

JAN - MARCH 2025

VILLAGE

QUARTERLY

DR. TIFFANY JARAMILLO



INTEGRATIVE CARE



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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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.

GROUP COURSE

New Years FOUNDATIONAL CLEANSE



Kick off your New Year with a live virtual program designed to support your health resolutions!

- **Achieve Your Health Goals:** Build sustainable habits for lasting health.
- **Boost Energy & Vitality:** Clear toxins and revitalize to feel your best in 2025.
- **Support Gut Health:** Optimize digestion with a guided reset.
- **Uncover Food Sensitivities:** Identify foods that best support your health.
- **Live Empowered:** Gain tools for a balanced, vibrant lifestyle.

✦ JAN 14TH - FEB 11TH ✦



Classes meet weekly online
Tuesday evenings 7-8:30 PM
lead by

**Jen Daniels, ND, ARNP &
Meghan Zech, ND, FABNO**



*Your path to wellness
in 2025*

***Classes billed through insurance

ADVANCED CLEANSE & FASTING CLASS

EDUCATION, INSPIRATION, ACCOUNTABILITY, COMMUNITY

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



This group is best for those with previous cleanse/detox whole 30 diet 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

Cleanse Class - Online

- Mondays, 7:00- 8:00pm
 - Coming this Spring 2025

***Classes billed through insurance

Diet not discussed. This course is for patients who have done and are skilled in Whole30, or whole foods eating.

We will dive deeper into maximizing detox and longevity.

A weekly 36 hr fast occurs during this cleanse.



Spirituality Mind Body Medicine

with Dr. Tiffany Jaramillo, ND, LAc

Online: Mondays:

- Feb 10th, 17th, 24th, March 3rd, 10th, 17th, 24th, 31st
- (8 Week Series)

TIME: 7:00- 9:00 pm - LOCATION: Online (Telemedicine)

or

In Person: Wednesdays:

- Feb 12th, 19th, 26th, March 5th, 12th, 19th, 26th, April 2nd
- (8 Week Series)

TIME: 7:00- 9:00 pm - LOCATION: Village Medicine



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.

YOU WILL EXPERIENCE :

- Guided Meditations
- New skills each week to tap into the mind-body connection
- Community
- Growth and Awareness



Surviving & Thriving: a class for women* with ADHD

with Dr. Carrie McMillin



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 1: 7:00-8:30 pm (TELE), Wednesdays

- Jan 8, 15, 22, 29, Feb 5, 12 (6 weeks)

Level 2: TBD

Level 3: TBD



@adhdetails on instagram



NEUROPLASTICITY

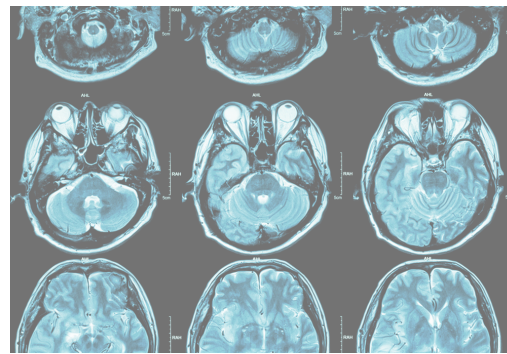
A holistic way to tackle entrenched habits and make sustainable life long changes



*with Erin Brower LMHC ,
& Brooke Heyman MS, ARNP, PMHNP-BC*



In this 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

Class - Online

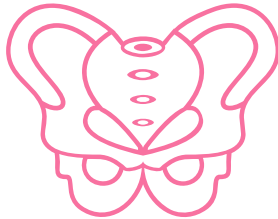
- Mondays, 7:00- 8:00 pm
 - Coming this Spring 2025



***Classes billed through insurance

Awakening Divine Pleasure

with Dr. Ryan Simmons & Dr. Jen Daniels



In this 8-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.

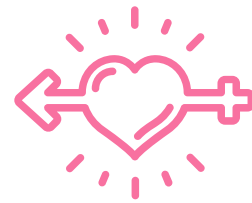
You will learn:

- Why we don't know more about our own sexuality
- The anatomy and function of the pelvic bowl and arousal network
- Exercises for tuning in and turning up the heat
- How to integrate intimacy tools into your daily life



This class is good for you if:

- You have low libido, and you know you should do something, but you don't know what
- Your sexual pleasure is dwindling due to hormonal or life changes
- You have painful or unsatisfying sex or can't have an orgasm
- You have ignored problems in your vulva, vagina, and pelvic bowl
- For a long time but are ready to relieve yourself from that burden
- Sex is the elephant in the room for you and your partner
- You want to begin healing from a boundary violation, such as sexual abuse, gynecological trauma, or birth trauma



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

Class - Online

- Tuesdays, 7:00- 8:00 pm
 - Spring 2025, March 11, 18, 25, April 1, 8, 15, 22, 29

***Classes billed through insurance

Session topics include:

1. Sexual Shame and Reclamation
2. Pelvic Anatomy
3. Pelvic Energetics
4. Integration Tools

HERBAL MEDICINE SERIES

with Dr. Meghan Zech, ND, FABNO, RH



Discover the art of crafting herbal remedies tailored to address prevalent health issues in this herbal medicine series. Classes are taught by Dr. Zech, a registered herbalist with the American Herbalist Guild.

Each 2-hour session delves into a distinct health condition, providing hands-on instruction on herbal medicine formulation.

You will leave each class with your own herbal creation!

IN-PERSON SESSIONS HELD
MONTHLY ON THE FIRST
TUESDAY Starting March
EVENINGS FROM 7-9 pm

Register now with our front desk staff
**Classes billed through insurance

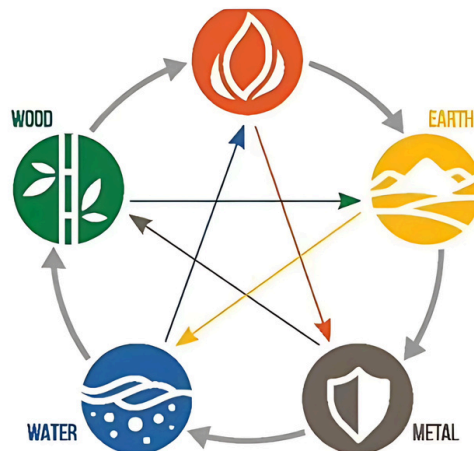




The season of winter is upon us reaching its full intensity on the Winter Solstice. At the solstice the energy of winter began decreasing daily. Come the first week in February, the energy of spring will start trickling in until spring reaches its full potential on the equinox in March.

In Chinese medicine, the season of winter is the season of the water element. As we settle into the most yin time of year it is important to remember to live with nature and to observe the subtle changes that all living things do in order to adapt to the cold of winter.

