

JAN-MARCH 2024

VILLAGE

QUARTERLY

WELLNESS QUARTERLY



DR. PAUL
MISZCZYSZYN
WITH DR. TERRY
WAHLS



Welcome to Village Medicine, your destination for holistic health and wellness.

We believe in the power of community, compassion, and comprehensive care to transform your life.

With a team of dedicated experts, we're here to guide you on your journey to optimal well-being.



VILLAGE MEDICINE SEATTLE

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Medical Gym : FEBRUARY PROMOTION!

Meet our clinic providers

Discover a Healthier You at Village Medicine!

Our mission is to create a sustainable environment where providers and patients work in tandem to support the health and wellbeing of individuals, communities, and the planet.

Our diverse group of practitioners do this by providing exemplary and multi-disciplinary medical care.

In unifying our life's work with our lived experience, we offer a supportive and empowering environment that nurtures all communities and celebrates cultural and philosophical perspectives.

MEET OUR NEWEST TEAM MEMBERS



Our ever growing team aims to complete your holistic care



JAYMIE

Clinic Manager

We are delighted to introduce our new Clinic Manager, Jaymie, who joins us with dedication to enhancing your healthcare journey. Committed to ensuring an exceptional patient experience, Jaymie will be focusing on optimizing care and continuity, working tirelessly to provide seamless and personalized healthcare services for each one of you. With Jaymie at the helm, we look forward to further elevating the quality of care you receive at our clinic.



MARISA

Care Coordinator

We are delighted to introduce one of our new care coordinators, Marisa. With a history of working in healthcare reception, they are a wonderful addition to the team.



KRISTA

Care Coordinator

We are delighted to introduce one of our new care coordinators, Krista. Also with a history of working in healthcare, she is a wonderful addition to the team.

MEET OUR NEWEST TEAM MEMBERS



Our ever growing team aims to complete your holistic care



DR. ANNELISE HABLUTZEL, ND, LAC **Naturopathic Doctor, Licensed Acupuncturist**

Dear valued patients, we are thrilled to introduce our newest Clinic Support Staff, Dr. Annelise, a dedicated Naturopathic Doctor and Licensed Acupuncturist committed to enhancing your overall healthcare experience. With a passion for holistic wellness, they will play a vital role in ensuring a seamless patient flow while building their practice.

They also are available to see patients for acupuncture .



DR. CHRISTOPHER SHEETS, DNP, PMHNP-BC **Doctor of Nursing Practice**

We're delighted to introduce Dr. Sheets, our newest team member dedicated to enhancing mental health care. With a background shaped by an upbringing in an underserved area, he brings a deep understanding of the importance of accessible mental health services. Dr. Sheets is committed to personalized care, integrating techniques from yoga, supplements, neurostimulation, and therapy to address individual needs. Join us in welcoming him as we expand our services to provide even more comprehensive support to you, our valued community.



WINTER GROUP CLASSES

Every quarter, we offer a lineup of group classes designed and led by our wonderful providers.

These classes help our patients develop skills and hone practices that speak to their wellness as a whole.

Here are the amazing classes Village is offering this quarter!

January **NEW OFFERING!**

THE REVIVE, RESTORE, REST - RETREAT

Core Retreat

Cleanse Class

- Wednesdays (Telemed - 6:30- 8:30pm)
 - January 3rd, 10th, 17th, & 24th
- ***\$130 purchase for the entire month's supplements
- ***Classes billed through insurance

Constitutional Hydrotherapy

- Tuesdays (in clinic - 6:00- 9:00pm)
 - January 9th, 16th, 23rd, 30th
- Thursdays (in clinic - 6:00- 9:00pm)
 - January 11th, 18th, 25th, February 1st
- Saturdays (in clinic - 9:00am-12:00 pm)
 - January 13th, 20th, 27th, February 3rd

Add ons

Mind: Make It & Break It,

- Mondays (Telemed - 7:30- 8:30am)
 - January 8th, 15th, 22nd, 29th

Spirituality, Mind, Body, Medicine

- Mondays (Telemed - 6:00- 8:00pm)
 - February 19th, 26th
 - March 4th, 11th, 18th, 25th
- Wednesdays (In Person - 7:00- 9:00pm)
 - February 21st, 28th
 - March 6th, 13th, 20th, 27th

Medical Gym

- bonus treatments with packages

IV therapy

COMING AGAIN IN SPRING!

February.....March



Spirituality Mind Body Medicine

with Dr. Tara Shelby & Dr. Tiffany Jaramillo



ONLINE Group, Mondays,
6:00pm-8:00pm,
Starting Feb. 19th for 6 weeks (Feb
26th, March 4th, 11th, 18th, 25th)

IN PERSON Group, Wednesdays,
7:00pm-9:00pm
Starting Feb. 21st for 6 weeks (Feb 28th,
March 6th, 13th, 20th, 27th)



Spirituality Mind-Body Medicine group teaches the inextricable connection among our thoughts, sensations, feelings, and our mind, body, and spirit – between ourselves and the social and natural world in which we live.

The Center for Mind Body Medicine uses evidence-based skills for self-care, nutrition, self-awareness, and group support to promote wellness.

Mind-body skills, such as meditation, biofeedback, guided imagery, and self-expression, are scientifically validated to reduce stress and restore physical and psychological health. This approach heals individual trauma and builds community-wide resilience.

February.....March



Awakening Divine Pleasure, Level 1

with Dr. Ryan Simmons & Dr. Jen Daniels

ONLINE Group class, 4 weeks

Wednesdays, 6:30 - 8:30 pm, Feb 28th, March 6th, 13th, 20th

In this 4-part series, you will have the opportunity to work in an intimate group to explore your pelvic bowl, awaken your root energy, and bring forth your deeply held pleasure potential.

