

APRIL - JUNE 2024

VILLAGE

QUARTERLY

WELLNESS QUARTERLY



DR. KIRA BAUM, ND, LAC



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 Memberships NOW AVAILABLE!

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.

MEET OUR NEWEST TEAM MEMBERS

Our ever growing team aims to complete your holistic care



DR. TIFFANY JARAMILLO, ND **Naturopathic Doctor**

We are thrilled to announce the newest addition to our team: Dr. Tiffany Jaramillo, a dedicated naturopathic doctor with a passion for holistic primary care and mindfulness practice. With a passion integrative medicine and a commitment to treating the whole person, Dr. Jaramillo brings a wealth of knowledge and compassion to our practice. We are excited to welcome Dr. Tiffany Jaramillo and are confident that their unique perspective will greatly benefit our patients on their journey to optimal health.



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.

VILLAGE MEDICINE SEATTLE



SPRING-SUMMER 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!

Offerings this Spring/Summer

- Spring Cleanse:
 - Foundational Cleanse - online group
 - Advanced Cleanse, with Intermittent Fasting - online group
 - Neuroplasticity - online group
 - Spirit Mind Body Medicine - online group & in-person at clinic
 - Awakening Devine Pleasure - online group
 - Level 1
 - Level 2
 - Surviving & Thriving: a class for women* with ADHD - online group
 - Level 1
 - Level 2
 - Parenting ADHD, navigating resources for your ADHD child - online group
-

SPRING CLEANSE

Foundational Cleanse

Cleanse Class - Online

- Tuesdays, 7:00- 8:30pm
 - April 23rd, 30th, May 7th, 14th & 21st
- ***\$130 purchase for the entire month's supplements
- ***Classes billed through insurance

Guided Whole30 like diet & lectures on building new skills for health

Advanced Cleanse

Cleanse Class - Online

- Mondays, 7:00- 8:00pm
 - April 22nd, 29th, May 6th, 13th & 20th

***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 occur during this cleanse.

Cleanse A La Cart

Mind:

Spring Neuroplasticity with Erin Brower, Brooke Heyman, and Chris Sheets

- **Level 1:** Wednesdays (Telemed - 7:00- 8:00pm)
 - May 1st, 8th, 15th, 22nd
- **Level 2:** Wednesdays (Telemed - 7:00- 8:00pm)
 - May 29th, June 5th, 12th, 19th

Spirituality, Mind, Body, Medicine

see next pages

IV therapy

see next pages

Medical Gym

see next pages

Energy Medicine with Dr. Berkowicz

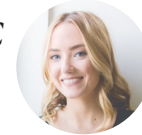
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SPRING NEUROPLASTICITY

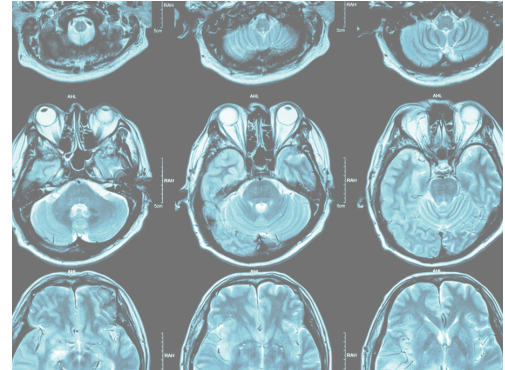
A holistic way to tackle entrenched habits and make sustainable life long changes



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



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



SESSION TOPICS INCLUDE:

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

YOU WILL LEARN:

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

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

TIME: 7:00- 8:00 pm

LOCATION: Online (Telemedicine)

***Classes billed through insurance

SPRING NEUROPLASTICITY

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



with Erin Brower LMHC , Brooke Heyman MS, ARNP, PMHNP-BC
& Chris Sheets, DNP, ARNP, PMHNP-BC

