

APRIL - JUNE 2025

VILLAGE

QUARTERLY

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.

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.

✦ **MAY 6 – JUNE 10TH** ✦

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



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



*Your Spring Cleaning
boost for wellness*

***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 - 5 sessions

- Mondays, 7:00- 8:00 pm
 - May 5th, 12th, 19th
 - no class 26th (Memorial day)
 - June 2nd, 9th

***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:

- April 28th - June 9th
- (7 Week Series)

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

or

In Person: Wednesdays:

- April 30th - June 11th
- (7 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



— RECLAIMING HEALTH —

A NATUROPATHIC PROGRAM FOR CANCER SURVIVORS

FALL 2025



Dr. Meghan Zech
ND, FABNO



Dr. Tiffany Jaramillo
ND, LAc

8 Week Telemedicine Series

Dates: Thursdays, 7-8:30pm PST
September 25th,
October 2nd, 9th, 16th, 23rd, 30th,
November 6th & 13th 2025

Topics explored with a loving & supportive community include:

- Foundations for Health & Mind Body Medicine Techniques
- Tools for building resiliency & sustainable habits
- Food as medicine: Nutrition for health, vitality & inflammation
- Deep dive into gastrointestinal health & hormones
- Fitness/ movement & detoxification
- Body image & sexual health
- Rituals & celebrations

HERBAL MEDICINE LEARN & CREATION

with Dr. Meghan Zech, ND, FABNO, RH



Discover the art of crafting herbal remedies tailored to address and prevalent health issues in this 4-part 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.

Leave each class with your own herbal creation!

IN-PERSON SESSIONS
EVENINGS FROM 7-9 pm

May 1st 2025, Thursday- **Digestion**

August 5th 2025, Tuesday - **Immune**

November 3rd, 2025 Monday - **Anxiety**

Feb 2026 TBD - **Insomnia**



Register now with our front desk staff

**Classes billed through insurance

NEUROPLASTICITY

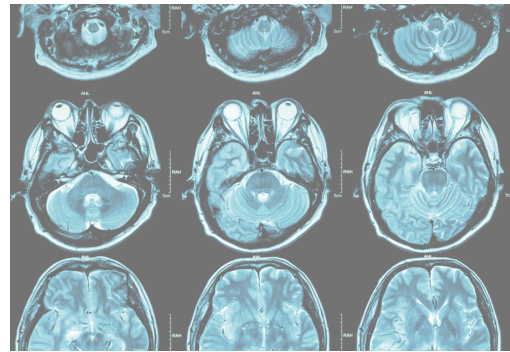
A holistic way to tackle entrenched habits and make sustainable life long changes



*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

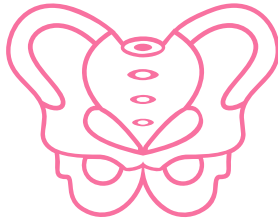
- Mondays, 7:00- 8:00 pm
 - Spring-Summer 2025

***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.

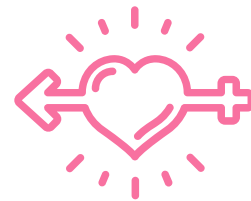
You will learn:

- 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 - Summer 2025

***Classes billed through insurance

Session topics include:

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

MASLD & Fatty Liver: Understanding the Condition & Pathways to Healing

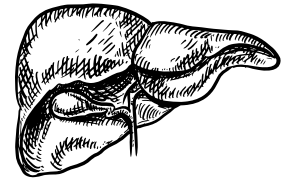
By Dr. Meghan Zech ND, FABNO



Amidst a growing interest in holistic health, Dr. Meghan Zech uniquely blends scientific rigor with a deep passion for herbal medicine in her approach to Non-Alcoholic Fatty Liver Disease (NAFLD). Beyond conventional treatments, she explores nature's potential for liver support. If you're drawn to plant-based remedies for any concern (digestion, sleep, mood, hormones), discover how Dr. Zech's insightful perspective and the gentle power of herbs might offer a complementary path to well-being.

What is MASLD (formerly called NAFLD)?

