6:30- 8:30pm

LOCATION: Telemedicine

***\$130 purchase for the entire month's supplements

***Classes billed through insurance



PHYSICAL MEDICINE TREATMENTS

CONSTITUTIONAL HYDROTHERAPY

MANUAL THERAPY

GLUTATHIONE INJECTIONS

What is Constitutional Hydrotherapy?

One of the principles of naturopathic constitutional hydrotherapy is that health (and healing) is proportional to the normal flow of healthy blood, specifically referring to both the quantity and the quality of blood flowing through a given tissue. The treatment goal is to normalize the quantity of blood circulating through a given area or tissue during a given period of time, as well as to improve the overall quality of blood in the general circulation.

Medicine has long recognized the mechanical effects of water temperature on blood flow (e.g. that hot water will relax a tight muscle or that cold, as in the form of an ice pack, can limit swelling and inflammation in a tissue area). Naturopathic constitutional hydrotherapy further expounds upon these principles, and while utilizing these basic mechanical effects to influence the quantity of blood flowing through a given tissue, also seeks to improve the quality of the blood circulating. This is accomplished in the treatment by enhancing blood flow through the organs of elimination (skin, liver, lungs, kidneys, colon) and subsequently driving improved blood quality through the increased elimination of metabolic waste products.

Treatment, aimed at tonifying the organs of digestion and improving the process of digestion and absorption of nutrients into the blood, help to build up desirable blood elements such as oxygen, nutrients, optimize immune cell populations, etc., further improving overall blood quality.

Viewing blood as the vehicle conveying life to all cells (oxygen, nutrients, etc.), constitutional hydrotherapy manipulates the circulation in order to maximize the benefits of this process for overall health and healing. It enhances the immune response, improves overall nutrition, promotes detoxification and helps restore nervous equilibrium. Constitutional hydrotherapy works because it helps to optimize the quality of blood, while improving the efficiency of its circulation.

Treatment Dates Available

Tuesdays

January 9th, 16th, 23rd, 30th

TIME: 6:00pm- 9:00pm

LOCATION: Clinic

Thursdays

January 11th, 18th, 25th, February 1st

TIME: 6:00pm- 9:00pm

LOCATION: Clinic

Saturdays

January 13th, 20th, 27th, February 3rd

TIME: 9:00am- 12:00pm

LOCATION: Clinic



VILLAGE
MEDICINE

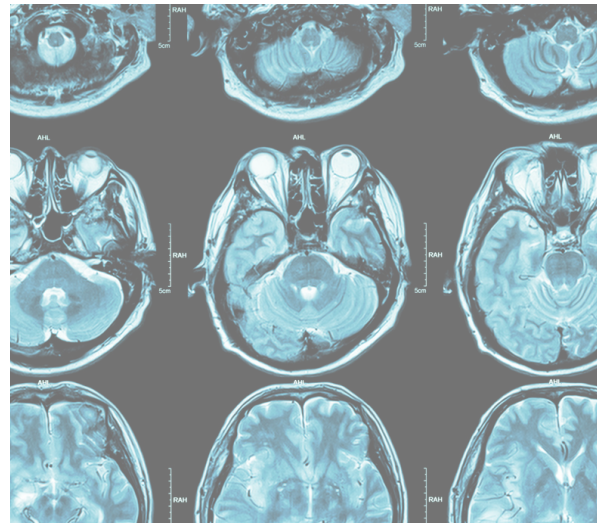
***Treatments billed through insurance

MIND: BREAK IT & MAKE IT THE HABITUAL NATURE OF OUR BEHAVIOR

A HOLISTIC WAY TO TACKLE ENTRENCHED HABITS AND MAKE SUSTAINABLE LIFE LONG CHANGES

with Erin Brower LMHC & Dr. Tara Shelby ND

In this 4-part telemedicine series, you will have the opportunity to explore your own habitual behaviors and make sustainable changes in an intimate and confidential group setting. Through the use of lecture, guided visualization, breath work, and self-reflection you will build the insight and the skills to create agency in your life!



