



Spring 2024

SPRING CLEANSE

2024

*COME JOIN OUR CLINIC WIDE COLLABORATIVE CLEANSE
THIS SPRING*

body / mind / spirit





BLOSSOM INTO YOUR PERSONALIZED
AND
OPTIMIZED HEALTH

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 step into the summer of 2024 with a holistic Mind, Body, & Spirit transformative vibe!

*We dare you to create your own
BLUE ZONE!
Check out the Secrets of the “Blue Zone” on Netflix*

SPRING CLEANSE

Mind, Body & Spirit

1.



**FOUNDATIONAL CLEANSE
or
ADVANCED CLEANSE
TELEMEDICINE**

2.



**DETOXIFICATION TREATMENTS
- HYDROTHERAPY -
IN CLINIC**

3.



**NEUROPLASTICITY
MENTAL HEALTH GROUPS
TELEMEDICINE**

4.



**MEDICAL GYM
IN CLINIC**

5.



**ENERGY HEALING SESSIONS
&
SPIRITUALITY, MIND BODY
MEDICINE GROUPS
IN CLINIC & TELEMEDICINE**

6.



**IV THERAPY
IN CLINIC**

FOUNDATIONAL 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: Learning How to Challenge & Food Introduction
- Week 5: Identify food sensitivities through challenge and 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: Tuesdays

April 23rd, 30th,
May 7th, 14th, & 21st
5 Week Series

TIME: 7:00- 8:30 pm

LOCATION: Online
(Telemedicine)

**\$150 supplement fee

***Classes billed through insurance

FOUNDATIONAL CLEANSE CLASS

FOOD & TESTING



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



FOOD: Whole 30

The Foundational Cleanse utilizes a modified Whole 30 diet with an elimination and challenge component to identify food sensitivities

You will have the option to choose a traditional Whole 30 or vegetarian Whole 30. After meeting one-on-one, we may have you then modify the Whole 30 to meet your specific health needs.



TESTING

Prior to starting the cleanse you will meet one on one with a provider to identify which labs are recommended for you. Inclusion of labs during this cleanse is optional and may include:

Bloodwork:

- Fibrosure: degree of liver damage and detoxification
- NMR Lipoprofile: assess cardiovascular risk
- Genetic Testing: ApoB- risk for cardiovascular dz
- HgA1c: average blood sugars in the past 3 months
- Telomere's: how to lengthen and decrease your biological age vs chronological age

Urine:

- Metabomolix: Personalized Nutritional Assessment

Low Dose DEXA Scan

- Overview of your total body composition, broken down into total body fat %, total mass, fat tissue, lean tissue, and bone mineral content.
- Body Fat % with regional assessment
- VAT, or Visceral Adipose Tissue, is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and Type 2 diabetes.
- Bone Report: general overview and relative age-matched comparison of your bone strength.
- Muscle Balance Report: fat and lean tissue between your "right side" and your "left side." for your limbs
- Regional lean tissue report

ADVANCED CLEANSE & FASTING CLASS



EDUCATION, INSPIRATION, ACCOUNTABILITY, COMMUNITY

with Dr. Tara Shelby ND, & Dr. Paul Mischczynsyzyn ND



This group is best for those with previous cleanse/detox experience, baseline healthy diets and established exercise routines. If you are interested in exploring your personalized health metrics with medical optimization within an intentional community, this is the group for you!

YOU WILL LEARN:

1. How to amplify your healthy diet for maximum results
2. The health benefits of intermittent fasting, and various ways to approach doing this
3. Why muscle is so important for longevity, and how to build lean muscle effectively.
4. Cell regeneration and autophagy

WEEKLY COURSE OVERVIEW

Week 1: Different types of fasting

Week 2: Fasting benefits

Week 3: Breaking down visceral fat and synthesizing muscle protein

Week 4: The science of detox and regeneration

Week 5: Sustainable changes



DATES: Mondays
April 22nd, 29th,
May 6th, 13th, & 20th
5 Week Series

TIME: 7:00- 8:00 pm

LOCATION: Online
(Telemedicine)

*****Classes billed
through insurance**

ADVANCED CLEANSE & FASTING CLASS

FOOD & TESTING

with Dr. Tara Shelby ND, & Dr. Paul Mischczyn ND,

Before beginning the Cleanse, you will have between 1-2 appointments with one of our providers to customize the food and supplementation protocols for your specific needs.