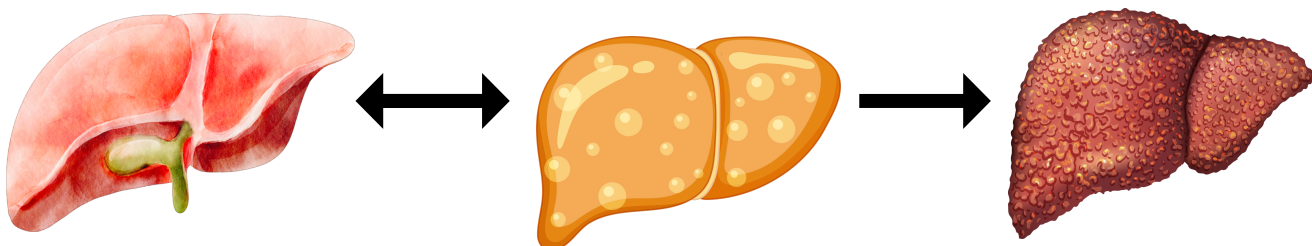
Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD), formerly called Non-Alcoholic Fatty Liver Disease (NAFLD) is a condition characterized by the accumulation of fat in the liver in individuals who do not consume excessive alcohol. MASLD is considered the most common liver disorder in Western countries, affecting an estimated 25-30% of the global population. This condition can be broken down into two main stages: simple fatty liver (steatosis) and the more severe Metabolic Dysfunction-Associated Steatohepatitis (MASH). While simple fatty liver may not cause inflammation, MASH involves liver inflammation, which can lead to liver damage and scarring. MASLD is often referred to as a "silent" condition because many individuals experience no symptoms until it progresses. As a result, diagnosis is frequently delayed, allowing the condition to worsen over time.



How MASLD Develops:

MASLD develops due to a combination of factors, including poor diet, lack of exercise, metabolic dysfunction, and genetic predisposition. The process often begins with excessive fat storage in liver cells, followed by oxidative stress and chronic inflammation. Over time, these factors lead to scarring and impaired liver function.

The liver plays a critical role in regulating blood sugar, detoxifying the body, and managing metabolism. When the liver is overloaded with fat, its ability to perform these functions is compromised, contributing to a cascade of health issues affecting the entire body





How Sugar and Carbohydrates Contribute to MASLD Progression

Sugar and refined carbohydrates are significant contributors to the development and progression of MASLD. These foods, especially those that are highly processed or contain added sugars, can negatively affect liver function in several ways.

1. Insulin Resistance and Fat Accumulation

One of the primary mechanisms by which sugar and refined carbohydrates contribute to MASLD is through the development of insulin resistance. Insulin is a hormone that helps regulate blood sugar levels by signaling cells to absorb glucose from the bloodstream. However, when the body is consistently exposed to high amounts of sugar, the cells become less responsive to insulin. This results in insulin resistance, which is a hallmark of MASLD.

As insulin resistance worsens, the liver is forced to work harder to process glucose, leading to an increased storage of fat in liver cells. This excess fat buildup, known as hepatic steatosis, is the first stage of MASLD and is one of the key contributors to liver inflammation. In the long term, this process can lead to MASH (Metabolic Dysfunction-Associated Steatohepatitis, fibrosis and cirrhosis).



2. Excess Fructose and Fatty Liver

Another contributing factor to MASLD progression is the excessive consumption of fructose, a type of sugar found in many processed foods and sugary beverages. Unlike glucose, which is metabolized by all cells in the body, fructose is primarily processed in the liver. When consumed in large quantities, fructose overwhelms the liver's capacity to metabolize it effectively. As a result, the liver begins to convert excess fructose into fat, leading to fatty liver. Over time, this process can lead to inflammation and scarring.

High-fructose corn syrup (HFCS), a common sweetener in sodas, candies and processed snacks, is particularly problematic because it is composed of a high proportion of fructose. Studies have shown that diets high in fructose can promote liver fat accumulation, inflammation, and insulin resistance, all of which exacerbate MASLD.



3. Dysregulated Lipid Metabolism

A diet high in refined carbohydrates (such as white bread, pasta, pastries and sugary cereals) causes rapid spikes in blood sugar levels, followed by insulin surges. These fluctuations can disturb lipid metabolism in the liver. When the liver processes large amounts of sugar and refined carbs, it can lead to an overproduction of triglycerides—a type of fat that accumulates in liver cells and contributes to MASLD.

The liver's inability to manage fat storage efficiently can result in fatty liver disease, which, when left untreated, may progress to more severe stages like MASH. This imbalance in lipid metabolism also increases the risk of cardiovascular disease, as the excess triglycerides can spill into the bloodstream and contribute to plaque buildup in arteries.

4. Chronic Inflammation and Oxidative Stress

Consuming high amounts of sugar and refined carbohydrates not only contributes to fat accumulation but also induces chronic inflammation in the liver. Both glucose and fructose can trigger oxidative stress, which occurs when the body's antioxidant defenses are overwhelmed by free radicals. This leads to liver cell damage, inflammation and the activation of pathways that promote fibrosis (scarring).