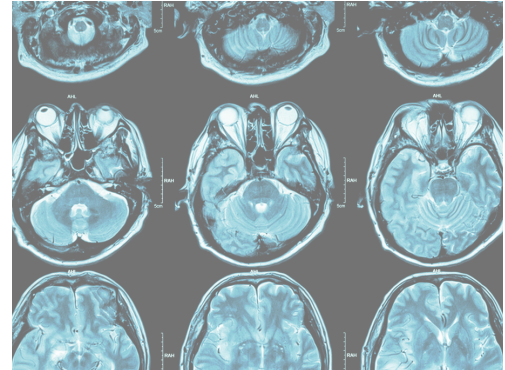


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DATES: Wednesdays
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(4 Week Series)

TIME: 7:00- 8:00 pm

LOCATION: Online (Telemedicine)

***Classes billed through insurance

Spirituality Mind Body Medicine

with Dr. Tiffany Jaramillo



IN PERSON Group, Wednesdays,

7:00 pm - 9:00 pm

Starting June 5th for 8 weeks

(June 5, 12, 19, July 3, 10, 17, 24, 31)

ONLINE Group, Mondays,

7:00 pm - 9:00 pm

Starting June 3rd for 8 weeks

(June 3, 10, 17, July 1, 8, 15, 22, 29)



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.

SPRING-SUMMER GROUP CLASSES



Awakening Divine Pleasure, Level 1

with Dr. Ryan Simmons & Dr. Jen Daniels

ONLINE Group class, 4 weeks

Thursdays, 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. **



Awakening Divine Pleasure, Level 2

with Dr. Ryan Simmons & Dr. Jen Daniels



ONLINE Group class, 6 weeks

Thursdays, 6:30 - 8:30 pm,

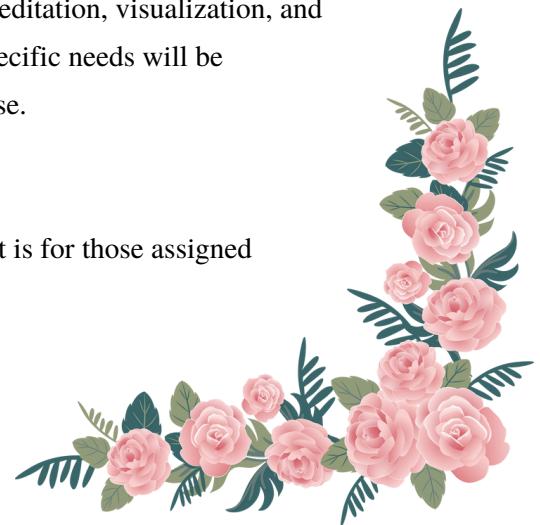
April 18th, 25th, May 2nd, 9th, 16th, 23rd

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.**





Surviving & Thriving: a class for women* with ADHD

Level 1 & Level 2 with Dr. Carrie McMillin

Spring

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

Level 3

Online, Thursdays, 6:30-8:30 pm
6 weeks, April 18th, 25th, May 2nd, 9th, 16th, 23rd



Summer

Level 1

Online, Tuesdays , 7:00- 9:00 pm
6 weeks, June 4th, 11th, 18th, 25th, July 2nd, 9th

Level 2 will not be offered this summer

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!

Fall

Level 1

Online, Wednesdays , 7:00 - 9:00 pm
6 weeks, September 18th, 25th, Oct 2nd, 9th, 16th, 29th

Level 2

Online, Tuesdays, 7:00 - 9:00 pm
6 weeks, September 17th, 24th, Oct 8th, 15th 28th



@adhdetails on instagram



with Dr. Carrie McMillin

Parenting ADHD

navigating resources for your ADHD child

Summer

Parenting ADHD Kids (for Parents only)

Online, Wednesdays, 7:00-8:30 pm

3 weeks, June 26th, July 3rd, 10th

Fall

Parenting ADHD Kids (for Parents only)

Online, Wednesdays, 7:00-9:00 pm

3 weeks, September 16th, 23rd, 30th

Calling all parents of children with ADHD! Village Medicine is offering an online ADHD Parenting Course led by Dr. Carrie McMillin, ND, designed to empower your parenting journey for success in your child's life.