You will learn:

- How to ditch shame and open your heart to pleasure
- The anatomy and function of your pelvic bowl and the female arousal network
- Exercises for tuning into your body and turning up the heat
- How to integrate intimacy tools into your daily life

** Due to the specificity of the anatomical teachings in this workshop, it is for those assigned female at birth. **

April.....May



Awakening Divine Pleasure, Level 2



ONLINE Group class, 6 weeks

Thursdays, 6:30 - 8:30 pm,

April 18th, 25th, May 2nd, 9th, 16th, 23rd

Prerequisite: Awakening Divine Pleasure Level 1

In this 6-part deepening series we will be diving in to explore:

- the deep roots of shame and guilt and how to unravel the threads of these sensuality blockers
- your yes's, no's and maybe's. Do you really know what you want when it comes to pleasure? Discover how to explore, ask for, and receive what you want through the work of Betty Martin's Wheel of Consent and our Erotic Exploration Worksheet tool.
- the secrets of your sexual body. What does your sexual body say? How does it feel? What does it want? We will investigate this through art, writing, and embodied movement. You will witness and be witnessed in the authentic expression of who you really are (always within your consensual boundary!!)
- your fears and discomfort around attuned self-touch. We will have a vulvar mapping session where we will physically explore our own bodies through guided meditation, visualization, and self-touch. This is an intimate and personal exploration and your specific needs will be addressed in the moment before we embark on this powerful exercise.
- how to integrate these tools to bring them to life

** Due to the specificity of the anatomical teachings in this workshop, it is for those assigned female at birth.**

April.....May



Surviving & Thriving: a class for women* with ADHD Level 1 & Level 2

with Dr. Carrie McMillin

Level 1

Online, Tuesdays , 6:30- 8:30 pm

6 weeks, April 16th, 23rd, 30th, May 7th, 14th, 21st

Level 2

Online, Wednesdays, 6:30-8:30 pm

6 weeks, April 17th, 24th, May 1st, 8th, 15th, 22nd



In this series of classes, Dr. McMillin will help you better understand your ADHD brain so that you can finally get to the bottom of why you struggle in certain areas of your life. We will dig into specific strategies for problems with work, home life, and relationships. You will leave with helpful tools to try, curated resources, and a connection to other individuals who live with similar struggles every day.

*This class is designed for women and fem-presenting adults with ADHD, whether they struggle more with inattentive symptoms, hyperactive symptoms, or all of the above. We will touch on the unique ways that women and fem-presenting individuals with ADHD struggle due to societal pressures and late diagnosis.

Level One and Level Two classes are available!



@adhdetails on instagram

PERSONALIZED LIFESTYLE MEDICINE INSTITUTE, THOUGHT LEADER CONFERENCE 2024

DR. PAUL MISZCZYSZYN, ND



I attended the PLMI (Personalized Lifestyle Medicine Institute) conference this past October, and want to share the inspiration I witnessed for the wholistic naturopathic approach.

This Thought Leader Consortium was full of many scientists and doctors who have been pioneering research in understanding the whole person treatment and prevention of disease.

At the PLMI conference, I was beyond excited to meet Dr. Wahls, someone I watched in a TED talk 15+ years ago, who confirmed my desired path to become a naturopathic physician in the field of medicine.

Dr. Terry Wahls is a physician, clinical professor of medicine at the University of Iowa, and author of “The Wahls Protocol”. She has conducted clinical trials on the impact of diet and

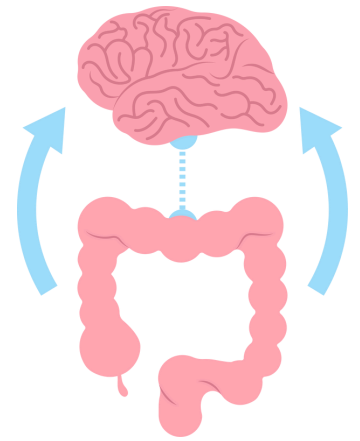
lifestyle on chronic diseases, with a particular focus on multiple sclerosis (MS) and amyotrophic lateral sclerosis (ALS). Dr. Wahls herself was diagnosed with secondary progressive MS and was dependent on a tilt-recline wheelchair for four years until she reclaimed her health using a diet and lifestyle program she designed specifically to restore her cellular health.

She wrote “The Wahls Protocol” to guide readers to reclaiming their own health using Paleo principles.

Dr. Terry Wahls and Dr. Paul Mischczyn



**“Naturopaths
are so
interested in
the quality of
your poop!”**



Dr. Wahls’ research-backed strategies to managing MS and other autoimmune diseases have been informed by science and her personal experience.

The various talks I heard, including Dr. Wahls’, talked about the NEURO-IMMUNE system, and the very important role of the gut health in progression of disease.

The GUT is FOUNDATIONAL for all health, and is the reason why naturopaths are so interested in the quality of your poop!