Chronic inflammation can worsen liver function, impair detoxification processes, and contribute to a vicious cycle that makes it harder to reverse MASLD. Moreover, high sugar intake is also associated with increased levels of advanced glycation end products (AGEs), compounds that further promote oxidative stress and liver damage.

MASLD & Fatty Liver: Understanding the Condition & Pathways to Healing

By Dr. Meghan Zech ND, FABNO

Long-Term Implications of MASLD

If left untreated, MASLD can progress to MASH, which increases the risk of liver cirrhosis and liver cancer. However, even simple fatty liver can contribute to other serious health conditions, such as:

Cardiovascular Disease: People with MASLD have a higher risk of heart disease, including heart attack and stroke.

Type 2 Diabetes: MASLD can worsen insulin resistance and contribute to the development of type 2 diabetes.

Chronic Kidney Disease: Kidney function may be impaired in those with MASLD due to the systemic metabolic dysfunction.

Increased Cancer Risk: MASH, in particular, is associated with a higher risk of liver cancer (hepatocellular carcinoma), as well as an increased risk of other cancers, including colorectal and pancreatic cancers.

MASH: A Progressive Stage of MASLD

MASH represents a more severe form of MASLD, where fat buildup in the liver causes inflammation and liver cell damage. As MASH progresses, it can lead to liver fibrosis and eventually cirrhosis. Unlike simple fatty liver, MASH can lead to significant health complications and is now the leading cause of liver transplants in the U.S., surpassing hepatitis C.

How MASLD and MASH Can Be Managed

The good news is that both MASLD and MASH are highly treatable conditions, and early intervention can often reverse liver damage, especially when lifestyle changes are made early on.

Nutrition: Healing Through Food

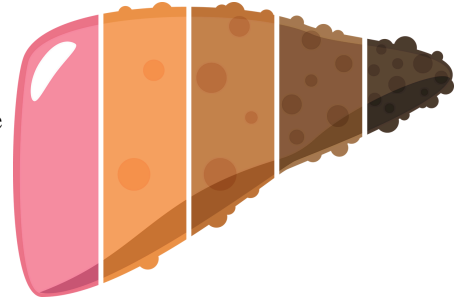
A liver-friendly diet is crucial for managing and even reversing MASLD. Key dietary principles include:

Increase Fiber Intake: Whole grains, vegetables and legumes help stabilize blood sugar and reduce liver fat accumulation.

Healthy Fats: Omega-3 fatty acids (found in foods like salmon, flaxseeds and walnuts) reduce liver inflammation and support metabolic health.

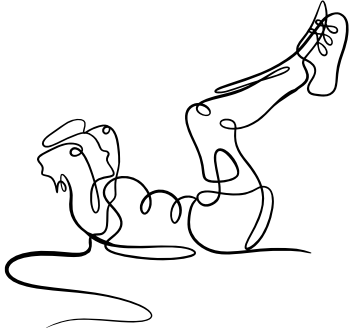
Cut Back on Sugar and Refined Carbohydrates: Reducing intake of added sugars and limiting processed foods is essential for improving liver health.

Antioxidant-Rich Foods: Incorporating antioxidant-rich foods such as berries, leafy greens and nuts can help fight oxidative stress in the liver and support detoxification.



NAFLD & Fatty Liver: Understanding the Condition & Pathways to Healing

By Dr. Meghan Zech ND, FABNO



Exercise: Supporting Liver Function

Physical activity is an important component of MASLD treatment. Regular aerobic exercise (such as walking, swimming or cycling) and resistance training (including weight lifting or body weight exercise such as yoga or pilates) both contribute to reducing liver fat, improving insulin sensitivity and lowering inflammation. Aiming for at least 150 minutes of moderate-intensity exercise per week is recommended for optimal liver health.



Emsculpt: A Treatment Option to Support Liver Health

Emsculpt, a non-invasive body contouring treatment available at Village Medicine, can support MASLD management by improving muscle mass and metabolic function. Through radiofrequency heating, Emsculpt helps break down fat cells and stimulate muscle contractions, promoting fat reduction and improved body composition. This can aid in weight management, which is critical for reversing fatty liver disease.

Herbal Medicine for Liver Support

Herbal medicine offers an array of options for supporting liver health, especially through the use of plants that promote detoxification, reduce inflammation and enhance liver function. Many of these herbs are not only medicinal but can also be easily found and foraged in the Pacific Northwest during the spring season.