You will learn:

- the neuroscience behind habits- and how to hack it to your advantage!
- your motivations and where they come from
- breath work exercises for centering your body
- how to optimize neuro-plasticity to rewire your mental pathways

Session topics include:

- The psychology around neuro-plasticity and our ingrained behaviors
- The formation of early coping mechanisms and how they no longer serve us
- An exploration of the motivations behind these old patterns
- Developing a structure for behavioral change and the creation of new habits

DATES: Mondays

January 8th, 15th, 22nd, 29th

TIME: 7:30- 8:30am

LOCATION:Telemedicine

***Treatments billed through insurance

SPIRIT: SPIRITUALITY MIND BODY MEDICINE

IF SELF-AWARENESS & SELF-CARE WAS AT THE HEART OF YOUR DAILY HEALTH PRACTICE...

HOW MIGHT YOUR LIFE CHANGE?

with Dr. Tara Shelby and Dr. Tiffany Jaramillo

This 6-week series- offered both in clinic and via telemedicine- is based on the scientific understanding of the inextricable connection among our thoughts, sensations and feelings, and our mind, body, and spirit. Spirituality Mind Body Medicine's approach to wellness is grounded in practical, evidence-based skills for self-care, nutrition, self-awareness, and group support. Mind-body skills (such as meditation, biofeedback, guided imagery, and self-expression in drawings, words, and pictures) are scientifically validated to reduce stress and restore physical and psychological health. The mind-body approach heals individual trauma and builds community-wide resilience.



DATES: Mondays

February 19th, 26th

March 4th, 11th, 18th, 25th

TIME: 6:00- 8:00pm

LOCATION: Telemedicine

DATES: Wednesdays

February 21st, 28th

March 6th, 13th, 20th, 27th

TIME: 7:00- 9:00pm

LOCATION: In-Clinic

***Sessions billed through insurance

IV THERAPIES

TO REPLENISH, NOURISH, AND RESTORE CELLULAR HEALTH.



Supercharge your nutritional status by circumventing malabsorption issues in the gut. 100% of the IV infused nutrients are available to your body. Robust nutrient levels ensure your cells and organs are functioning at their peak ability. This is a great therapy for someone ready to shift their health to the next level.

Detoxification is a natural process by which the body eliminates harmful substances. However, modern living, poor dietary choices, and environmental toxins can overwhelm our systems, leaving us feeling sluggish and fatigued. IV nutrient therapy provides a direct and efficient way to support the body's detoxification processes by infusing it with nutrients like vitamin C, B vitamins, glutathione, and more.

IV Detox:

This multi nutrient bag to improve cofactors for detoxification in the liver.

IV Glutathione:

Is the body's strongest antioxidant, which helps to bind harmful chemicals, to get processed and out of the body.

IV Hydration:

When our body, cells, and blood stream is well hydrated, our elimination of chemicals and byproducts are eliminated more efficiently.

IV Phoscholine:

This chemical is important in the flow of detox out of the liver. Infusions of this can increase the livers capacity to release the chemicals it processes.



MEDICAL GYM

Embrace Holistic Wellness and Discover the Transformative Power of Our Medical Gym



At Village, we are committed to empowering our community with comprehensive and preventative healthcare solutions. We believe in fostering a supportive environment that prioritizes overall well-being, moving away from body-shaming culture and the obsession with weight scales. Our ultimate goal is to help you live a longer, healthier, and a more fulfilling life.

Just as you wouldn't hesitate to take your car in for a regular tune-up, why should you delay giving yourself the same level of care and attention?

Our Medical Gym offers a unique opportunity to do more than just rejuvenate your body or affect the way you look from an aesthetic perspective. Our Medical Gym allows us as physicians to safely and effectively use non-invasive, scientifically proven technologies to dramatically enhance your muscle growth as well as your metabolism. We are especially excited to use these devices to remove visceral fat from your liver, decrease your back pain by enhancing your abdominal and gluteal strength, rebuild your pelvic floor and so much more. We are proud to offer our state-of-the-art BTL devices which harness the power of pulsed magnetic fields and radiofrequency to effectively stimulate muscle growth and break down toxin laden fat cells to prevent chronic disease and decrease your total toxic body burden.

Our medical gym provides a comfortable and supportive environment where you can work towards your wellness goals under the guidance of our experienced healthcare professionals. We are dedicated to helping you achieve long-lasting results and empowering you to live your best life.