The winter chill asks us to SLOW down and nourish ourselves. This time of year is about turning inward and to preserve our energy to withstand the winter months as we will not be able to replete our stores until the yang seasons of the year appear once again, spring & summer. We are nature and nature is us. **Winter season asks you to respect the rhythm of nature to simply bring you into closer harmony with yourself.**



Winter season is about the water element. Water has the ability to be incredibly fluid and flowing however it also can become rigid & hard with the freezing temperatures. It is the element with the most ability to evolve. Think about the flow of rivers and how one minute they can gush and other moments be so still and serene- no matter the flow they will always have the foundation bed and the walls of the bank to course correct and maintain strong boundaries. The water element in Chinese medicine has a direct relationship with the kidney and bladder organs- physically, mentally, and emotionally.

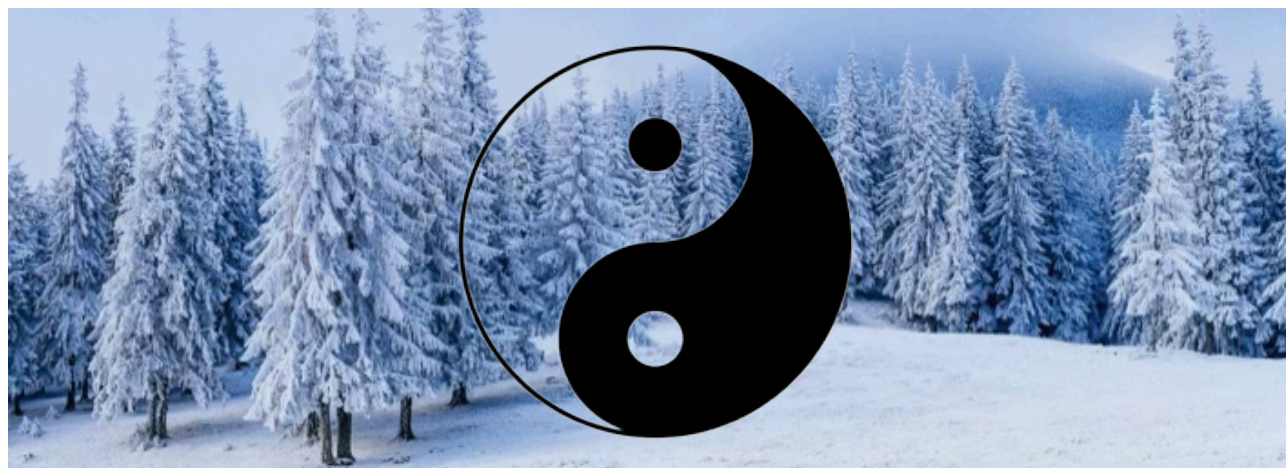
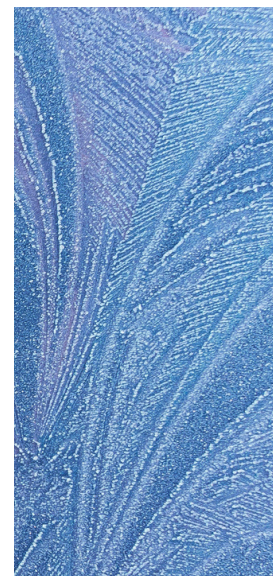
WINTER SEASON in Chinese Medicine

with Dr. Tiffany Jaramillo, ND, LAc

The color of winter and water element is **blue**. Perhaps this is more difficult to distinguish in Seattle as we don't get very much snow. When it snows the reflection of blue can be seen all over the landscape- from the water reflecting on the snow, the dark sky, and even frost & ice takes on a lavender/ blue hue. It's no wonder that people often find themselves feeling "blue" this time of year, yet blue is also a color that is incredibly calming, tranquil, and serene.

What if instead of fighting the winter season we embraced it?

Perhaps if we live with nature and thus with winter we would feel more at peace rather than depressed. This is a time of year to take stock of all that we have achieved & accomplished this year and to finally enjoy the fruits of our labor rather than forcing ourselves to try and complete our to- do list. That is yang energy and thus is out of alignment with the rhythm of nature.



Water Personality Type:

Humanitarians, advocates & entrepreneurs. They have the type of personality that can easily go with flow but strong enough boundaries to course correct when needed. They are humble, charismatic, and have the ability to remain calm & focused even in the face of chaos. These types often find themselves enjoying activities, sports, and careers that involve risk taking and adrenaline surges which for obvious reasons makes their ability to balance sympathetic overdrive essential for overall wellbeing & health and why downtime is so essential for these folks.

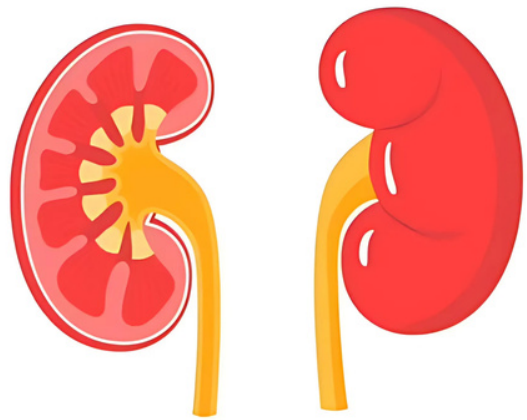
WINTER SEASON in Chinese Medicine

with Dr. Tiffany Jaramillo, ND, LAc

Psycho- Emotional Signs & Symptoms that your Kidneys may be Struggling:

The emotion of the Kidneys and Water Element is Fear. Too much or too little can cause disharmony. If your element is imbalanced you may engage the freeze response in the face of real or perceived danger which can often feel paralyzing.

The opposite can be said in that you may not have enough fear instilled and find yourself taking far too many risks or are an adrenaline junkie.



Emotions & Balance:

Fear when in balance keeps us SAFE and in check. It is the oldest known human emotion and this makes sense from an evolutionary viewpoint. This is how our ancestors stayed alive.

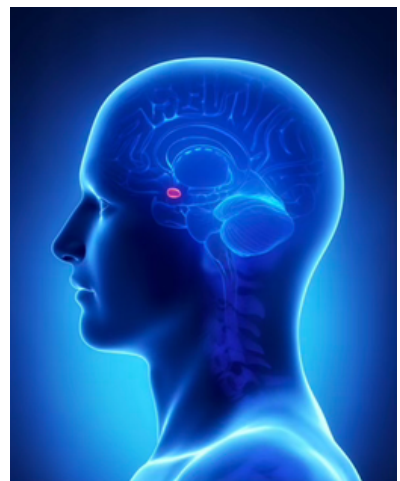
Too much fear: Hypervigilance, hyperarousal, insecurity, fear of taking risks, playing it safe, trust issues, constantly looking for reassurance, low self- esteem, dysmorphia.

Too little fear: Overconfidence, arrogant, needless risk taking, stubborn & stuck in their own way.

When Western & East Asian Medicine Meet:

Fear is associated with “fight or flight” response, a major response and one that separates the nervous system into the sympathetic & parasympathetic response of “rest & digest” .

To take this one step further, trauma can change brain function, specifically within the amygdala, the hippocampus, and the pre- frontal cortex.