Foraged Liver-Supportive Herbs:

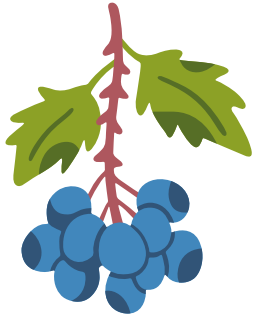
Dandelion (*Taraxacum officinale*): Dandelion is a powerful liver tonic and is commonly found in the wild. The leaves help stimulate bile production, which is essential for fat digestion and the detoxification process. Dandelion root can also be used to support the liver's detox functions. In the spring, young dandelion leaves can be added to salads or made into a refreshing tea.



Nettle (*Urtica dioica*): Nettle is another herb that is commonly foraged in the Pacific Northwest, especially in the spring. It helps support kidney and liver health by stimulating the elimination of waste products and toxins. Nettle leaves are rich in minerals, including magnesium and iron, which further help detoxify the body. Nettle can be added to soups, stews or teas.

Peppermint (*Mentha piperita*): While not a wild forage, peppermint is a wonderful herb for supporting digestion and soothing liver inflammation. It also aids in bile flow, which is crucial for liver health and digestion. Fresh peppermint leaves can be easily grown or bought and added to a variety of dishes or teas.





Oregon Grape Root (*Mahonia aquifolium*): Native to the Pacific Northwest, Oregon grape root has been traditionally used to support liver health. It acts as a natural bile stimulant, helping to detoxify the liver and gallbladder, which is especially beneficial for individuals with fatty liver disease (NAFLD). Oregon grape root also has antimicrobial properties, which can support gut health—another important aspect of liver function. Additionally, the yellow flowers of the Oregon grape are edible and can be added to salads or blended into dressings for a vibrant and health-boosting garnish!

Liver-Supportive Culinary Herbs:

Several common culinary herbs can also support liver health. Cook freely with these herbs both to flavor dishes and support liver function. Let food be your medicine!



“Let food be your medicine!”

Liver-Supportive Culinary Herbs:

Several common culinary herbs can also support liver health. Cook freely with these herbs both to flavor dishes and support liver function. Let food be your medicine!



Turmeric: Known for its anti-inflammatory properties, turmeric contains curcumin, which helps reduce liver inflammation and promotes detoxification. It is easily incorporated into a wide range of dishes, from curries to smoothies.



Ginger: Ginger is another anti-inflammatory herb that can support digestive function and help with liver detox. It stimulates bile production and is also beneficial for reducing nausea, which is common in those with liver conditions.



Garlic: Garlic contains sulfur compounds that activate liver enzymes, which are essential for detoxification. It also helps reduce oxidative stress and inflammation in the liver.



Lemon: Though technically a fruit, lemon is often used as a culinary herb in various recipes. It helps stimulate bile production and is an excellent source of vitamin C, which supports detoxification and reduces liver inflammation.

Taking Control of Liver Health

MASLD is a common but treatable condition. With early intervention, lifestyle changes such as a healthy diet, regular exercise, herbal support, and cutting-edge treatments like Emsculpt, individuals can reverse liver fat accumulation and improve liver function. The key is recognizing the condition early and committing to long-term, sustainable lifestyle changes.

Liver-Supportive Herbal Tea Recipe

A simple and effective way to support liver health is through a nourishing herbal tea made from liver-friendly plants. Here's a recipe you can try at home to help cleanse and support your liver:

Spring Liver Detox Tea

Ingredients:

- 1 tbsp Dandelion leaf (fresh or dried)
- 1 tbsp Nettle leaf (fresh or dried)
- 1 tsp Peppermint leaves (fresh or dried)
- 1-2 slices fresh Lemon
- 1 tsp fresh Ginger (or 1/2 tsp dried ginger)
- Honey or stevia to taste (optional)

Instructions:

1. Bring 4 cups of water to a boil in a saucepan.
2. Once the water is boiling, add the dandelion, nettle and peppermint leaves.
3. Reduce the heat and let the herbs steep for 5-10 minutes, depending on how strong you want the flavor.
4. Add the fresh ginger and allow it to steep for another 3-5 minutes.
5. Remove from heat and strain the herbs out.
6. Add a slice of fresh lemon to each cup and, if desired, sweeten with honey or stevia.
7. Serve warm or allow it to cool and enjoy it as an iced tea!



In Health,

Meghan Zech ND, FABNO
Naturopathic Physician
Board Certified in Naturopathic Oncology
Registered Herbalist (AHG)



Optimizing Fertility: A Mind Body Spirit Approach

By Dr. Tiffany Jaramillo ND, LAc



She sings from the knowing of los ovarios, a knowing deep within the body,
deep within the mind, deep within the soul.

– Clarissa Pinkola Estes, *Women Who Run with the Wolves*

Spring season is upon us and with Spring brings new life, new opportunities and a quest for growth & renewal. Spring energy allows us to come out of hibernation and leave dormancy behind. Everything in the natural world begins to once again create new life- flowers, trees, animals, birds, humans, and so much more. Spring welcomes creation.