Over the course of three weekly sessions, you will immerse yourself in an educational and supportive environment tailored to equip you with essential strategies, insights, and resources.

Join this virtual experience where Dr. McMillin will share her favorite tools for supporting kids & teens with ADHD, curated from her work with 100's of patients as well as her own experience as a parent of kids with ADHD.

From deciphering ADHD struggles to mastering effective communication methods, each session offers a blend of practical knowledge and evidence-based approaches.

Seize this opportunity to connect with fellow parents, expand your understanding, and cultivate a more harmonious family dynamic. Secure your spot in the group and embark on a journey of personal, growth, family growth, and empowerment with Dr. Carrie McMillin, ND.



@adhdetails on instagram





HYPNOPUNCTURE:

THE SYNERGISTIC EFFECTS OF CLINICAL HYPNOSIS COMBINED WITH ACUPUNCTURE

Both acupuncture and hypnosis are effective in their own right for treating a variety of health conditions. However, each of these treatments is usually available in two different settings. Even if people are working with both modalities they would typically receive them at separate times. But, the two can augment each other and offer patients some profound benefits when performed together.

Since I am trained in both Traditional Chinese Medicine as well as clinical hypnosis, I am able to meld the two into one treatment session. I've found that Acupuncture helps to deepen the hypnotic trance allowing people to access deeper states within themselves to potentiate their healing. The combo can help everything from depression and anxiety to chronic pain conditions such as migraines.



Acupuncture involves the insertion of ultrafine needles at specific points in the skin. Points are selected based on an ancient theory describing the flow of life force 'qi' through channels or meridians in the body. Research has shown that acupuncture can help alleviate pain and inflammation among many other conditions, possibly through the increased release endorphins, feel good neurotransmitters and certain hormones.

Hypnosis can also help alleviate mood and pain syndromes, through a different mechanism of action that is still being fleshed out. It is best described as a state of focused awareness and vivid imagination. In some ways it is similar to how you feel when you are 'in the flow' of doing something you love, when practicing meditation or deep prayer. It is a time when the mind is less distractible and people may experience deep insights and shifts in their health.

“acupuncture helps deep the hypnotic trance allowing people to access deeper states within”

The two combined are very powerful. You can read about one experience here. [Hypnopuncture | Psychology Today](#)

During a visit, there is an initial assessment according to which acupoints are selected and needed. Patients usually lie with needles in place for 20–30 minutes. At this time, I stay in the room and help guide the person through a dream like imaginative hypnosis session. Often, I ask the patient to describe what's coming up for them so that I can better tailor the experience.

Most people find the treatments deeply relaxing, healing, insightful, and fun.



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 four-part herbal medicine series. Classes are taught by Dr. Zech, a registered herbalist with the American Herbalist Guild. Each two-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
TUESDAY EVENINGS FROM 7-9 pm

SESSION TOPICS INCLUDE:

Insomnia	May 9
Digestion	June 11
Anxiety	July 9
Immunity	August 6



Register now with our front desk staff



VILLAGE
MEDICINE



MIND - BODY - SPIRIT

WITH DR. TIFFANY JARAMILLO, ND

For quite some time now, I have been committed to understanding and unfolding inherited trauma from an intergenerational lens and the impact this has not only on our psychological well-being but also on our emotional and physical health.

As a Mind Body Medicine practitioner, I am fascinated by the relationship that we as individuals have with ourselves and our spirit. So often in medicine, we view the body as separate from the mind and spirit, yet we know that if you have a physical injury or wound and ignore it, it will likely get worse, causing more pain, become infected, and have long-term effects on your health. Why do we view this so differently for emotional wounds? Many of us are taught at a very young age to bury our unraveled emotions, which inevitably causes more harm to ourselves, our friends, family, and community, and what we see are patterns perpetuated throughout family members and passed on across an entire lineage. This is intergenerational trauma.