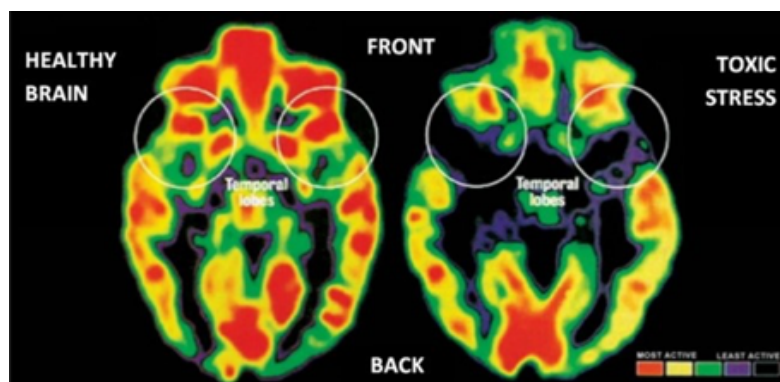


WINTER SEASON in Chinese Medicine

with Dr. Tiffany Jaramillo, ND, LAc

Trauma comes to us all and when we experience traumatic events, our brains do what it takes to help the body survive and the mind adjust. At the sign of danger, stress, or fear we automatically enter "fight or flight" mode. While these immediate responses are usually temporary, we can also get "stuck" in trauma.

- Prolonged fear & trauma can cause the amygdala (our brain's alarm center) to develop an overactive response, identifying threats where there are none. Getting "stuck" in fight -or- flight leads to hypervigilance & hyperarousal (remember from above that this is a sign that the emotion of fear in Chinese Medicine is out of balance).
- The hippocampus is involved in memory processing & recall. When the brain is focused on survival, the hippocampus may "code" memories differently, resulting in fragmented memories, intense memories, and flashbacks.
- The prefrontal cortex is responsible for regulating emotions, decision making, and putting the "brakes" on our stress response. Imaging studies of the brains of people with PTSD show hypoactivity in the prefrontal cortex.



Why are we often hypervigilant?

Our large cerebral cortex is the culprit. Stress is perceived by the brainstem, limbic system, and cerebral cortex...all available sources of information are rapidly evaluated, categorized & responded to, largely below conscious awareness. So when these areas are activated the main & obvious question is: **Is there danger?**

Our brains remember & have associations with whatever is threatening to us- so unlike other animals we keep threatening our minds long after we have escaped. This causes a constant state of autonomic imbalance which is not ideal for homeostasis. In some cases, our modern human lives contribute, including from constant overstimulation and/ or high psychological & complex relational demands. Want to learn more? Join me this winter for our Spirit Mind Body Medicine series where we will do a deep dive into the nervous system and the various things we can do to support our mind, body, and spirit and bring us into better balance with ourselves, our environment, and our community.

WINTER SEASON in Chinese Medicine

with Dr. Tiffany Jaramillo, ND, LAc



Physical Signs & Symptoms that your Kidneys may be Struggling:

- Reproductive Issues: Early menopause, early andropause, low libido, low sperm count, erectile dysfunction, inability to orgasm, and miscarriage. This is all related to our Jing which is our essence in Chinese medicine.
- Endocrine Issues: Hormonal imbalances, adrenal fatigue, cortisol dysregulation, blood sugar issues.
- Bone Issues: Osteoporosis, osteopenia, fractures, and slowed or delayed healing time.
- Ear Issues: Ringing your ears, hearing loss, ear infections, and vertigo.

Food as Medicine to Nourish your Water Element:

- Sea salt, tamari, soy sauce, miso, pickled/ fermented veggies & meats, celery seed
- Seaweed, parsley, cilantro, dandelion greens, garlic, chive, artichoke, nettle, borage
- Seafood (food of the waters that naturally have a high salt content): Clams, lobster, crab, mussels, oyster, cod, salmon, sardines, anchovies
- Walnuts, sunflower seeds, sesame seeds, pumpkin seeds
- Barley, millet, wild rice, black beans, mushrooms, pork, duck



5 Practical Tips for Supporting your Water Element & Kidneys this Winter:

~ **Say “No” to extra events**, tasks, and invitations this time of year. Say “No” to overcommitting. Not sure how to tell if you are overcommitting yourself? If you find yourself committing to something and as it approaches you are secretly hoping it gets cancelled or trying to find an excuse to cancel, you have absolutely overextended yourself. A good rule of thumb is if you can’t make room for it this week you likely won’t have the space, time, or energy for it in 2 months.

~ **Long soaks** in a warm bath with 3-4 cups of Epsom salt to replenish your Kidneys.

~ **Staying hydrated**. This is not just about getting enough water daily but getting enough “saturated” water daily. This means keeping your bodily minerals in balance, i.e. good quality mineral salt (none of that refined stuff). Consider adding some to your water rather than purchasing store bought electrolytes. Mountain Rose Herbs is my favorite.

WINTER SEASON in Chinese Medicine

with Dr. Tiffany Jaramillo, ND, LAc

~ **If you are feeling stuck, stagnant, or held back by fear- explore it.** Talk to friends, a therapist, or even journal/ dialogue with that fear. Grab a notebook, sit by a warm fire, and spend 5 minutes having a conversation with that fear on paper. Taking fear head on will allow you to be more fluid in your life and with your decisions.

~ **Support your digestion** and gastrointestinal health by leaving out the raw salads and iced beverages until the Spring. This climate is already cold and too much cold in the digestive system can lead to bloating, excess water retention, loose stools, weight gain, and overall sense of heaviness in the body. Instead opt for cooked vegetables and focusing on rich, salty broths, soups, stews, etc.



2025: The Year of the Snake

Representing wisdom, intuition, and transformation. The Snake is a highly respected symbol of intelligence and charm, often seen as a figure of elegance and mystery..

With Wood as its element the Wood Snake brings an added layer of growth, resilience, and forward-looking energy.



2025: Focus on personal growth, relationship building, and a steady pursuit of long- term goals, and make it an auspicious time for reflection and thoughtful action.

Wishing everyone good fortune in the year ahead.

- Dr. Tiffany Jaramillo, ND, LAc

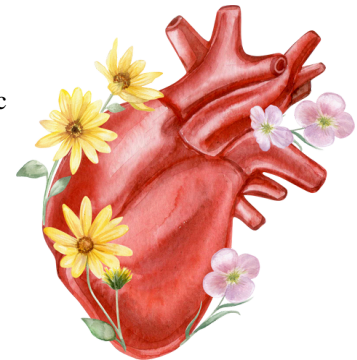
Heart and Health: Optimizing Modifiable Cancer Risk Factors with Dr. Meghan Zech, ND, FABNO



February is Cancer Awareness Month, a time to reflect on actionable steps to reduce the risk of developing cancer. While genetics and environmental exposures often take the spotlight, the influence of modifiable lifestyle factors—especially those tied to cardiometabolic health—are increasingly recognized for their significant impact on cancer prevention. By understanding and targeting modifiable risk factors like elevated blood sugar, high cholesterol and unhealthy dietary patterns, we can create a body environment less favorable to cancer development and progression.