Preconception is a beautiful and exciting time, but for many fertility challenges can pose significant stress on our physical, mental, & emotional bodies as well as our interpersonal relationships and financial capabilities. For most of our adult lives we are actively trying to prevent pregnancy however statistically when most women begin trying to conceive it is anything but easy. This battle with conception tends to cause additional layers of stress & trauma leaving women to feel as though their bodies have failed them- or worse they are told they are “too old” – even in their 20’s & 30’s!

There are wonderful resources out there for educating women on their bodies & fertility awareness to support conception but what I what often see is an immense pressure placed on women to get pregnant quickly and distrust in their body’s capabilities. Pressure continues to rise thus increasing stress hormones. The focus shifts to trying so hard to get pregnant rather than cultivating belief & optimizing health. Did you know that sympathetic overdrive via the HPA axis has a direct impact on the HPO axis thus blocking ovulation? This alone can double infertility risk.



Working on ways to transform stress in your life is essential to your health. In fact, several recent studies have looked at the effects of Mind Body Medicine practices on fertility outcomes. These studies found that women who participate in practices daily that support the relaxation response of the parasympathetic nervous system not only improved their mood by lowering anxiety but also increased their energy, sleep, and their chances of conceiving by 35% all in as little as 3 months. Techniques varied but included meditation (both concentrative & mindfulness), journaling, indigenous practices such as cleansing rituals, gentle yin yoga, and therapy (CBT mostly). By engaging with these practices, we engage with ourselves, our spirit, and we allow the clearing of self- doubt, emotional burdens, and failure.

Optimizing Fertility: A Mind Body Spirit Approach

By Dr. Tiffany Jaramillo ND, LAc



Spring Ceremony: A favorite exercise of mine comes from the work of Angeles Arrien and her quest to examine healing in indigenous cultures & shamanic practices. This particular exercise involves giving a deeply held wound or trauma to the Tree people, the original medicine people of the plant kingdom.

So, I ask you, what is your wound? What story do you continue to tell to yourself and to others?
And are you willing to let go of this part of you so that you might begin to create a new story?

- Perhaps you pause here and take some time to reflect or journal about this.
- When you are ready and have identified your wound, spend an hour outside engaging in a mindful walking meditation where you simply observe nature around you.
- Whatever you see, smell, or feel, you simply call it out.
- **Admire the beauty of the original medicine people.** You will know the tree when you see it.
- Admire its roots which reflect its past, its trunk which reflects its present, and its branches which reflect its future.
- Give thanks to this tree.
- Offer your wound to this special tree, and never speak of it again.
- Some indigenous cultures use this practice as a way of committing to healing the wounded part of themselves.

In a season of renewal & growth, we must show ourselves compassion. This season I invite you to be swept up into the arms of the mother of earth and the father of skies. Sometimes we need to take a step back from trying so hard. Give yourself permission to hit pause and take a fertility vacation. You might find that this not only allows you to be in the moment but reconnects you with your mind, body, and spirit- ultimately cultivating belief in YOU again...sometimes this is the most healing medicine. <3



Curious about the work that Dr. Tiffany Jaramillo does and want to learn more? Schedule an appointment with her or consider joining her upcoming Spring Spirit Mind Body Medicine Class Series to dive deep into self- care, connection, and community. See flyer regarding the in- person or telemedicine group or reach out to our front office for more information.

Calming Your Nervous System: A Simple Tapping Technique for Stress Relief

by Erin Brower, LMHC



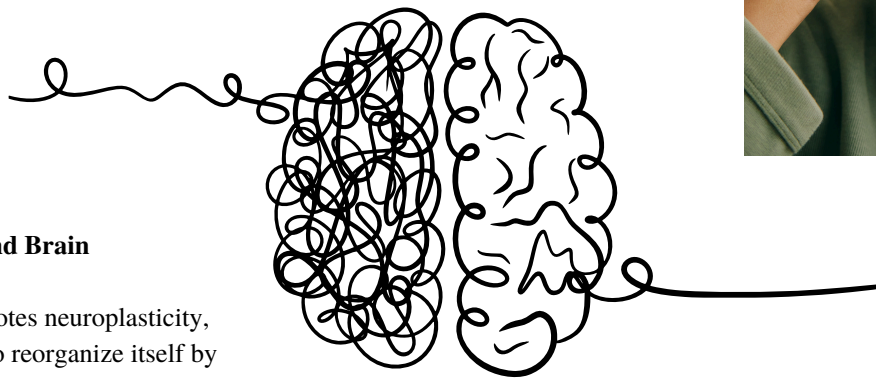
At Village Medicine Seattle, we understand that stress can take a toll on your overall well-being. That's why we're excited to share a simple yet powerful technique that can help calm your central nervous system and promote a sense of peace. This technique, which combines gentle tapping with positive affirmations, is rooted in science and traditional healing practices.