Viral Long COVID Mechanism:

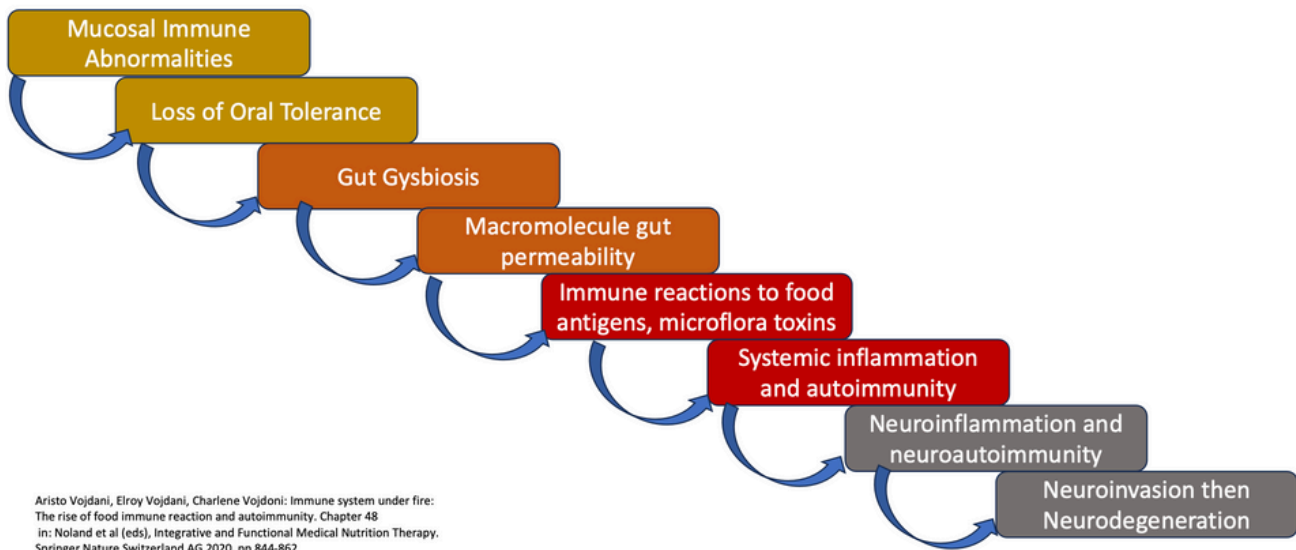
A notable aspect covered in the conference was the mechanism behind Viral Long COVID, explaining how type I interferon produced during a viral infection can lead to inflammation, affecting serotonin levels and subsequently impacting cognitive function.

When you get a viral infection, your body's natural defense system produces something called type I interferon, which triggers inflammation. This inflammation can reduce the levels serotonin in your body, in 3 different ways

- The diminished intestinal absorption of the serotonin precursor tryptophan
- platelet hyperactivation and thrombocytopenia, which impacts serotonin storage
- enhanced MAO-mediated serotonin breakdown.

Lower serotonin levels can then affect the activity of a nerve called the vagus nerve, which plays a role in brain health. These findings might help explain why some people with Long COVID or other post-viral conditions experience problems with memory, thinking, and mood.

Cascading Dysfunction from Gut to Brain





Exercise/ Movement brain health:

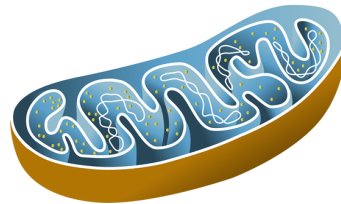
Another key focus was on the connection between exercise and brain health, highlighting the importance of movement in increasing brain-derived neurotrophic factor (BDNF).

Exercise is not just good for your body; it's crucial for brain health too. The chemical BDNF (brain-derived neurotrophic factor), vital for brain repair, significantly increases with movement and exercise. It doesn't matter what exercise or for how long – just move. Even short breaks from sedentary work can greatly benefit your brain. Walking is more potent than we think, and simple habits like parking farther away for a short walk to work can be an easy daily addition. For those with mobility issues, neuromuscular electrical stimulation has also been shown to increase BDNF. In simple terms: "If you want BDNF, you gotta move."



Exercise Recommendations GOALS:

- > 150 minutes of moderate-intensity/per week
- Stretching, balance, aerobic, strength
- Start slow, be consistent
- Variety in activity
- Enjoyment is key!



Mitochondria:

Mitochondria, like tiny power stations inside our cells, are essential for making energy that keeps our bodies working well. They help cells stay healthy by managing important processes and defending against harmful substances.

When mitochondria work efficiently, they contribute to good overall health and can even play a role in living longer. To keep mitochondria in good shape, it's important to eat a balanced diet with lots of antioxidants and to exercise regularly. This helps the mitochondria do their job, producing energy and protecting cells from damage.

Taking care of these little powerhouses can contribute to a healthier life and potentially increase our chances of living longer.

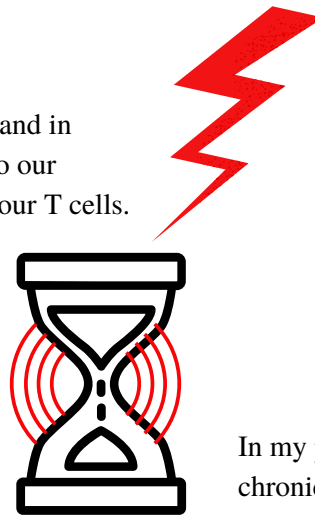
Nutrients that support mitochondrial health are:

- Magnesium, Carnitine, Glutathione, Omega-3, Niacin (B3)