****Please contact our staff to get you set up with a consultation with one of our physicians to see how it could work best for you.**

EMsella Pelvic Chair

EMSELLA technology revolutionizes intimate health and wellness. It is a completely non-invasive option for strengthening pelvic floor muscles.

Who can benefit from Emsella?

Emsella is a revolutionary non-surgical pelvic floor therapy with substantial benefits for both men and women. It uses highly focused HIFEM energy to strengthen the entirety of the pelvic floor musculature.

Emsella is a natural and pain-free remedy to treat urinary incontinence and enhance sexual pleasure. Emsella is an excellent natural treatment alternative for these debilitating concerns.

Whether you male or female, humans worldwide have experienced profound mental and physical benefits from pelvic floor therapy, including:

- Significant Improvement in Bladder Control
- Enhanced Confidence
- Reduced Stress and Anxiety
- Increased Penile Rigidity and Hardness
- Improved Ability to Obtain and Maintain an Erection
- Increased Time until Ejaculation
- Improved Quality of Life
- Improvement in Bladder Control
- Improve Pelvic tone to Reduce Back Pain



Muscle mass is lost as we age, which can lead to a slow progression of urine loss with coughing, sneezing, etc. Also, after giving birth, urinary incontinence is common, but does not need to be the norm thanks to Emsella.

EMSELLA utilizes electromagnetic energy to deliver 11,000 supramaximal muscle contractions to the pelvic floor in a single session. These contractions re-educate the layer of muscles that support the pelvic organs and span the bottom of the pelvis. Strong pelvic floor muscles gives you control over your bladder and bowel. Weak pelvic floor muscles mean your internal organs are not fully supported and you may have difficulty controlling the release of urine. The treatment also increases blood flow to the area with is extremely beneficial in sexual health.

HOW LONG IS THE TREATMENT? HOW MANY SESSIONS DO I NEED?

Your provider will tailor a treatment plan for you. A typical treatment takes about 30 minutes and you will need about 6 sessions, scheduled twice a week.

WHAT DOES THE PROCEDURE FEEL LIKE? IS IT PAINFUL?

You will experience tingling and pelvic floor muscles? contractions during the procedure. You may resume daily activities immediately after the treatment.

HOW FAST WILL I SEE RESULTS?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks, with maximal results felt at 3 months. Your muscles continue to strengthen up to 6 months.



****Please contact us for a free demo of this amazing device**

EMsculpt NEO



Emsculpt Neo is a non-invasive treatment that simultaneously combines Radiofrequency heating and HIFEM magnetic technology in one procedure to reduce fat and build muscle. Emsculpt Neo creates what is called a supramaximal contraction. Muscles in the treated area are contracted at intensities that are not achievable during routine exercise. 100% of muscle fibers are activated, compared to the 30% we can activate while working out. The fat cells are slowly removed from the body and the strained muscle fibers initiate a growth process. This results in fat elimination and muscle building.

High Intensity Focused Electromagnetic Field:

Magnetic pulses contract the muscle to strengthen muscles, and stimulate new muscle fiber growth. 20,000 contractions occur each EMsculpt Neo session.

Radio Frequency:

Heat applied during treatment leads to fat cell destruction, and increases circulation for better muscle growth.

All the places we can use the Emsculpt



At Village Medicine we have used the different applicators for different regions to accomplish the following goals:

- Diastasis: closing the separation of the rectus abdominal muscles
- Significantly decrease back pain
- Decrease overall fall/fracture risk
- Eliminate visceral fat including treating fatty liver syndrome
- Raise lean muscle and total metabolic rate (BMR)
- Rehabilitation of limbs after fractures
- Improve balance and coordination

****Please contact us for a free demo of this amazing device**

EMface

FACIAL FITNESS FOR A FRESH YOUTHFUL APPEARANCE

EMface is the first and only therapy that works on the framework of your face from the inside out. EMface combines pulsed magnetic fields and radiofrequency to address both muscle tone and skin texture in the facial area. This innovative treatment acts as a facial workout, restoring muscle definition and improving skin elasticity, resulting in a more youthful and revitalized appearance. EMface is a safe and effective alternative to traditional facial rejuvenation treatments such as Botox, fillers, and surgery. The treatment is painless and requires no downtime, allowing you to return to your daily activities immediately after.