The Cardiometabolic-Cancer Connection

Cancer and cardiometabolic diseases share many common pathways, including chronic inflammation, oxidative stress and hormonal imbalances. These processes often stem from preventable or modifiable factors such as poor nutrition, insufficient physical activity and unmanaged stressors.



Elevated Blood Sugar and Insulin Resistance

Persistently high blood sugar levels, which are often driven by diets rich in refined carbohydrates and sugars, lead to insulin resistance. Insulin resistance promotes the production of insulin-like growth factor 1 (IGF-1), a hormone that encourages the growth of cancer cells while suppressing their programmed death. Studies also link type 2 diabetes with a higher risk of cancers, including colorectal, breast and pancreatic.

High Cholesterol and Cancer Progression

Cholesterol is another modifiable risk factor with significant implications for cancer. Tumor cells utilize cholesterol to build membranes and create molecules that support their growth and spread. Research has linked high cholesterol to an increased risk of hormone-sensitive cancers such as breast and prostate cancer. Reducing cholesterol levels through lifestyle changes and targeted nutrition can mitigate these risks.

The Standard American Diet (SAD)

The SAD diet—high in sugar, refined carbohydrates, unhealthy fats, and ultra-processed foods—exacerbates every facet of cardiometabolic dysfunction. This nutrient-poor, calorie-dense pattern fuels obesity, inflammation and a disrupted gut microbiome, creating conditions conducive to cancer.

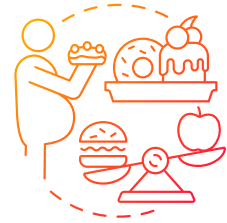
- **Obesity and Inflammation:** Excess fat tissue produces hormones and pro-inflammatory molecules that encourage cancer growth. Obesity is linked to at least 13 cancers, including colorectal, endometrial and postmenopausal breast cancers.
- **Gut Health Disruption:** The SAD diet harms the gut microbiome, impairing immunity and increasing cancer-promoting byproducts. This connection is particularly evident in colorectal cancer.

Heart and Health: Optimizing Modifiable Cancer Risk Factors

with Dr. Meghan Zech, ND, FABNO

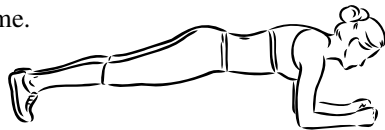
Addressing Modifiable Risk Factors

The good news is that these risk factors are within our control. By making intentional, evidence-based lifestyle changes, we can reduce the risk of cancer and improve overall health.



Nutrition as Prevention

- **Stabilize Blood Sugar:** Choose low-glycemic foods like vegetables, legumes, nuts, and lean proteins.
- **Lower Cholesterol:** Incorporate whole grains, flaxseeds and fatty fish for fiber and omega-3 fatty acids.
- **Combat Inflammation:** Add antioxidant-rich foods such as berries, spices, and green tea to neutralize oxidative stress.
- **Support Gut Health:** Boost fiber intake with fruits, vegetables and whole grains to nurture a healthy microbiome.



Incorporate Physical Activity

Regular exercise improves both cardiometabolic and cancer outcomes by reducing insulin resistance, inflammation, and obesity while enhancing immune function. Aim for:

- 150 minutes of moderate aerobic activity per week, like walking or cycling.
- Strength training twice a week to maintain muscle mass and metabolic health.

Manage Stress

Chronic stress fuels inflammation and hormonal imbalances that can heighten cancer risk. Practices like mindfulness, yoga, or deep breathing can promote resilience and reduce stress-driven inflammation.

Utilizing Blood Markers and Specialty Testing

Blood tests can provide valuable insights into the factors discussed above, helping to assess overall health and fine-tune preventive strategies. Monitoring markers such as

blood glucose, HbA1c, cholesterol levels, inflammatory markers and vitamin D levels can reveal hidden risks or deficiencies that may increase susceptibility to disease or impair immune function.

Specialty tests also play an important role, particularly for individuals with higher genetic or environmental risks. Tests like the Galleri multi-cancer early detection test can identify early signals of certain cancer types, even in asymptomatic individuals. This is especially valuable for those with a family history of cancer or significant exposure to carcinogens. Tools like microbiome analysis or advanced nutrient panels can further personalize interventions, optimizing the body's resilience against disease.

A Proactive Approach to Health

The link between cardiometabolic dysfunction and cancer underscores the importance of prevention through lifestyle medicine. Cancer prevention is not just about avoiding specific exposures but creating a body environment that is inhospitable to disease. By addressing these modifiable factors, we can empower ourselves to live healthier, longer lives.

This Cancer Awareness Month, commit to small, sustainable changes that support long-term health.

Whether it's swapping processed snacks for whole foods, prioritizing daily movement or finding moments of mindfulness, each step contributes to a healthier you!



This Cancer Awareness Month, commit to small, sustainable changes that support long-term health. Whether it's swapping processed snacks for whole foods, prioritizing daily movement or finding moments of mindfulness, each step contributes to a healthier you!

- Dr. Meghan Zech, ND, FABNO

Navigating Conflict with Emotional Literacy: Strengthening Intimacy in Couples

by Erin Brower, LMHC



Every couple fights—it's inevitable. But what if we told you that the secret to not just surviving those fights but actually using them to grow closer was within your reach? Couples' conflicts aren't just about the issue at hand; they are an opportunity to deepen emotional intimacy.

According to emotionally focused therapy (EFT) and the Gottman Method, learning to navigate conflict with emotional literacy is a game-changer. This means understanding how you feel, owning those feelings, and managing your emotional responses.

Imagine being able to say, "I'm feeling sad because I miss you" instead of the default, "Why are you always working?" This small shift in communication can do wonders for a relationship, helping you reconnect instead of creating further distance.

It's easy to fall into the trap of believing that emotions in a fight are mutually exclusive—"If I'm upset, it means you're the bad guy," or "If you're angry, I must have done something wrong." But what couples often miss is that emotions aren't as simple as one person's pain negating the other's. If you're angry or hurt, it doesn't necessarily mean your partner has been unkind or malicious. It might just mean that your emotions are a response to an unmet need or an old attachment wound being triggered.

Picture this: Partner 1 says, *"I miss you. When you work this much, I feel sad that I don't get to see you."* Partner 2, whose own attachment history might be rooted in feeling abandoned, fires back, *"See? Nothing I do is enough!"* And just like that, the emotional floodgates open, and instead of resolving the issue, both are left feeling more distant.