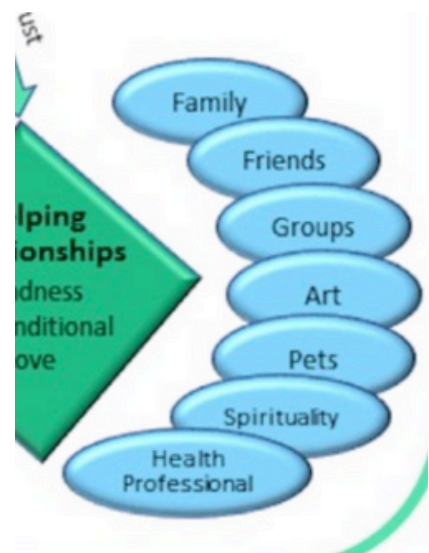
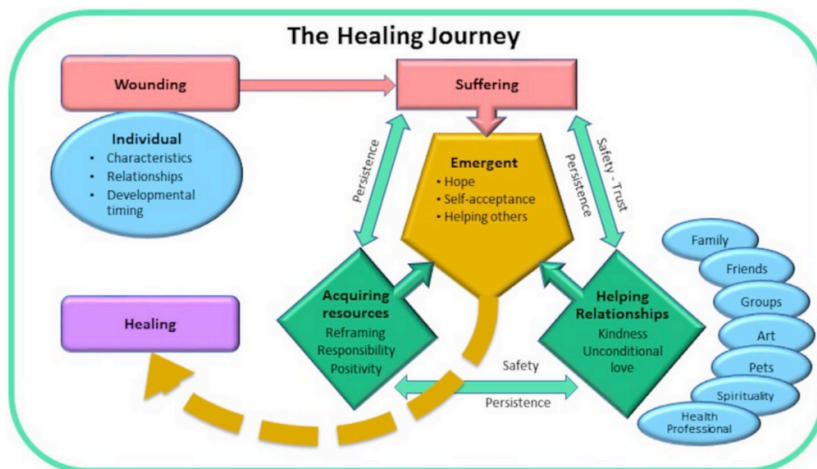


Inflamm-Aging:

Immunological and mitochondrial injuries go hand in hand, known as inflamm-aging, which relates to our vulnerability to infections and the condition of our T cells. Exposure to various toxins, chemicals, viruses, bacteria, fungi, and mold throughout life contributes to inflamm-aging. To address this, maintaining both our immune systems and mitochondria is crucial. I focus on removing chronic immune insults in my practice, as it's a key part of my passion. Testing for chronic infections can be a vital piece in understanding why someone feels unwell or struggles to recover. Using remedies like berberine, nutrients such as IV Vitamin C and Zinc, and lifestyle interventions like Infrared Sauna, my goal is to strengthen patients' immune systems, enabling them to clear chronic inflammatory infections. This, in turn, reduces the overall burden on the immune system, allowing the body's natural healing abilities to restore our systems positively.



In my practice, I am committed to addressing chronic immune insults by incorporating nutrients, herbs, IV therapy, and lifestyle interventions, as well as advanced testing to understand patients' well-being, in order to foster an environment where the body's natural healing abilities are promoted. The holistic insights gained from the PLMI conference continue to shape my dedication to naturopathic medicine and the pursuit of comprehensive well-being for patients.



Part of our Village Medicine mission is to encompass as much of this healing journey in order to best serve our community, and group courses, our art shows, furry friends, and spirituality is what sets us apart.



HERBAL RECIPE

BY DR. MEGHAN ZECH



VILLAGE MEDICINE SEATTLE

IMMUNE SUPPORT FOR WINTER WELLNESS

As winter approaches and the inevitability of cold and flu season looms, many to seek effective ways to fortify their immune defenses. Cold and flu bombs are a convenient and proactive approach to supporting immune function and battling the common cold and flu. This pre-made, frozen concoction not only simplifies the process but also offers a quick and potent remedy when you need it most.

Unlocking Nature's Defense Mechanism:

Crafted from a thoughtful blend of immune-boosting herbs, these cold and flu bombs serve as a formidable ally in the fight against seasonal illnesses. This preparation typically includes a mix of herbs renowned for their antiviral and immune-strengthening properties, such as echinacea, elderflower, ginger, and chamomile.

Quick and Convenient Relief:

The beauty of these frozen elixirs lies in their readiness. Prepared in advance and conveniently stored in your freezer, they offer a swift solution at the first sign of illness. Simply thaw and consume to harness the beneficial compounds that these herbs provide, providing your body with a natural defense boost.



*Ginger /
Zingiber officinale*

Efficacy + Action of Ingredients:

Echinacea: Known for its immune-boosting properties, echinacea can potentially reduce the duration and severity of cold symptoms.

Elderflower: With a strong affinity for the upper respiratory tract, elderflower is celebrated for its ability to inhibit the replication of certain viruses and is a go-to for prevention and early management of the common cold or influenza.

Ginger: With its anti-inflammatory and antiviral properties, ginger serves as a potent ally in easing symptoms and supporting overall immune health.

Chamomile: Renowned for its anti-inflammatory and nervine actions, chamomile complements the blend by providing a calming and soothing effect while also reducing muscle tension.



Echinacea purpurea

COLD & FLU BOMBS

BY DR. MEGHAN ZECH



INGREDIENTS:

- ¼ inch organic fresh ginger, peeled and sliced
- 1 tablespoon dried echinacea root
- 2 tablespoons dried elderflower
- 1 tablespoon dried chamomile flower
- 2 cups filtered or spring water

Cold and Flu Bomb Recipe adapted from Herbal Academy
(www.theherbalacademy.com)

DIRECTIONS:

1. Add ginger, elderflower and echinacea to a pot, along with 2 cups of filtered water. Allow them to simmer covered for 10 minutes.
2. Turn off the heat and add in the chamomile, cover the pot again and allow to steep for an additional 5 minutes.
3. Strain out the herbs and reserve the liquid.
4. Using an ice cube tray pour the cold and flu tea into the tray and let it freeze.

To Use:

When you are feeling under the weather, simply take a Cold & Flu Bomb out of the freezer and place it in a mug. Pour hot water over it to melt it into a delicious and immune supportive drink.

Drink 1-2 cups daily at first sign of an illness.