HIFES: High Intensity Focused Electral Stimulation

HIFES selectively contracts facial muscles for better facial contouring and a defined jawline. The elevator muscles of the face are stimulated to lift and rebuild muscle tone of the face. With more muscle tone, the facial plane is tighter and lifted; this results in a lift of the skin of the eyebrows, cheeks, jawline and neck.

Radio Frequency (RF): Synchronized RF heats the dermis to stimulate collagen and elastin production



In 9 clinical Studies, 4 Treatments of Emface has been proven to demonstrate:

Wrinkle reduction by 37%
Increase Muscle Tone by 30%
More Lift: 23%

INSURANCE BILLING

VILLAGE IS ABLE TO BILL BLUECROSS BLUESHEILD AFFILIATED INSURANCES FOR THE FOLLOWING:

CLASSES & TREATMENTS	Revive & Restore, Reset Cleanse Class with Dr's Zech & Daniels & Spirituality, Mind Body Medicine Class with Dr. Shelby	Physical Medicine Treatments with Dr's Zech & Daniels	Mind, Make it & Break it with Dr. Shelby and Erin Brower	IV Therapy Sessions with Dr. Paul Mischyszyn
If you are in Network with Regence, Premiera or another BlueShield plan	Consider the costs of copays, deductible and coinsurance balances	Consider the costs of copays, deductible and coinsurance balances	Consider the costs of copays, deductible and coinsurance balances	Consider the costs of copays, deductible and coinsurance balances
If you are Out-of-Network, uninsured, or you are choosing to pay out- of-pocket	\$400.00 will be charged to your card on file at the time of service for each class	\$200.00 will be charged to your card on file at the time of service for each session OR 8 sessions can be purchased for \$1,400.00 *must pay in full by the first class to receive this deal	\$300.00 will be charged to your card on file at the time of service for each class OR All 4 sessions can be purchased for \$1,200.00 *must pay in full by the first class to receive this deal	Typically starts at \$500 and varies based on the type of IV and treatment received.
Codes that will be billed to your insurance per session	99215 + 99417 X 4	98925-98929 + possible 96372 + possible 99212-3	99215 + 99417 X 2	99215 + 99417 AND 96365, 96366 OR 96360, 96361
# of Sessions required to attend	4 (6 for Mind Body) \$100 will be charged to your card on file (not billable to insurance) if session is missed	4 \$100 will be charged to your card on file (not billable to insurance) if session is missed	4 \$100 will be charged to your card on file (not billable to insurance) if session is missed	Optional However, \$100 will be charged to your card on file (not billable to insurance) if a scheduled session is missed
Non-billable fees	\$130 cost for the detox kit	N/A	N/A	Payment for the nutrients used is not billable through insurance. Prices are between \$25-\$250 per IV

PACKAGES



Cleanse Class
4 sessions
+
Spa/Detox
1-2X/week for 4 weeks
+
Weekly Individualized IV's
4 sessions
+
Break It & Make It Class
4 sessions
+
Medical Gym
Total Body Tone up
EMsculpt NEO, EMSella, EMface

1.

PLATINUM CLEANSE PACKAGE

Cleanse Class
4 sessions
+
Spa/Detox
1-2X/week for 4 weeks
+
Weekly Individualized IV's
4 sessions
+
Break It & Make It Class
4 sessions
+
Medical Gym
Target 2
Select 2 target body areas or treatments

2.

GOLD CLEANSE PACKAGE

Cleanse Class
4 sessions
+
Spa/Detox
1-2X/week for 4 weeks
+
Weekly Individualized IV's
4 sessions
+
Break It & Make It Class
4 sessions
+
Medical Gym
1 Target
Select 1 target body areas or treatments

3.

SILVER CLEANSE PACKAGE

Cleanse Class
4 sessions
+
Spa/Detox
1-2X/week for 4 weeks
+
Medical Gym
+
Pick your own Add on's

4.

BRONZE CLEANSE PACKAGE



VILLAGE
MEDICINE