The Science Behind the Tapping:

You might be wondering, "How does tapping actually work?" The key lies in its ability to calm the amygdala, the part of your brain responsible for processing emotions like fear and stress. When we experience stress, the amygdala becomes highly active. Gentle tapping on specific points on the face and upper body sends calming signals to the amygdala, helping to regulate its activity.

Mirroring the Diaphragm:

Interestingly, the rhythmic pressure of tapping is thought to mimic the sensation of a mother's diaphragm movement in utero, which is naturally soothing for infants.



Neuroplasticity and Brain Communication:

Tapping also promotes neuroplasticity, the brain's ability to reorganize itself by forming new neural connections. By using both hands and tapping on various points, we encourage communication between the left and right hemispheres of the brain, fostering a sense of balance and integration.

Rewriting Your Story:

Through the process of tapping and repeating positive affirmations, we can rewrite old, negative thought patterns and create new, empowering beliefs. This helps to create new neural pathways, allowing for a shift in perspective and a reduction in stress.

Calming Your Nervous System: A Simple Tapping Technique for Stress Relief

by Erin Brower, LMHC



Here's how to perform the tapping technique:

Begin by identifying a stressor or fear that you'd like to address.

Tapping Points:

- 1 hand - Start by tapping gently with your dominant hand between your eyebrows, right on the bone.
- 2 hands - Next, tap just outside your eyes, near the temple.
- 2 hands - Then, tap underneath your eyes.
- 1 hand - Move down and tap below your nose and then below your bottom lip.
- 2 hands - Lastly, tap on the upper chest below the collar bone
 - This point also corresponds to the "Spirit Gate" in traditional Chinese medicine.

After completing the sequence, repeat if you choose, then shake out your hands and take a few deep breaths.

As you tap each point, repeat the following affirmations:

"I am open to the idea that I am supported."

"I am open to the idea that I am good enough just the way I am."

"I am open to the idea that I am safe."

"I am open to the idea that I can count on people."

"I am open to the idea that I can create support."

"I am supported and loved."



Connecting Mind and Body:

This tapping technique is a beautiful example of how traditional medicine and modern science can come together to support our well-being. By combining physical touch with positive affirmations, we can create a powerful tool for stress relief and emotional balance.

Village Medicine and Holistic Health:

At Village Medicine, we believe in a holistic approach to health, addressing the mind, body, and spirit. We are committed to providing our patients with the tools and resources they need to thrive. If you'd like to learn more about this tapping technique or other holistic health practices, please contact us to schedule an appointment.

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.

Understanding SIBO, IBS, IBD, and Your Gut Health with Dr. Misty Story, ND



Finding Relief and Reclaiming Your Life from Digestive Distress

Living with chronic digestive issues like gas, bloating, abdominal pain, unpredictable bowel habits, or food intolerances can significantly impact your quality of life. It can make social events stressful, travel daunting, and even simple meals a source of anxiety. If you're struggling with conditions like SIBO (Small Intestinal Bacterial Overgrowth), IBS (Irritable Bowel Syndrome), or IBD (Inflammatory Bowel Disease), know that specialized, compassionate care is available right here in Seattle at Village Medicine.



I am pleased to join Village Medicine Seattle, and offer my naturopathic approach with deep expertise and specialized training in complex gastrointestinal conditions. I bring a wealth of knowledge, focusing not just on symptom management, but on uncovering the root causes of your digestive distress to help you find lasting relief.

What are SIBO, IBS, and IBD? Understanding the Basics

Many patients come to me confused about their diagnosis, and they wonder what's really going on in their gut based on their diagnosis. Here's a quick overview of:

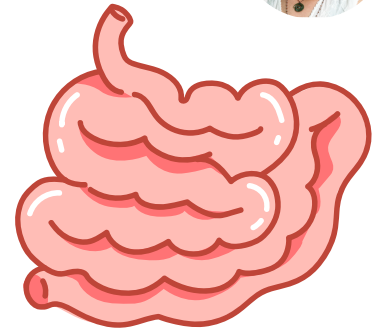
- **SIBO (Small Intestinal Bacterial Overgrowth)**: This condition occurs when bacteria that normally live in your large intestine overgrow in your small intestine. This can interfere with digestion and nutrient absorption. (bloating, constipation and/or diarrhea)
 - **IBS (Irritable Bowel Syndrome)**: A common disorder affecting the large intestine, causing symptoms like cramping, abdominal pain, bloating, gas, diarrhea, or constipation. Interestingly, research suggests 60-80% of IBS cases may actually be caused by SIBO.
 - **IBD (Inflammatory Bowel Disease)**: This is an umbrella term for chronic inflammatory conditions of the digestive tract, primarily Crohn's disease and Ulcerative Colitis. These are autoimmune disorders requiring careful management, often alongside a gastroenterologist.
-



Are You Experiencing Symptoms of SIBO?