Herbs can be found locally at any of the following locations:

- **The Herbalist**, 2106 NE 65th St, Seattle, WA 98115
- **Rainbow Natural Remedies**, 409 15th Ave E, Seattle, WA 98112
- **Herban Wellness**, 103 Lake St, Kirkland, WA 98033

COLD & FLU BOMBS



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CHANGING OUR HABITS WITH ERIN BROWER, LMHC

2024

Changing Our Habits: Starting 2024 As The Me I Am Supposed To Be

The new year often prompts reflection on the challenges we faced in maintaining or achieving our goals, shedding old destructive habits, and embracing healthier ones. From sleep schedules to nutrition, exercise to mindfulness routines, many of us have fallen into the New Year's resolution trap. Let's approach 2024 differently! Here are a few quick tips and tricks for changing habits without crushing our spirits in the new year:

1. Choose one attainable habit/behavior:

Instead of attempting a complete overhaul of who we've been, start small for success. Rather than setting a vague goal like "getting healthier," try "adding more vegetables to my diet."

2. Assess your motivation:

Before attempting to change a behavior, understand why you engage in it. For instance, if trying to cut down on sweets, acknowledge if it's due to hunger, comfort, or perhaps unprocessed anger. Address your motivation consciously as an act of self-care, such as journaling about frustrations.

3. Set yourself up for success:

Rearrange your behavior patterns around the habit you're changing. For instance, if aiming to stop drinking and you associate it with cooking, try pouring a fancy mocktail instead. Change the context to trick the brain's muscle memory.

**"Let's make 2024 a
year of positive
change for ourselves
and our communities."**

4. Challenge negative beliefs:

Our thoughts play a significant role in changing habits. Challenge negative beliefs like "I just suck at certain things" by affirming positive statements. For example, say, "I am in the process of changing every day, learning to alter my relationship with alcohol."

5. Be patient and consistent:

Understand that it takes 66 days for a new behavior to become muscle memory. Even challenging behaviors, like waking up early for a walk, can become habits if practiced consistently. Start small and stay committed.

These past few years have been tough for many of us—let's be frank, for most of us. Let's make 2024 a year of positive change for ourselves and our communities.

SUCCESS

Navigating Cancer with Integrative Oncology: A Holistic Perspective



Dr. Meghan Zech, ND, FABNO

For those facing a cancer diagnosis, the journey is not just about survival—it's about living with vitality and maintaining a positive quality of life. Integrative Oncology, a personalized and comprehensive approach, plays a pivotal role from diagnosis through survivorship and offers a holistic framework for health and well-being.

Integrative Oncology represents an interdisciplinary field that unites conventional cancer treatments, such as surgery, chemotherapy, and radiation, with evidence-based complementary therapies. Its overarching goal is to address not only the disease itself but also the diverse needs of the patient. This approach encompasses managing immediate and long-term side effects, enhancing quality of life, and promoting overall health to reduce risk of future recurrence.

Key Principles:

Individualized Care: In recognition of each patient's uniqueness, treatment plans are tailored to specific needs and values.

Holistic Well-being: While the physical aspects of cancer are integral, Integrative Oncology also acknowledges the importance of supporting emotional, psychological, and spiritual well-being.

Lifestyle and Nutrition: A focus on lifestyle impact, a balanced diet, regular exercise and stress management can all contribute to improved treatment response. These elements also play a crucial role in post-cancer health by providing support for the immune system, energy levels, and overall vitality.

Benefits of Integrative Oncology:

Improved Quality of Life: Integrative Oncology enhances overall well-being, addressing not just physical symptoms but also emotional and social aspects.

Reduced Side Effects: Chemotherapy and radiation can bring about various side effects, including fatigue, neuropathy, or cognitive challenges such as chemo brain. Integrative oncology support plays a pivotal role in mitigating these side effects, offering both short-term relief and long-term improvement.

Empowerment: Active involvement of patients in their healing journey helps to empower them to play a pivotal role in their care decisions and ultimately, their health.

Integrative Oncology emphasizes the importance of treating the whole person alongside the disease. It is not a one-size-fits-all approach; rather, it is a dynamic and adaptable framework that evolves with the patient's journey. From actively supporting individuals through treatment to empowering survivors in their ongoing health, this holistic approach offers patients a comprehensive and personalized path towards healing and well-being.

BOOK CLUB:

No Mud, No Lotus

by Thich Nhat Hanh



Dr. Kira Baum, ND, Lac

I've recently been enjoying a captivating book, suggested by a delightful member of our community, and I am so happy to share it with our Village community. It's titled "No Mud, No Lotus" by Thich Nhat Hanh.

Thich Nhat Hanh possesses a writing style that is both succinct and highly relatable. Within the pages of this book, you'll discover a wealth of insights on navigating the journey towards **joy** and **peace** in our hectic world. I highly recommend experiencing it as an audiobook to transform it into an extended **guided meditation**. It's a delightful gem that I believe our readers will thoroughly enjoy.



Intention



Sophia Adams, psych ARNP

New years resolutions are great ideas, but unless you are able to connect them with your intention, they don't always end up **serving you** the way you had wished. You may achieve your resolution which, in the moment, can feel like an accomplishment. But sometimes, for various reasons, you may not. This can feel like a failure added on to a string of others, especially if you **attach** yourself to the outcome.

So, I want to talk about intention and being intentional.

As a yogi and yoga teacher (prior to being a Psych NP) I have been trained to work intentionally and I often start my class by asking yogis to set their intention for their practice that day. I obviously never know what intention they set but I try to guide them to pick something inspiring to them that speaks to their deeper self. So, when things get difficult in yoga practice, they stay strong to **their intention** of **their practice** that day. That is where the magic happens.

When we apply this concept broadly and move about life with intention then we are doing **the work.** However, in order to set your true intention you need to be open to digging deep, trusting your intuition and listening to your heart.