Navigating Conflict with Emotional Literacy:

Strengthening Intimacy in Couples

by Erin Brower, LMHC

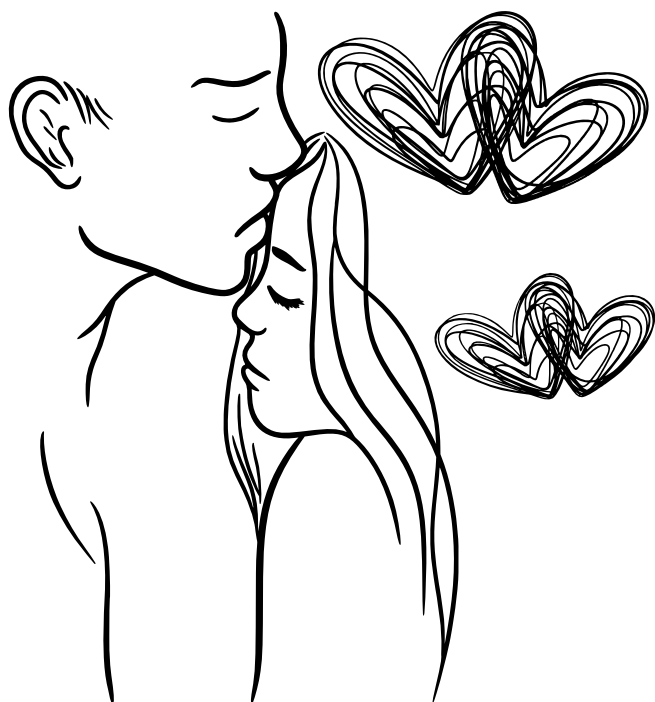


Learning to see these emotional patterns allows couples to understand that emotions are not attacks but signals that need to be communicated and addressed with empathy.

Attachment wounds play a huge role in how we perceive our partner's emotional experience. If you have a history of feeling neglected or abandoned, even a small remark from your partner can be interpreted as rejection, even if that wasn't their intention.

EFT and the Gottman Method teach that when couples increase their emotional literacy, they develop the ability to process emotions before they escalate into a fight.

With a bit of humor and a lot of patience, couples can learn that taking responsibility for their own emotions and managing distress during a disagreement doesn't just prevent fights—it enhances the emotional bond. The next time you're in a heated discussion, instead of blaming your partner for ruining your mood, try taking a step back, acknowledging your feelings, and then asking: "What does this moment need from both of us to bring us closer?" You might be surprised at how much closer you feel when the dust settles.



About Erin Brower, LMHC:

Erin is a seasoned therapist with over 20 years of experience in fostering sustainable and healthy relationships. Driven by curiosity, she focuses on understanding the dynamics of connection and helping clients establish clear boundaries and honest communication. A systems and attachment therapist, Erin believes that our relationships are shaped by various influences, including family, culture, and life experiences. Through her work, she empowers individuals to create safe and meaningful connections in all areas of life.

-Erin Brower, LMHC

Unwind and Unplug: Progressive Muscle Relaxation for Anxiety and Better Sleep

By Julia Pascualy, LMHC

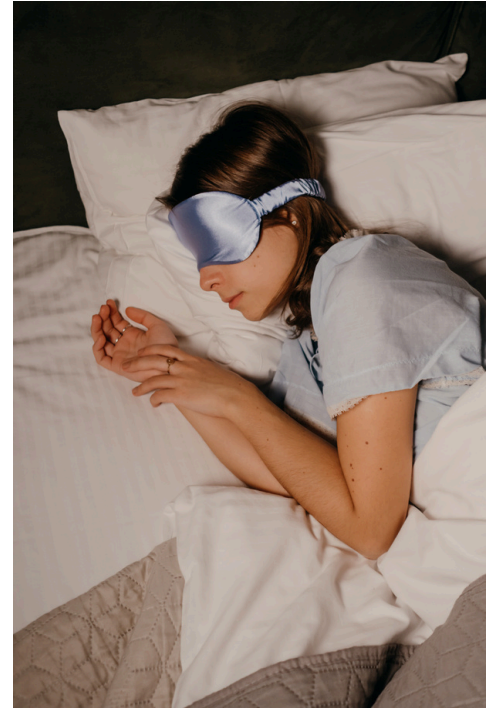


As a counselor, I often work with clients who struggle with anxiety and disrupted sleep. One of my favorite tools to teach them is progressive muscle relaxation (PMR).

PMR is a technique where you systematically tense and release different muscle groups in your body. This process helps you become more aware of and attuned to your body, differentiate between tension and relaxation, and calm your nervous system (1,2,3). It's like a body scan that allows you to identify and address where you're holding stress and then release it (3).

Here's how it works:

Start by focusing on your breath. Inhale deeply through your nose, pause, and exhale slowly and deeply through your mouth. Pause, and repeat.



Start with your face: Squeeze and tense the muscles in your face, then slowly release (throughout this process, take care not to overly-tense your muscles to the point of pain or significant discomfort - listen to your body)

Move down your body: Continue tensing and releasing muscle groups, moving from your neck and shoulders down to your toes.

Breathe deeply: Incorporate intentional deep breathing throughout the exercise.

Why is PMR so effective?

Think of it this way: our bodies react to stress by activating our "fight-or-flight" response. Even when the stressful situation is over, our bodies may still hold onto that tension. PMR helps to complete the stress response cycle, signaling to your body that the threat has passed (2).

Unwind and Unplug: Progressive Muscle Relaxation for Anxiety and Better Sleep

By Julia Pascualy, LMHC

PMR helps to:

Reduce anxiety: By releasing physical tension, you also calm your mind.

Improve sleep: PMR can be especially helpful for those who lie awake with racing thoughts as it allows you to complete the stress response cycle (2).

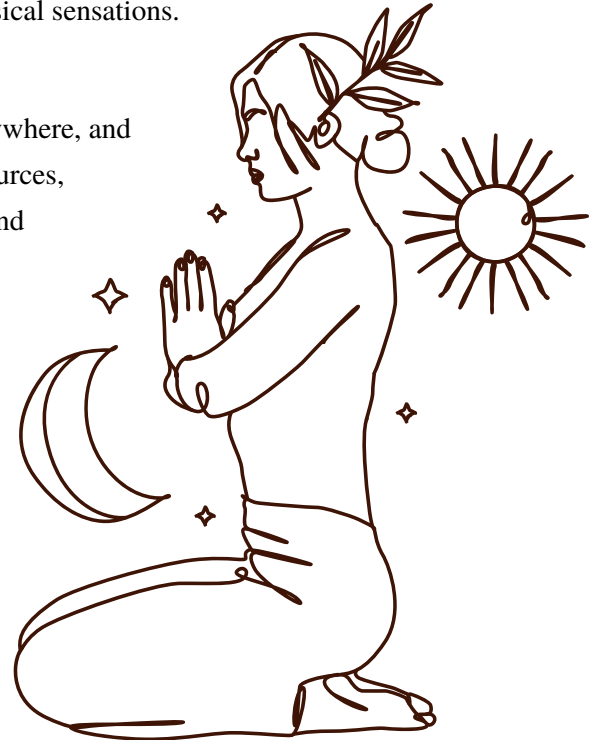
Increase body awareness: You become more attuned to your physical sensations.