While symptoms can vary, SIBO often presents with:

- Gas and significant bloating (often worsening throughout the day)
- Abdominal pain or discomfort
- Constipation, diarrhea, or alternating bowel habits (even normal stools)
- Nausea
- Acid reflux or GERD (Gastroesophageal Reflux Disease)
- Developing new food intolerances



Because symptoms can overlap with other conditions like IBD, a thorough evaluation is crucial.

Get to know me, Dr. Misty Story: my training & root cause approach:



Like many of my patients, my road to health hasn't been without bumps. I've personally experienced Celiac Disease, IBS/SIBO, and the recovery process after a concussion. This wasn't just a clinical lesson; it was a personal one that taught me deep empathy for the struggle, but also instilled a powerful belief in the possibility of feeling truly well again. It's why I'm so passionate about helping you with your GI concerns – I've been there.

My commitment is also shaped by witnessing the health journeys of my family members facing challenges from Alzheimer's and heart disease to autoimmune conditions and mental health struggles.

These experiences drive my core values: empowering you through education, helping you find balance, and guiding you away from just managing disease towards embracing vibrant health. It's more than my profession; it's my purpose, born from experience and compassion.

My journey into specializing in gut health involved mentorship under true pioneers in the field. During my naturopathic medical training, I studied closely with Dr. Allison Siebecker and Dr. Steven Sandberg-Lewis, who established the SIBO Center at the National University of Natural Medicine (NUNM) in Portland, Oregon and collaborated with leading researchers like Dr. Mark Pimentel. I continue to consult with Dr. Siebecker's group, staying at the forefront of SIBO knowledge.



My IBD expertise was further honed through mentorship with specialists Dr. Ilana Gurevich and the late Dr. Gary Weiner. This extensive training informs my comprehensive approach at Village Medicine. I am also an active member of the Gastroenterology Association of Naturopathic Physicians (GastroANP), serving on the board and conference committee.





The Naturopathic Medicine Difference: Looking Deeper

Simply treating the symptoms or providing a round of antibiotics often isn't enough for sustainable relief, especially with SIBO. I emphasize identifying and addressing the underlying factors that may have contributed to the condition in the first place. These can include:

- Previous food poisoning or traveler's diarrhea
- History of abdominal surgeries leading to adhesions
- Conditions like endometriosis
- Head injuries or traumatic brain injuries (TBIs)
- Thyroid disorders
- Other motility disorders

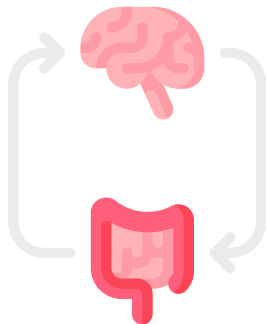
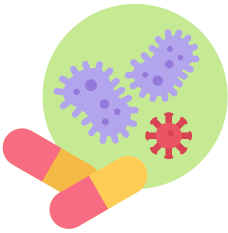


This is why I gather a comprehensive history before ordering tests. Understanding the full health history helps rule out other conditions and ensures the diagnostic and treatment plan is truly personalized.

Personalized Treatment Strategies for Gut Healing

Treatment at Village Medicine with me is tailored to patient specific needs and may involve a combination of approaches:

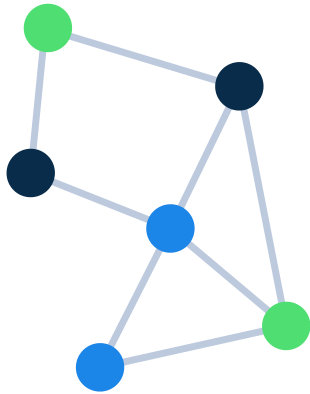
- **Herbal Antimicrobial Protocols:** Utilizing specific herbs known for their effectiveness against bacterial overgrowth.
- **Targeted Antibiotics:** Prescribing specific conventional antibiotics (like Rifaximin) when appropriate.
- **Therapeutic Diets:** Guidance on diets like the Low FODMAP diet, the SCD (Specific Carbohydrate Diet), the SIBO Specific Food Guide (developed by Dr. Siebecker), or sometimes low-histamine approaches. Crucially, restrictive diets are used cautiously and temporarily, with the goal of expanding your diet long-term.
- **Elemental Diet:** A specialized, short-term liquid diet composed of pre-digested nutrients that can nourish you while starving bacteria.
- **Prokinetics:** Medications or supplements to stimulate gut motility and help prevent SIBO relapse.
- **Microbiome Restoration:** Focusing on rebuilding a healthy, balanced gut ecosystem after treatment.
- **Addressing the Mental-Emotional Component:** Recognizing and supporting patients through the fear and anxiety often associated with chronic digestive issues and food restrictions.