FOOD

recommended by Village Physicians

Village Medicine trusts in the healing power of plants. We believe in eating a delicious and nutritious rainbow of real foods packed with phytochemicals, antioxidants.

Whether you want to explore your inner chef and try on some new recipes or have meals delivered directly to your home... let's work together to find what is ideal for you. Some options we recommend:

Do it on your own meal prep:

- The Whole 30 OR The Vegetarian Whole 30
- The Elimination Diet by Tom Malterre, Alissa Segersten

Meals Delivered to Your Home 2X a week:

Thistle <https://www.thistle.co>



*10% OFF
all meals
exclusive for VM*

Their meals conform to the following per meal guidelines:

Breakfast: 250-400 calories on average. 100% plant ingredients by weight. 10g+ of plant protein. ~10g of fiber. 0.5-1 oz nutrient-dense booster foods.

Lunches & Dinners: An average of 450-650 calories. 90-100% plant ingredients by weight, depending on your protein plan. 20g+ of plant protein from legumes, nuts & seeds, adashah, tempeh, tofu, and whole, ancient grains

Meat plans contain additional protein from a 3 oz (uncooked weight) serving of chicken, turkey, or pork per meal.

0.5-1 oz nutrient-dense booster foods such as spirulina, dandelion root, turmeric, chia, ashwagandha, or reishi.

"The doctor of the future will no longer treat the human frame with drugs, but will rather cure and prevent disease with nutrition".

Thomas Edison

TESTING

recommended by Village Physicians

Bloodwork:

- Fibrosure: degree of liver damage and detoxification
- NMR Lipoprofile: assess cardiovascular risk
- Genetic Testing: ApoB- risk for cardiovascular dz
- HgA1c: average blood sugars in the past 3 months
- Telomere's: how to lengthen and decrease your biological age vs chronological age

Urine:

- Hormones (Sex and Adrenal)
- Heavy Metals for Chelation
- Metabomolix: Personalized Nutritional Assessment

Low Dose DEXA Scan

- Overview of your total body composition, broken down into total body fat %, total mass, fat tissue, lean tissue, and bone mineral content.
- Body Fat % with regional assessment
- VAT, or Visceral Adipose Tissue, is a specific type of fat that is associated with several types of metabolic diseases such as obesity, metabolic syndrome, and Type 2 diabetes.
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- Regional lean tissue report

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 & Brooke Heyman MS, ARNP, PMHNP-BC

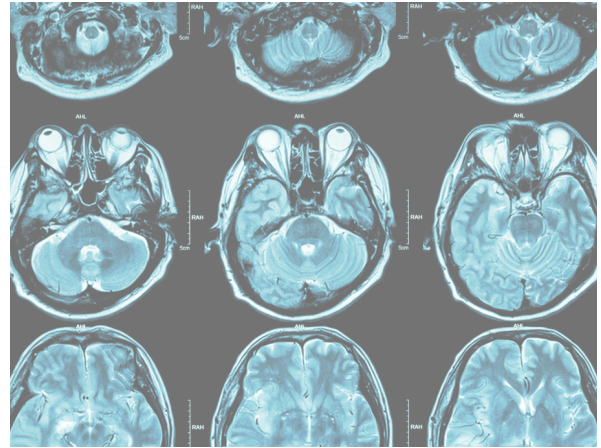


In this 4-part telemedicine series, you will have the opportunity to explore your own habitual behaviors and make sustainable changes in an intimate and confidential group setting. Through the use of lecture, guided visualization, breath work, and self-reflection you will build the insight and the skills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