Very recently, I came across the bold, brilliant, and beautiful work of **Dr. Mariel Buqué, PhD**, a Columbia-trained, trauma-informed holistic psychologist. Dr. Buqué's book "Break the Cycle: A Guide to Healing Intergenerational Trauma" is a necessary read for anyone not only wanting a deeper understanding of the complex emotional wounds that are unhealed within family systems, but also those that are then passed down from one generation to the next. Dr. Buqué gracefully explores the scientific research, stories, and therapeutic exercises to not only help her readers identify the reinforcing ancestral patterns within their family dynamics but more importantly give tangible tools for becoming the "cycle breaker" and preventing these patterns from being passed on any further to future generations.

"Becoming the cycle breaker"

In this powerful book, you will explore how intergenerational trauma affects your physiology, ways to implement spiritual emotions in your daily life such as compassion and forgiveness, the landscape of family estrangement, and when possible tools for reconciliation before resorting to estrangement, as well as the deep connections between your individual experiences and those that echo your ancestor's pain.



pictured: Dr. Mariel Buqué, PhD

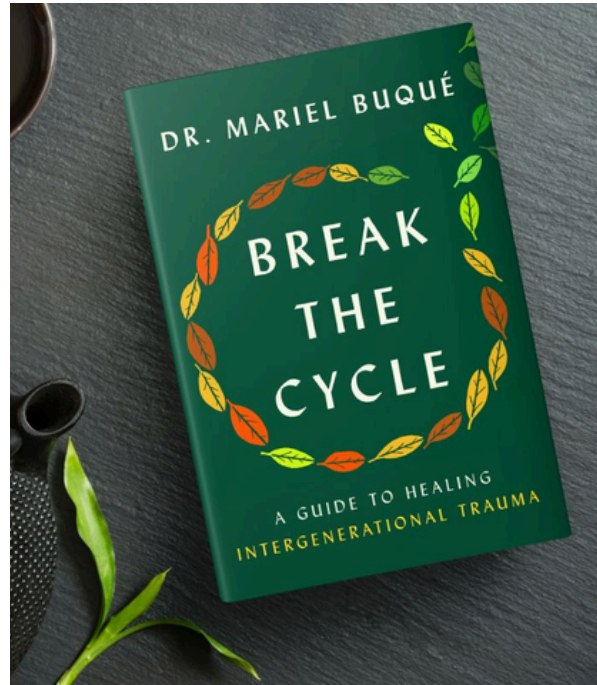


MIND - BODY - SPIRIT

WITH DR. TIFFANY JARAMILLO, ND

What I love about Dr. Mariel's approach is the emphasis on small, consistent mindful actions & practices for building resilience, transforming stress, and reshaping the nervous system. Curious if this is the work for you, but not sure where to start? Consider the questions below and how they will impact your mind, body, and spirit.

Perhaps you simply think about them or maybe even use them as a prompt for journaling and opening a dialogue of communication between you & your soul.



- How do you know when you are pouring from an empty cup?
- How do you show yourself ongoing self-love?
- How will you uphold healthy boundaries?
- What aspects of your shadow are you choosing to embrace?
- What will help you feel most centered when you feel upset?
- What is the one thing you can always say to your inner child?
- How will you break generational wounds in your family?
- How do/ will you cope when you feel most hurt?
- What do safe places look like for you?
- How are you planning to liberate yourself from past wounds?

Over the years these questions have offered me an abundance of insight & reflection and are questions that I find myself returning back to whenever entering a new season of life. My hope is that even just one of these questions will provide illumination for your own journey forward. <3