Getting Started:

The beauty of PMR is its accessibility. You can do it anytime, anywhere, and it's free. To begin, I recommend using guided audio or video resources, which are readily available on platforms like YouTube, Spotify, and meditation apps (simply search "guided Progressive Muscle Relaxation" or "Progressive Muscle Relaxation"). Once you're familiar with the technique, you can practice it on your own.

Whether you're looking to manage anxiety, improve your sleep, or simply cultivate a deeper connection with your body, progressive muscle relaxation is a powerful tool to add to your self-care toolkit.

Julia Pascualy is a Licensed Mental Health Counselor at Village Medicine Seattle.



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About Julia Pascualy, LMHC:

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).

- Julia Pascualy, LMHC

IMMUNE TONIC: FIRE CIDER

By Dr Tiffany Jaramillo ND, LAc

& Dr Meghan Zech ND, FABNO, RH



Interested in Boosting your Immunity this Winter? Not only does this spicy, tasty tonic act as an immune tonic but it is also quite nourishing to the digestive system. Herbs, spices & vinegars are tonifying to your Kidney's & Water Element from a Chinese Medicine perspective and in Naturopathic Medicine we strongly believe in the value of 'Let Food Be Thy Medicine'.

Not only is this recipe easy & quick but it stores really well. Give it a go and let us know what you think! Feel free to add any of your favorite herbs or spices for a little more kick!

Fire Cider: Adapted from Rosemary Gladstar

- 1/4 - 1/2 cup peeled & diced (shredded also works) ginger root
- 1/4 cup peeled & diced (shredded also works) fresh horseradish
- 4 tablespoon diced fresh turmeric
- 1/2 cup white onion
- 5-10 cloves or 4 tbsp minced fresh garlic (for more pungent)
- 2 cinnamon sticks
- 1/4-1/2 teaspoon cayenne powder or 1 chopped fresh jalapeño
- sprig rosemary, sprig thyme
- zest & juice of 2 lemons
- raw apple cider vinegar (ACV)
- raw local honey



**Optional for the ambitious: Add dried nettle or raspberry leaf for additional minerals & nutrients. Another favorite addition of Dr. Zech's is adding dried hibiscus flowers and pomegranate seeds for a cardiovascular protective effect.*

Pack all of the ingredients in a 1- pint mason jar. Cover ingredients plus 2 inches over with ACV & lemon juice. You may need to check on it every few days and add a little more vinegar or lemon juice to ensure everything stays covered in liquid. Place in a dark, cool, dry cabinet away from heat for 2 weeks-1 month (2 weeks less potent, 1 month more potent & pungent) to macerate. At the end of the maceration period, strain and mix a 1/2-1 cup organic honey. Put into a clean jar and place in fridge for up to 2 months.

Use a couple spoonfulls daily during cold or flu season to support immune system, on salads, in broths, stir fry, or even as a marinade. It is also lovely in cold winter months added to hot water to warm you up.

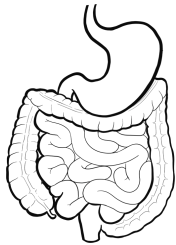


Benefits of Electro Acupuncture for Nerve, GI, and Mood Support

Electro acupuncture, a therapeutic technique combining traditional acupuncture with electrical stimulation. Here's an overview of how this innovative approach is being applied to help individuals manage chronic pain, nerve issues, gut health, and even mental wellness.

1. Nerve Support & Neuropathies

Electro acupuncture helps support nerve function and improves nerve signal transmission, making it especially beneficial for individuals experiencing neuropathies. By using specific frequencies, the therapy can target weakened nerves to enhance their function and support a healthier nerve network. For example, those dealing with shoulder injuries or chronic muscle issues often benefit from electro acupuncture due to its ability to modulate nerve activity and aid in muscle recovery.

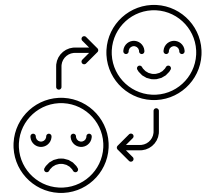


2. Digestive Health

For individuals facing GI/digestive issues, electro acupuncture can aid conditions like gastroparesis, chronic constipation, and dysbiosis, which often result from slowed peristalsis (the rhythmic contraction of gut muscles). Electro acupuncture at specific low frequencies, such as 2 Hertz, can help restore normal gut motility, essentially “retraining” the gut’s natural rhythm to reduce symptoms and improve digestion.

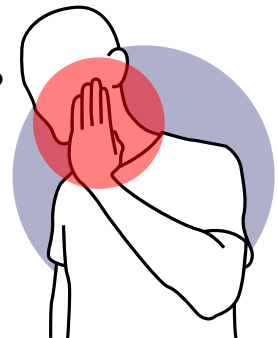
3. Mood Regulation and Mental Health

Electro acupuncture has shown potential in managing anxiety, depression, and other mood disorders. By targeting auricular (ear) points connected to the nervous system, this therapy stimulates neurotransmitter production, which can naturally elevate mood. It’s particularly effective at supporting serotonin regulation, although careful attention is necessary for those on SSRIs to avoid serotonin overload. This makes it a unique, non-pharmaceutical tool for mental wellness.



4. TMJ and Tension Relief

For individuals with TMJ (temporomandibular joint disorder) or those experiencing tightness and chronic pain, electro acupuncture offers targeted relief. Through its ability to relax muscle tension and improve blood flow, electro acupuncture can ease pain and promote healing in commonly tense areas, such as the jaw and shoulders.



Electro acupuncture opens new avenues for managing chronic conditions with fewer medications. If you’re curious about whether electro acupuncture could help with your specific health concerns, reach out to a certified practitioner to explore this therapeutic option.

Electro Acupuncture is offered at Village Medicine Seattle by our providers trained in as licensed acupuncturist .

- Dr. Kira Baum, ND, LAc
- Dr. Tiffany Jaramillo, ND, LAc
- Dr. Julieann Murella, ND, LAc

Build Your Strength: A Deep Dive into Village Medicine's Medical Gym

By Dr. Paul Mischyszyn, ND



Are you ready to embark on a transformative journey towards a stronger, healthier you? At Village Medicine, we're not just about achieving aesthetic goals; we're about empowering you to live a longer, healthier, and more fulfilling life. Our Medical Gym, equipped with cutting-edge technology and guided by experienced healthcare professionals, offers a unique and comprehensive approach to muscle building and overall wellness.

More Than Just a Number on the Scale

We believe in moving away from the obsession with weight and focusing on what truly matters: strength, stability, and longevity. Our Medical Gym provides a supportive environment where you can achieve your fitness goals while prioritizing your overall well-being.

Introducing the Power of the Medical Gym

Our Medical Gym features a suite of state-of-the-art BTL devices that harness the power of pulsed magnetic fields and radiofrequency to stimulate muscle growth, break down fat cells, and enhance your body's natural processes.