SESSION TOPICS INCLUDE:

- The psychology and psychobiology around neuroplasticity and our ingrained behaviors
- The impact of the positive reinforcement process on our behavior
- The formation of early coping mechanisms through a lens of attachment theory
- An exploration of the motivations behind these old patterns
- Developing a structure for behavioral change and the creation of new habits



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

DATES: Wednesdays
May 1st, 8th, 15th, 22nd
(4 Week Series)

TIME: 7:00- 8:00 pm

LOCATION: Online (Telemedicine)

***Classes billed through insurance

ENERGY MEDICINE

ENERGY MEDICINE, HYPNOTHERAPY, PAST LIFE REGRESSION

with Dr. Louise Berkowicz, MD



Energy Medicine is an alternative therapy that uses bodily energy to remove blocks and promote inner balance and healing. Energy medicine works with subtle forms of energy that exist in and around the body. Visits include medical history, taking examinations and energy medicine assessment with a no-touch technique. There is no medication prescribed or procedures performed

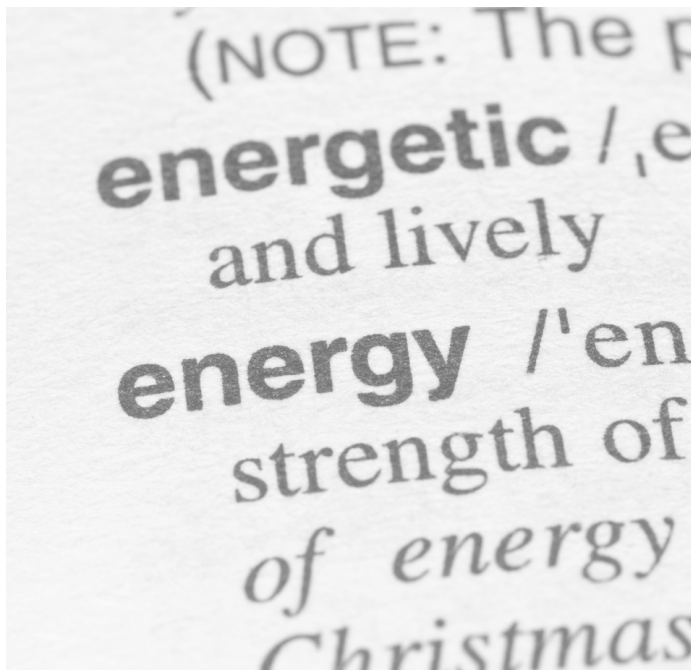
We honor the spirit as the essential animator of the body, mindful of the idea that as we heal the spirit, the body and mind are impacted in positive and beneficial ways.

We believe as health professionals that we must repair the spirit, which requires kindness, generosity, connection, environmental sustainability, caring, compassion, and empowerment of the self and others.



Dr. Louise believes in listening deeply to your body and mind. She works in partnering with patients to assist them in recognizing their inner strengths and beauty. She works and counsels patients to be their best selves.

Other services she provides include heart-centered, hypnotherapy, and past life regression. Dr. Louise sees patients in person and via telemedicine.



DATES: Mondays

Individual Appointments

TIME: 9 :00- 6:00 pm

LOCATION: Clinic & Online

*****Billed through insurance**

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. Tiffany Jaramillo

This 8-week series offered both in the clinic and via telemedicine- is based on the scientific understanding of the inextricable connection between 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

June 3rd, 10th, 17th,
July 1st, 8th 15th, 22nd, 29th
8 Week Series

TIME: 7:00- 9:00 pm

LOCATION: Online
(Telemedicine)

***Classes billed through insurance

DATES: Wednesdays

June 5th, 12th, 19th,
July 3rd, 10th 17th, 24th, 31st
8 Week Series

TIME: 7:00- 9:00 pm

LOCATION: Clinic

***Classes billed through insurance

IV THERAPY

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.

WEDNESDAYS & FRIDAYS

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 PHOSPHATIDYLCHOLINE:

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.