With love & gratitude,

xx

Dr. Tiffany



BOOK RECOMMENDATION

from our mental health counselor

Julia Pascualy, LMHCA

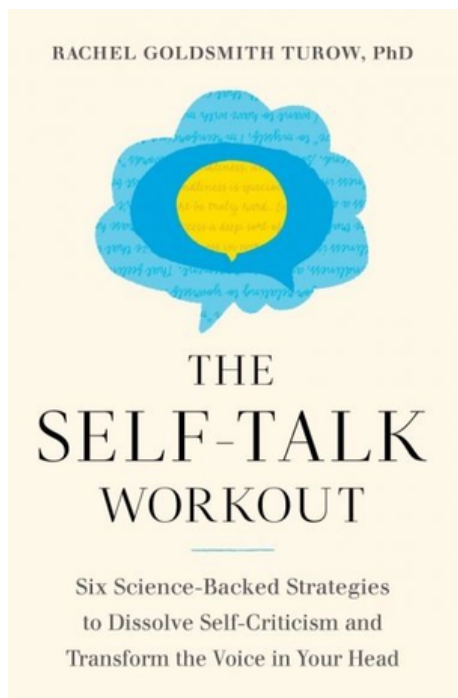
The Self Talk Workout by Dr Rachel Turow

Are you tired of that nagging voice inside your head that constantly criticizes you? Dr. Rachel Turow's "The Self-Talk Workout" offers a scientifically backed strategy for transforming self-criticism into self-compassion.

This book is a beacon of clarity in the often murky waters of self-improvement, providing readers with practical exercises aimed at reshaping and evaluating their internal dialogue. The ultimate goal? To cultivate kindness toward oneself, resulting in a profound shift in how individuals perceive themselves, engage with the world, and interact with others.

One of the standout features of this book is its simplicity. Dr. Turow's writing style is clear and accessible, making complex psychological concepts easy to grasp and implement. Unlike many self-help books that preach unrealistic positivity, "The Self-Talk Workout" takes a refreshingly realistic approach, acknowledging that life isn't always sunshine and rainbows. Instead, it offers practical tools for navigating the inevitable ups and downs with grace and self-compassion.

With six transformative exercises to try, this book provides a roadmap for breaking free from the cycle of negative self-talk. Let's take a sneak peek at one of these exercises:



Preview Tip: Spot the Success

Part of improving your self-talk involves recognizing your accomplishments, even on days when everything seems to go wrong. Take a few moments each day to jot down the things you've achieved, no matter how small they may seem. By shifting your focus from what went wrong to what went right, you can begin to reshape your perspective on yourself and your day.

"The Self-Talk Workout" is a valuable resource for anyone looking to break free from the grips of self-criticism and cultivate a more compassionate inner dialogue. Whether you're struggling with low self-esteem, battling imposter syndrome, or simply seeking greater self-awareness, this book offers practical tools and insights to support you on your journey toward self-acceptance and growth. So, why wait? Dive into "The Self-Talk Workout" today and start transforming your relationship with yourself.

“quote”



SPRING SEASON IN CHINESE MEDICINE

with Dr. Tiffany Jaramillo, ND



In Chinese medicine the season of spring is associated with the wood element and the corresponding organs are the liver & gall bladder. With spring energy comes a natural tendency for outward growth, motivation, planning, and an overall improvement in mood & outlook as the days get longer & brighter. Spring is the perfect time of year to pay special attention to these organs even if you do not have a gall bladder as the meridians in which qi (energy) flows are still present. The dominant qi associated with wood element and spring is wind which you may have noticed these last few weeks. The liver not only corresponds to our physical health but our psycho- emotional health as well and when wood element is out of balance we start to see symptoms appear that impact our physical body and also impact the way in which we orient to the world and connect with others.

WOOD PERSONALITY TYPE

- Core values are around growth & progression.
- They are action oriented humans who love to organize, plan, and strategize. These are your go-to people when things need to get done!
- Wood personalities are objective, logical, assertive, and straight shooters.
- Communication is blunt and they are not afraid of confrontation, thus they can be harsh at times without realizing it. Their voice is often deemed to be loud & at times aggressive.
- They LOVE movement especially vigorous exercise and because it proves to be so therapeutic for them they can often overdo it and leave themselves depleted & exhausted.

EMOTIONS ASSOCIATED

When out of harmony:

- Frequency of anger, rage, resentment, frustration, irritability, jealousy & envy.

When in harmony:

- Patient, flexible, graceful, and tolerant. They understand that growth is about time & spaciousness for restoration.