EMsculpt NEO: The Future of Fitness

Imagine experiencing the equivalent of 20,000 muscle contractions in just 30 minutes! EMsculpt NEO makes this possible, offering a highly efficient way to build muscle and burn fat simultaneously. This revolutionary treatment goes beyond traditional workouts, engaging 100% of your muscle fibers to accelerate muscle growth and enhance your body's natural fat-burning mechanisms.

Benefits of EMsculpt NEO:

- **Efficiency:** Achieve remarkable results in a fraction of the time compared to traditional workouts.
- **Maximum Muscle Engagement:** Recruit 100% of your muscle fibers for unparalleled muscle stimulation.
- **Rapid Muscle Growth:** Stimulate the growth of both existing and new muscle fibers.
- **Fast Results:** See noticeable gains in muscle mass and fat reduction in just a few weeks.
- **Enhanced Workouts:** Prime your muscles for maximum efficiency during your regular workouts.
- **No Downtime:** Resume your daily activities immediately after treatment.
- **Improved Circulation:** Enhance blood flow to muscles for optimal growth.
- **Fat Reduction:** Target and reduce stubborn fat deposits, including visceral fat.
- **Versatile Treatment Areas:** Sculpt your abs, tone your glutes, define your arms and more.



Build Your Strength: A Deep Dive into Village Medicine's Medical Gym

By Dr. Paul Mischczyn, ND



EMsculpt NEO can be applied to the following areas:

- Abdomen
- Obliques (sides of abdomen)
- Glutes/ buttocks
- Arms – biceps and triceps
- Quads
- Hamstrings
- Inner and outer thighs
- Calves



EMSella: Revolutionizing Pelvic Floor Health

EMSella offers a non-invasive, painless solution to pelvic floor issues for both men and women. This innovative device uses HIFEM (High-Intensity Focused Electromagnetic) technology to deliver the equivalent of 11,000 Kegel exercises in just 28 minutes, strengthening pelvic floor muscles and addressing concerns such as:

- Urinary incontinence
- Pelvic pain
- Weakened pelvic muscles

EMface: Facial Fitness for a Youthful Glow

Experience the power of "Facial Fitness" with EMface! This non-invasive treatment combines magnetic energy and radiofrequency to stimulate collagen and elastin production, tone facial muscles, and improve skin texture. EMface can be used on the forehead, cheeks, and submentum (under the chin), providing a gentle and gradual rejuvenation without any downtime.



A Holistic Approach to Wellness

At Village Medicine, we understand that building muscle is not just about physical activity; it's about taking a holistic approach to your health and wellness. Our experienced healthcare professionals will work with you to create a personalized plan that addresses your unique needs and goals, ensuring long-lasting results.

Take the First Step Towards a Stronger You

Ready to experience the transformative power of our Medical Gym? Schedule a demo with one of our providers and discover how our cutting-edge technology and personalized approach can help you achieve your fitness goals and live a healthier, more vibrant life.

Contact Village Medicine today and embark on your journey towards a stronger, happier you!

Medical GYM at Village Medicine

Stimulate muscle growth at a rapid rate with cutting edge technology at Village Medicine.

At Village, we empower our community with comprehensive and preventative healthcare solutions.

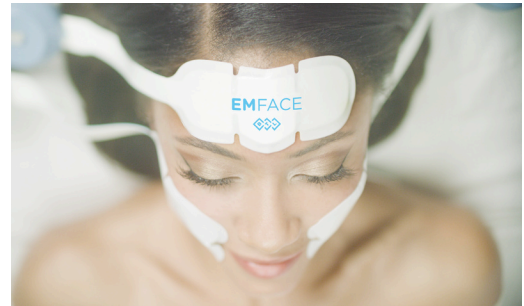
We always prioritize overall well-being over body-shaming and weight obsession. Our goal is to help you live a longer, healthier, and more fulfilling life.

Our Medical Gym offers more than just aesthetic improvements. Using non-invasive, scientifically proven technologies, we enhance muscle growth, boost metabolism, remove visceral fat, decrease back pain, rebuild the pelvic floor, and more. Our state-of-the-art devices use pulsed magnetic fields and radiofrequency to stimulate muscle growth and break down toxic fat cells, preventing chronic disease and reducing total toxic body burden.

Our gym provides a supportive environment where you can achieve wellness goals under the guidance of experienced healthcare professionals.

Contact our staff for a consultation with one of our physicians to see how it could work best for you.

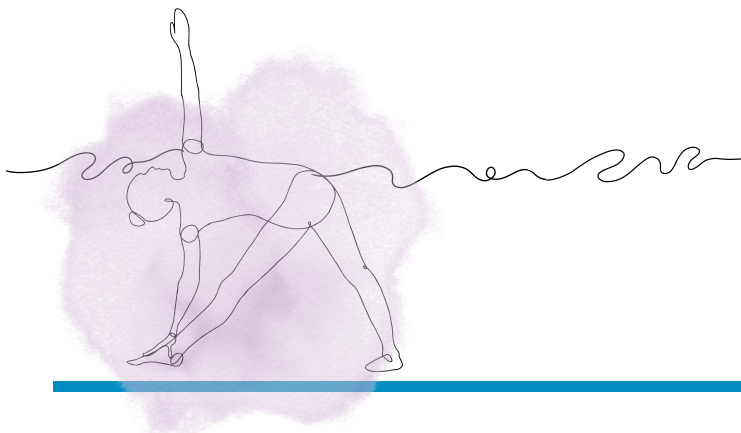
EMface



EMsculpt NEO



EMsella Pelvic Chair



Elevate Your Fitness Journey

Medical Gym Membership



EMsella Pelvic Chair
EMsculpt NEO
EMface

Introducing the ultimate fusion of cutting-edge technology and personalized fitness: the Medical Gym Membership! Gain unprecedented access to state-of-the-art treatments such as EMsculpt NEO, EMsella, and EMface, meticulously crafted to sculpt and strengthen your muscles like never before.

With our monthly membership, not only do you enjoy enhanced access to these revolutionary machine treatments at a reduced cost, but you also unlock benefits designed to amplify your results. Our goal is simple: to empower you to achieve peak performance and jumpstart your fitness goals with unparalleled strength-building capabilities.

Experience a transformation beyond the ordinary as you bid farewell to back pain, reduce fall risk, enhance core strength, and melt away abdominal visceral fat. Our comprehensive approach doesn't just deliver short-term gains—it lays the **foundation for long-term prevention** of chronic metabolic diseases, ensuring your well-being for years to come.

As a valued member, indulge in complimentary perks including:

- competitive pricing per device use session
- a body composition scan (low-dose DEXA)
- Village water bottle and tote bag
- a free bottle of high-quality protein powder
- a protein shaker bottle to fuel your workouts.
- Plus, savor the added bonus of a protein scoop provided at each gym session for optimal post-workout recovery.

Don't settle for mediocrity when you can embark on a transformative fitness journey with the Medical Gym Membership. Join us today and unlock the door to a stronger, healthier, and more vibrant you!

Call our front desk to set up your membership consultation.