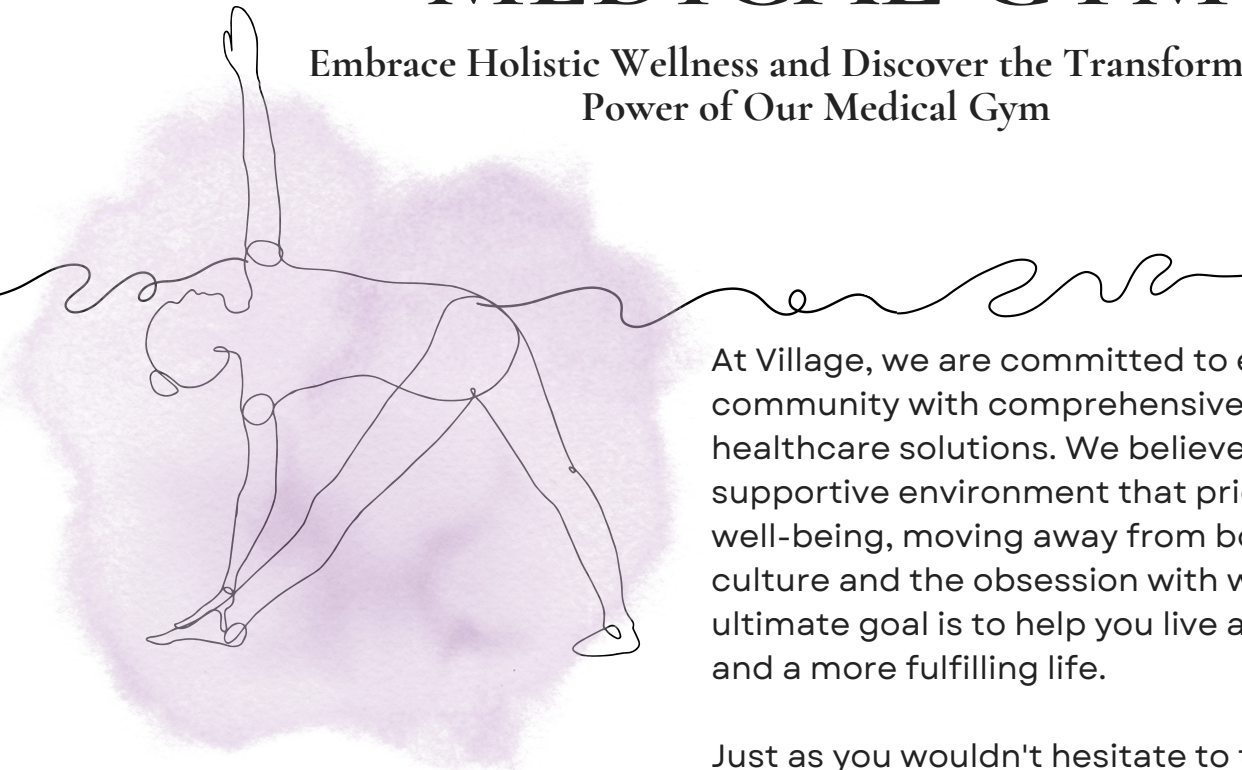
IV nutrient therapy provides a direct and efficient way to support the body's detoxification processes by infusing it with nutrients like vitamin C, B vitamins, glutathione, and more.



*****Sessions billed through insurance**

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.

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.

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.