EATING IN HARMONY WITH SPRING & WOOD ELEMENT

One of the many ways to support our wood element and thus liver & gall bladder is to eat in harmony with spring season. The taste of wood element is **sour** and the color of wood element is **green**. Foods to focus on this spring:

- Citrus (orange, lime, lemon, grapefruit), tamarind, leafy greens
- Berries (black, rasp, marion, tay, logan)
- Mango, rhubarb, plum, sour grape, tart cherry
- Kimchi, kraut, pickled veggies, vinegar, sourdough, olives
- Quinoa, adzuki beans, cheese, yogurt, dill, tomato, leeks



**Other ways to support your wood element include regular movement, getting enough sleep, and avoiding alcohol.*

Medical GYM at Village Medicine

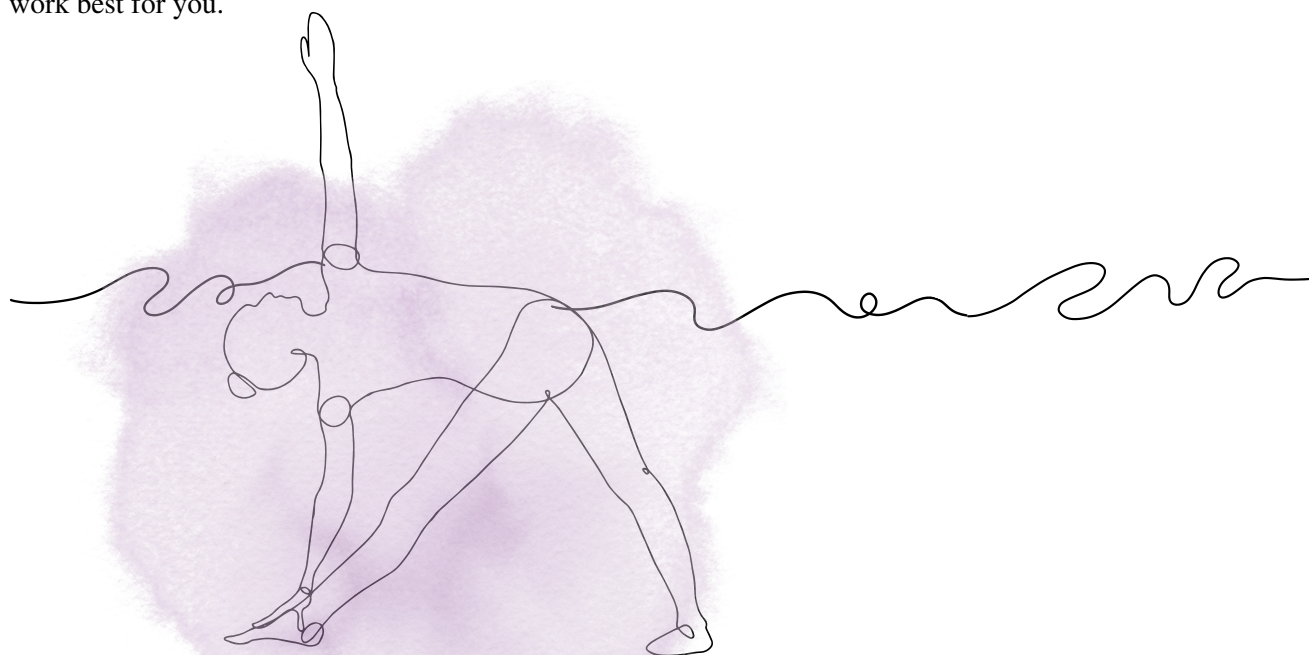
At Village, we are committed to empowering our community with comprehensive and preventative healthcare solutions. We believe in fostering a supportive environment that prioritizes overall well-being, moving away from body-shaming culture and the obsession with weight scales. Our ultimate goal is to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



Elevate Your Fitness Journey with Our Exclusive

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)
- a sleek 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