Yes, in the beginning that may look like "I want to be good at these asanas [yoga poses]" but then with practice (or perhaps, the work) you will reach a point where **you are "good" at them.** Then what!?! Then you work on "oh right, that other thing my crazy yoga teacher keeps saying".... Connecting with your breathe. That's where the **real** yoga starts.

What we are trying to do here is hone in on your skill of emotionally regulating difficult situations with your ability to control your breathe. (Don't worry I was shocked when I realized this too. I didn't see the bigger picture when I first started "doing yoga"). When you can control your breathe then you can start to control your mind.

So, I'll start by sharing my intention for this new year that I have garnered from #vanlife. Balance. All things in balance.

I intentionally wish you all the best.

-Sophia

Medical GYM at Village Medicine

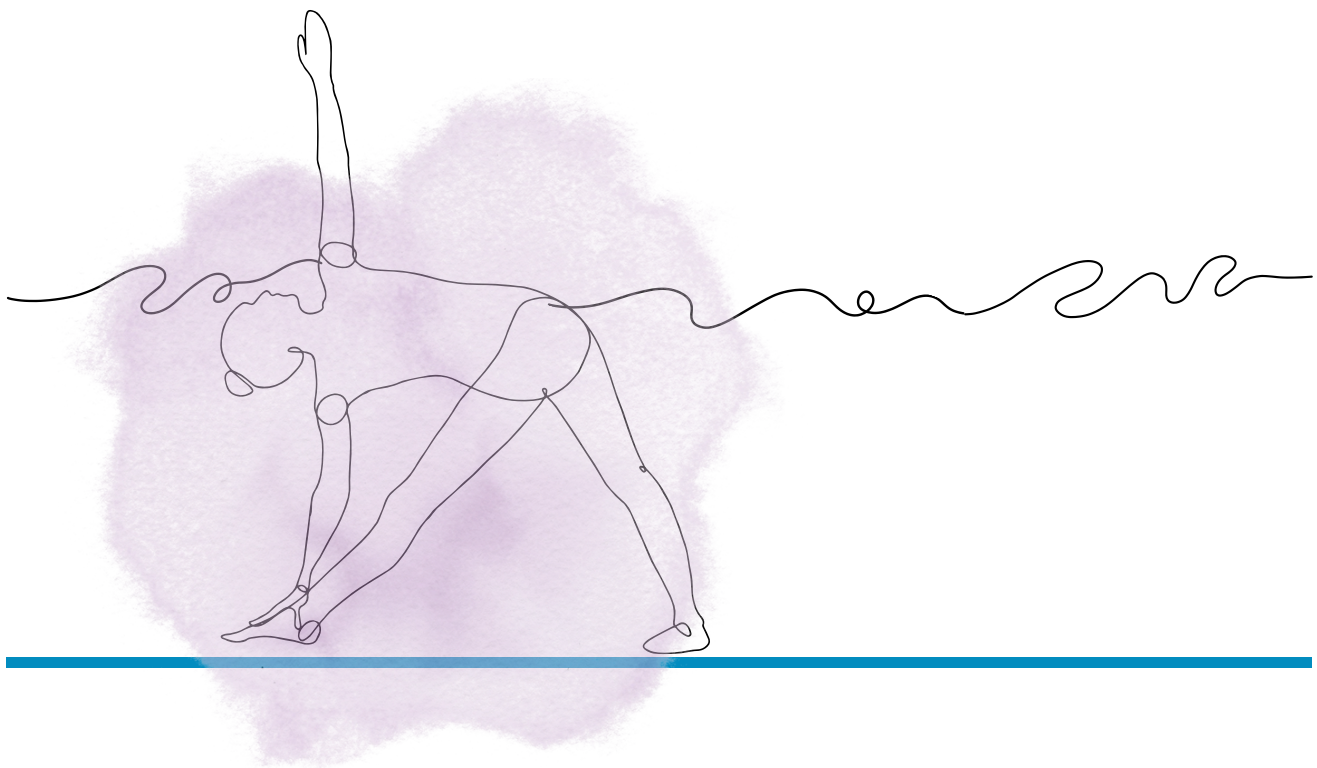
At Village, we are committed to empowering our community with comprehensive and preventative healthcare solutions. We believe in fostering a supportive environment that prioritizes overall well-being, moving away from body-shaming culture and the obsession with weight scales. Our ultimate goal is to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

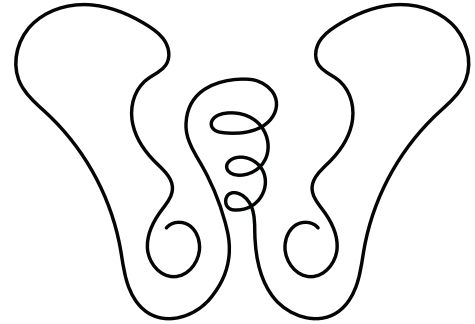
Who can benefit from EMSSELLA?

Emsella is a revolutionary non-surgical pelvic floor therapy with substantial benefits for both men and women. It uses highly focused magnetic 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.

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 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.



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

EMsculpt NEO



EMsculpt Neo is a non-invasive treatment that simultaneously combines Radio-frequency heat and HIFEM magnetic technology in one procedure to **reduce fat and build muscle**.

EMsculpt Neo creates what is called a supra-maximal 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.