“it doesn't just deliver short-term gains—it lays the foundation for long-term prevention”

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 magnetic energy to strengthen the entirety of the pelvic floor musculature.

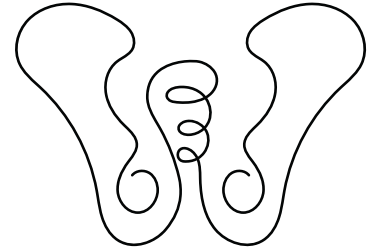
EMsella is a natural and pain-free remedy to treat urinary incontinence and enhance sexual pleasure.

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

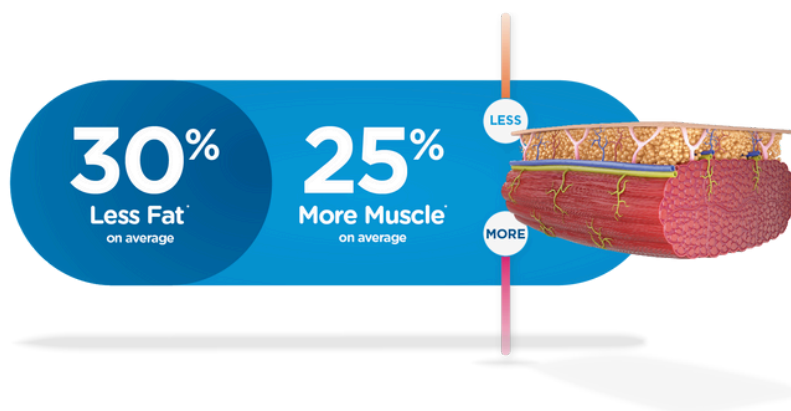
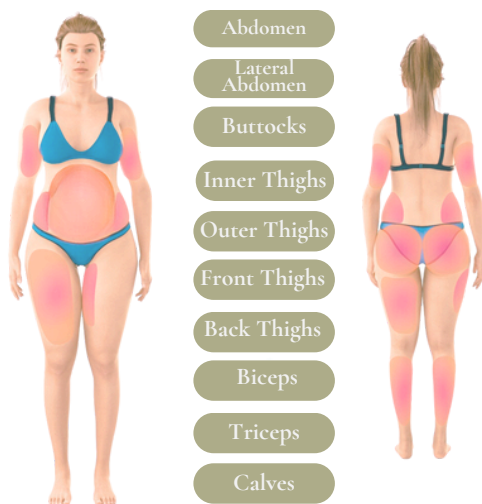
High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

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 Electrical Stimulation, - Muscle 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) - Heat: 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%

How does this compare to other face options?

When it comes to enhancing facial aesthetics, EMFace offers a revolutionary alternative to traditional methods like surgical facelifts, Botox, and fillers. Unlike invasive surgeries, EMFace harnesses advanced technology to stimulate muscle growth and sculpt facial contours naturally.

EMFace is a safer and non-invasive option, and with a gradual and natural change to how you look with zero down time.

With EMFace, individuals can achieve natural-looking enhancements that harmonize with their facial features, providing a refreshed and youthful appearance without the risks and expenses associated with traditional cosmetic procedures.

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 Specialty 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. 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. Meghan Zech, ND, FABNO

Naturopathic Physician, Integrative Oncology

Meghan provides integrative support and side effect management for cancer and those in cancer survivorship, heart health, metabolic issues such as diabetes or fatty liver, gut health, menopausal symptoms, osteoporosis/osteopenia, anxiety and depression, insomnia, and fatigue.

Meet with Dr. Zech to work on optimizing overall health or to decrease risk for chronic health issues such cardiovascular disease, diabetes or cancer.



CONTACT US

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Dr. Tiffany Jaramillo, ND, LAC

Naturopathic Doctor, Licensed Acupuncturist

Tiffany whole heartedly believes in supporting her patients with a Spirit, Mind, Body Medicine approach. She is a Primary Care Physician with special interests in Gastrointestinal Health, Women's Health & Hormones, Autoimmune Diseases, and so much more. In addition to Primary Care she also practices Craniosacral Therapy & East Asian Medicine. If interested in working with her more closely consider joining one of her upcoming classes or schedule an appointment to establish care.



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.

Dr. Julieann Murella, ND, LAC

Naturopathic Doctor, Licensed Acupuncturist

Dear valued patients, we are thrilled to introduce our newest Clinic Support Staff, Dr. Murella, a dedicated Naturopathic Doctor and Licensed Acupuncturist committed to enhancing your overall healthcare experience. She is specializing in pain, regenerative medicine, acupuncture, IV therapy, naturopathic care, women's health, and GI.



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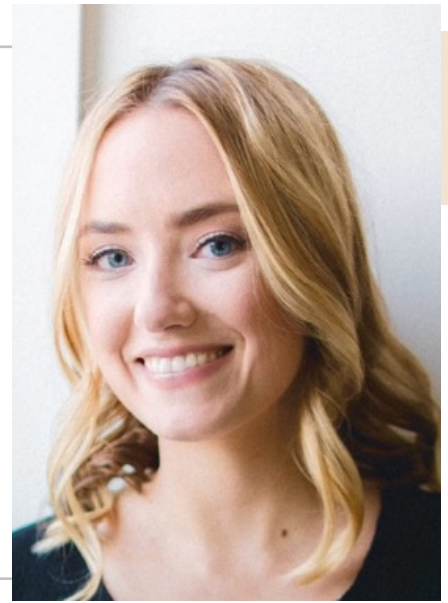
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Brooke Heyman, ARNP, PMHNP-BC

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.



Stanford Call, MS, ARNP, PMHNP-BC

Advanced Registered Psychiatric Nurse Practitioner

Stanford is a board-certified Psychiatric-Mental Health Nurse Practitioner (PMHNP-BC) with a background in neuroscience and neurobiology. He takes a holistic approach to patient care, working collaboratively to explore a wide range of treatment options, including medication management and evidence-based therapies. Stanford is passionate about empowering his patients with knowledge and real-world solutions to improve their mental health.

Julia Pascualy, LMHC

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).



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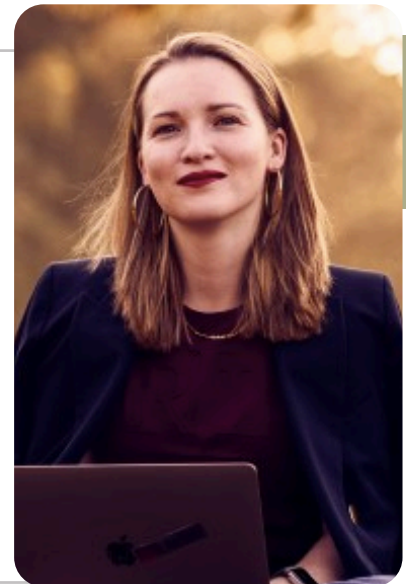


Dr. Louise Berkowicz, MD Energy Medicine Physician

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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