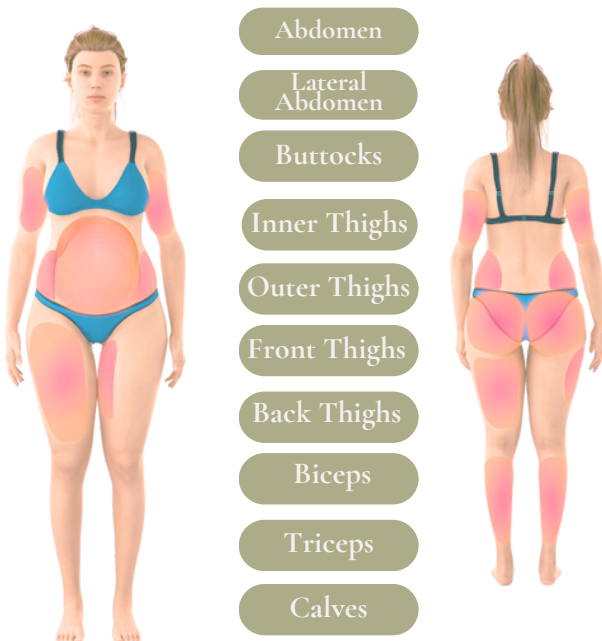
HIGH INTENSITY FOCUSED ELECTROMAGNETIC FIELD:

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

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 ELECTRICAL 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%

NEW EMFACE SUBMENTUM:

Only non-invasive solution to target every layer from muscle to skin to reduce your double chin.

Stimulation of submental tissues together with RF & HIFES results in overall aesthetic improvement of the submental



INSURANCE BILLING

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

<p>CLASSES & TREATMENTS</p> <p><i>Truly Grateful for you.</i></p>	<p>Foundational or Advanced Cleanse Class with Dr's Zech & Daniels or Shelby & Miszczyszyn & Spirituality, Mind Body Medicine Class with Dr. Jaramillo</p>	<p>Mind, Make it & Break it with Erin Brower & Brooke Heyman</p>	<p>IV Therapy Sessions with Dr. Paul Miszczyszyn</p>	<p>Energy Medicine with Dr. Louise Bercowicz</p>
<p>If you are in Network with Regence, Premera or another BlueShield plan</p>	<p>Consider the costs of copays, deductible and coinsurance balances</p>	<p>Consider the costs of copays, deductible and coinsurance balances</p>	<p>Consider the costs of copays, deductible and coinsurance balances</p>	<p>Consider the costs of copays, deductible and coinsurance balances</p>
<p>If you are Out-of-Network, uninsured, or you are choosing to pay out-of-pocket</p>	<p>Foundational: \$350.00 Advanced: \$300.00 Mind-Body: \$400.00 will be charged to your card on file at the time of service for each class OR All sessions can be purchased in advanced to receive a 10% discount</p>	<p>\$300.00 will be charged to your card on file at the time of service for each class OR All 4/5 sessions can be purchased for \$1,080 / 1,350 in advance</p>	<p>Typically starts at \$500 and varies based on the type of IV and treatment received.</p>	<p>Typically starts at \$300 and varies based on the length of appointment</p>
<p>Codes that will be billed to your insurance per session</p>	<p>99215 + 99417 X 4</p>	<p>99215 + 99417 X 2</p>	<p>99215 + 99417 AND 96365, 96366 OR 96360, 96361</p>	<p>Initial: 99205 or 99205 + 99417 Follow Up: 99213-99215 or 99215 + 99417</p>
<p># of Sessions required to attend</p>	<p>5 (8 for Mind Body) \$100 will be charged to your card on file (not billable to insurance) if session is missed</p>	<p>4 / 5 \$100 will be charged to your card on file (not billable to insurance) if session is missed</p>	<p>Optional However, \$100 will be charged to your card on file (not billable to insurance) if a scheduled session is missed</p>	<p>Optional However, \$200-\$250 will be charged to your card on file (not billable to insurance) if a scheduled session is missed</p>
<p>Non-billable fees</p>	<p>\$150 cost for the detox kit (Foundational Class Only)</p>	<p>N/A</p>	<p>Payment for the nutrients used is not billable through insurance. Prices are between \$25-\$250 per IV</p>	<p><i>thank you</i></p>



Holistic Body Cleanse

Spring/Summer 2024



VILLAGE MEDICINE

BE
BRAVE

Let's chat more about details and
what your insurance covers at your
provider consultation!