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 supporting fatty liver
- Raise lean muscle and total metabolic rate (BMR)
- Rehabilitation of limbs after fractures
- Improve balance and coordination

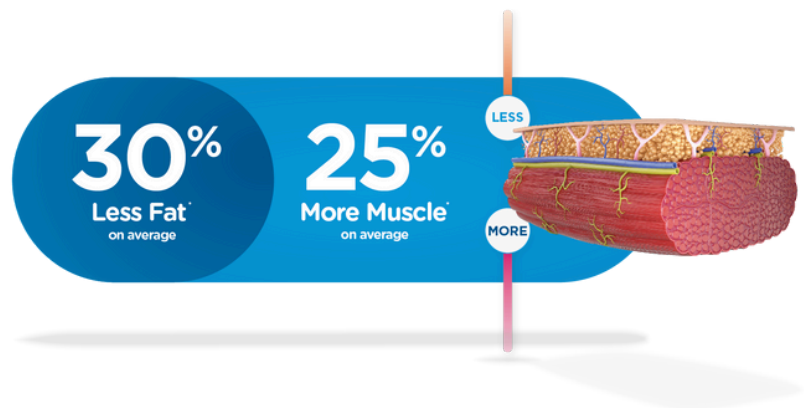
High Intensity Focused Electro-Magnetic Pulses:

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:

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

All the places we can use the Emsculpt



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

EMface

Facial Fitness for a fresh YOU 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 you looking like you! 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%

SPECIAL
VALENTINE'S
MONTH OFFER

SHARE THE LOVE
EMSCULPT^{neo}[®]

2 people for
the price of 1

available for Abs/Core (1 paddle)
for:

- 1 session to try!

or

- full package (4, 6, or 8 sessions)

*purchase must be in the month of February 2024
& treatments must be done together



MEET OUR AMAZING PROVIDERS

Dr. Tara Shelby, ND, LM Founder and CEO, Naturopathic Primary Care Physician

Tara believes that the best doctors are those who serve as ambassadors of information and who take the time to consult, engage, and empower patients. She works in relational-based collaboration with her patients so that they are active participants throughout the process of their own healing and in the development of their treatment plans.



Dr. Paul Mischyszyn, ND Naturopathic Primary Care Physician

Paul believes that our biomedical health reverberates into every part of our lives: work, relationships, physicality, and attitude.

Using a thorough health assessment and in-depth lab testing, he works with patients to replace unhealthy habits with tools to promote health.

Dr. Carrie McMillin, ND Naturopathic Physician, Integrative ADHD Specialist

A combination of a fascination with neuroscience along with navigating the world of ADHD and neurodivergence with her own family, led Dr. Carrie to create a practice specializing in working with people with ADHD and anxiety. She is passionate about helping children and adults gain control over their lives through accurate diagnosis and a better understanding of how their awesome brains work.



Erin Brower, LMHC

Individual & Couples Counseling

With over 20 years of experience in clinical therapeutic work, and a lifetime of curiosity, Erin is driven to understand relationships and connections of all kinds. She has always been fascinated by why people seek connection and what can be done to strengthen those bonds over time. She teaches clients how to establish kind, clear boundaries, and honest communication. Together with her clients, she works to create environments where sustainable healthy relationships are formed.



Dr. Ryan Simmons, DPT

Physical Therapist, Pelvic Floor Specialist

Ryan is a practitioner with over 15 years of experience in therapeutic massage and integrative healthcare modalities, such as perinatal care, hormone health, and indigenous healing practices. She has received extensive training in various areas, including internal pelvic assessment and treatment, nutrition and gut healing, somatic experiencing and trauma, breath work, and yoga.

Dr. Meghan Zech, ND, FABNO

Naturopathic Physician, Integrative Oncology

Meghan provides integrative support and side effect management for cancer, cardiovascular disease, metabolic concerns, gastrointestinal concerns, menopause, osteoporosis/osteopenia, anxiety and depression, insomnia, and fatigue.



CONTACT US

5600 14th Ave NW
Seattle, WA, 98107

206.919.0175

www.villagemedicineseattle.com

Dr. Christopher Sheets, DNP, PMHNP-BC

Doctor of Nursing Practice

Dr. Sheets specializes in mental health care, with a background shaped by an upbringing in an underserved area, he brings a deep understanding of the importance of accessible mental health services. Dr. Sheets is committed to personalized care, integrating techniques from yoga, supplements, neurostimulation, and therapy to address individual needs.



Dr. Jen Daniels, ND, ARNP

Family Nurse Practitioner, Naturopathic Physician

As a Family Nurse Practitioner and Naturopathic Physician Jen walks the line between both worlds of the traditional medical model and naturopathic medicine. Initially trained as a Naturopathic Physician, Jen's core indoctrination and medical philosophy has always stemmed from the naturopathic perspective. Her approach to patient care is blending both worlds together, meeting patients where they are at and using all the tools in the toolbox from mainstream medications to botanicals.

Dr. Annelise Hablutzal, ND, LAC

Naturopathic Doctor, Licensed Acupuncturist

Dear valued patients, we are thrilled to introduce our newest Clinic Support Staff, Dr. Annelise, a dedicated Naturopathic Doctor and Licensed Acupuncturist committed to enhancing your overall healthcare experience. With a passion for holistic wellness, they will play a vital role in ensuring a seamless patient flow while building their practice.

They also are available to see patients for acupuncture .



CONTACT US

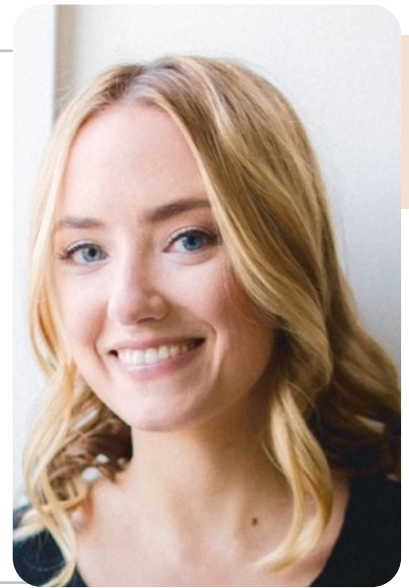
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Brooke Heyman, ARNP Advanced Registered Psychiatric Nurse Practitioner

Brooke is a board-certified Psychiatric Nurse Practitioner trained in psychiatric assessment and treatment with medication management, psychotherapy, and a variety of non-pharmacological approaches. She works with clients ages 21 and older. She utilizes conventional, integrative, and complementary or alternative approaches to psychiatric assessment and treatment.