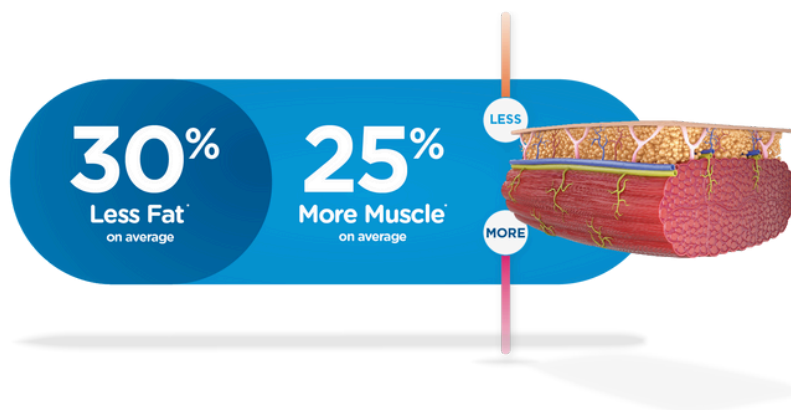
High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

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

MUSCLE - STRENGTH - STABILITY

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 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

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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

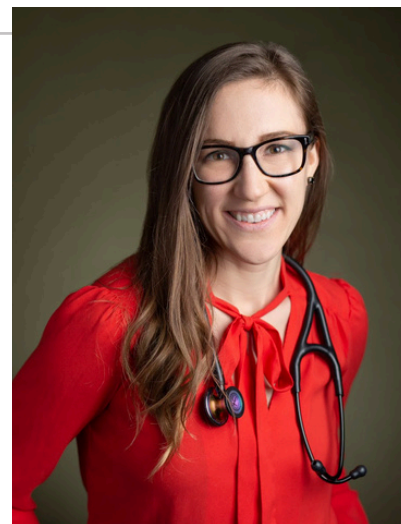
Family Nurse Practitioner, Naturopathic Physician

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. Tiffany Jaramillo, ND, LAC

Naturopathic Doctor, Licensed Acupuncturist

Dear valued patients, we are thrilled to introduce our newest Clinic Support Staff, Dr. Jaramillo, a dedicated Naturopathic Doctor and Licensed Acupuncturist committed to enhancing your overall healthcare experience.



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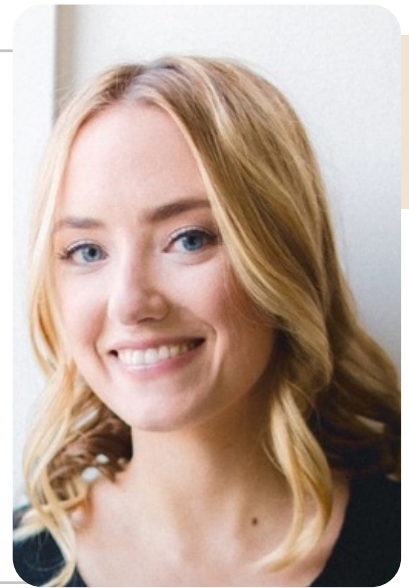
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Brooke Heyman, ARNP

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).



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Dr. Louise Berkowicz, MD

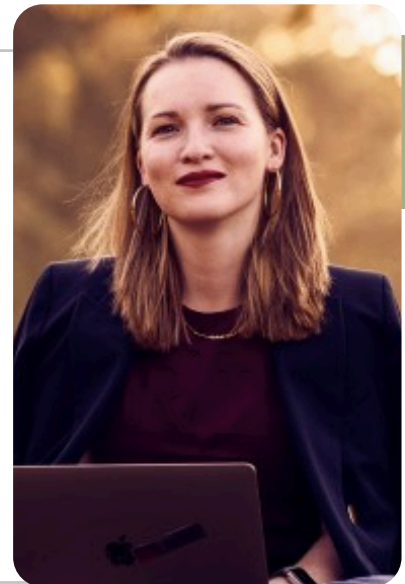
Energy Medicine Physician

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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