Dr. Kira Baum, ND, LAC, EAMP Naturopathic Physician, Hypnotherapy, Acupuncture and East Asian Medicine

Naturopathic medicine has allowed Kira to delve deep into a way of healing that meets the person where they are at and invites them to get closer to the earth and to their higher self. She gets to listen deeply, serve as a guide and resource for her patients, and incorporate the healing power of eastern medicine (acupuncture), the natural world around us (herbal medicine and nature immersion), and the Inner wisdom of her patients.



Julia Pascualy, LMHCA Individual Counseling

Implementing a person-centered & trauma-informed approach, Julia supports her clients on their mental health journey through empathic understanding, empowerment, & a belief in their ability to evolve and heal. She values cultural humility, a lifelong process that involves suspension of judgment, meeting clients where they are, and respecting diverse experiences & points of view. Julia specializes in treating anxiety disorders (i.e., OCD, GAD) and is trained in CBT and Exposure and Response Prevention (ERP).



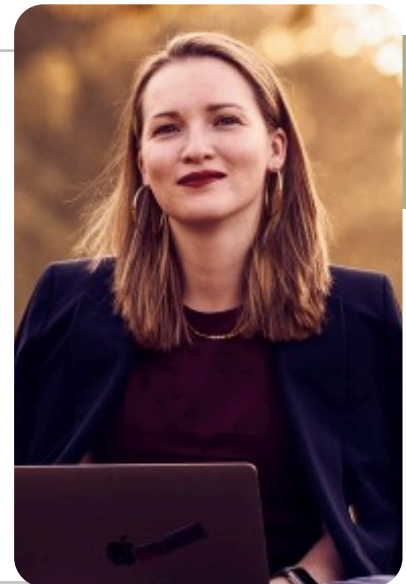


Dr. Louise Berkowicz, MD Energy Medicine Physician

The human energy field is a field of energy that surrounds everyone. A balanced energy field is one that has symmetry of flow, rhythm and gentle vibration and feels comfortable. Louise's goal is to bring about that harmony and symmetry. Louise offers heart centered hypnotherapy, as well as using 'past life regression therapy' for some patients. The energy medicine Louise practices involves leading the patient to be able to deeply listen to their body. And live the most authentic balanced life that is possible.

Irina Rakhmanova Mentor and Healer

Inner honesty changes the attention vector from the outside world to personal internal processes. When we stop doing things on autopilot and start paying close attention to our feelings, we become aware of our inner needs and desires. We start recognizing what is truly ours and what is influenced by others, building an essential skill of self-reflection. Irina believes that a comprehensive understanding of oneself gives an impulse to act, try new things, overcome fears, breathe more freely, and live more fully.



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WHAT'S YOUR ATTACHMENT STYLE? WITH ERIN BROWER, LMHC

Check the small box next to each statement that is TRUE for you.
(If the answer is untrue, don't mark the item at all.)

	TRUE		
	A	B	C
I often worry that my partner will stop loving me.	<input type="checkbox"/>		
I find it easy to be affectionate with my partner.		<input type="checkbox"/>	
I fear that once someone gets to know the real me, they won't like who I am.	<input type="checkbox"/>		
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.			<input type="checkbox"/>
When I'm not involved in a relationship, I feel somewhat anxious and incomplete.	<input type="checkbox"/>		
I find it difficult to emotionally support my partner when they are feeling down.			<input type="checkbox"/>
When my partner is away, I'm afraid that they might become interested in someone else.	<input type="checkbox"/>		
I feel comfortable depending on romantic partners.		<input type="checkbox"/>	

WHAT'S YOUR ATTACHMENT STYLE?

Check the small box next to each statement that is TRUE for you.
(If the answer is untrue, don't mark the item at all.)

	TRUE		
	A	B	C
My independence is more important to me than my relationships.			<input type="checkbox"/>
I prefer not to share my innermost feelings with my partner.			<input type="checkbox"/>
When I show my partner how I feel, I'm afraid they will not feel the same about me.	<input type="checkbox"/>		
I am generally satisfied with my romantic relationships.		<input type="checkbox"/>	
I don't feel the need to act out much in my romantic relationships.		<input type="checkbox"/>	
I think about my relationships a lot.	<input type="checkbox"/>		
I find it difficult to depend on romantic partners.			<input type="checkbox"/>
I tend to get very quickly attached to a romantic partner.	<input type="checkbox"/>		

WHAT'S YOUR ATTACHMENT STYLE?

Check the small box next to each statement that is TRUE for you.
(If the answer is untrue, don't mark the item at all.)

	TRUE		
	A	B	C
I have little difficulty expressing my needs and wants to my partner.		<input type="checkbox"/>	
I sometimes feel angry or annoyed with my partner without knowing why.			<input type="checkbox"/>
I am very sensitive to my partner's moods.	<input type="checkbox"/>		
I believe most people are essentially honest and dependable.		<input type="checkbox"/>	
I prefer casual sex with uncommitted partners to intimate sex with one person.			<input type="checkbox"/>
I'm comfortable sharing my personal thoughts and feelings with my partner.		<input type="checkbox"/>	
I worry that if my partner leaves me I might never find someone else.			