Reclaiming Your Diet and Your Life

One of the most rewarding aspects of this work is helping patients move beyond extremely limited diets. I have worked with individuals who could only tolerate 3-5 foods, guiding them through treatment to successfully reintroduce a wider variety of foods. The goal is always to help patients enjoy meals without fear, eat socially with friends and family, travel, and fully participate in life again. This applies equally to managing IBD, where naturopathic support alongside conventional care can significantly improve quality of life and reduce symptom burden.



Expanding Expertise: Connecting the Dots

Understanding the gut often means looking at related conditions. I also bring experience with:

- Celiac Disease: (Including personal experience with the condition)
- Histamine Intolerance & Mast Cell Activation Syndrome (MCAS): Particularly focusing on GI-related triggers and symptoms.
- Connective Tissue Disorders: Recognizing the link between conditions like Ehlers-Danlos Syndrome (EDS) and gut dysfunction.

Take the Next Step Towards Better Digestive Health in Seattle

If you're tired of digestive symptoms controlling your life, expert help is available. At Village Medicine, Dr. Misty Story and our team are committed to providing thorough, individualized naturopathic care to uncover the root causes of your SIBO, IBS, IBD, or other gut health concerns.

Schedule your initial consultation with Dr. Story and start your journey towards healing.



Regenerative Medicine: Healing Injuries and Preventing Surgery with Prolotherapy & PRP

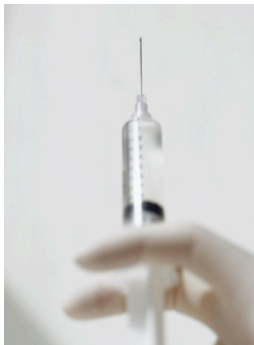
by Dr. Paul Mischczyn, ND



Welcome to Village Medicine, Seattle! Dr. Paul Mischczyn here, and I'm excited to share insights into regenerative medicine, specifically **Prolotherapy & PRP** (Platelet-Rich Plasma) injections. These treatments offer powerful ways to reduce pain, recover from injuries, and even prevent the need for surgery.

Understanding Regenerative Injections

Our bodies have an incredible capacity to heal. Sometimes, however, they need a little nudge. That's where regenerative injections come in.



Prolotherapy:

This involves injecting a hyperosmolar dextrose solution (a concentrated sugar solution) into the injured area. This triggers a controlled, localized inflammation reaction, signaling your body to initiate its natural healing process. Think of it as restarting the healing process that might have stalled or been incomplete. By signaling the healing processes without any new injury / damage, we get a repeat process of healing, to complete what the body was unable to do soon after injury. This treatment promotes ligament regeneration and works for old and new injuries.

PRP (Platelet-Rich Plasma):

This treatment uses patient produced healing factors to trigger a stronger healing response. This is achieved by drawing a small amount of blood, spinning it down to concentrate the platelets, and then injecting this platelet-rich plasma into the affected area.

Platelets are packed with growth factors that accelerate healing. PRP is particularly beneficial for cartilage issues, such as arthritis, and joint (inter-articular) injections. PRP can provide a more potent healing response, potentially requiring fewer treatments.

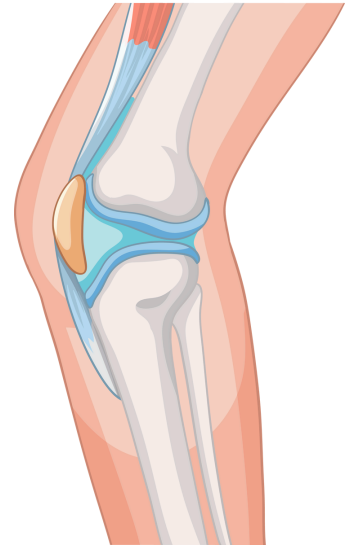


How These Treatments Help

- Pain Reduction: Both Prolotherapy and PRP can significantly reduce pain by addressing the root cause of the problem.
- Injury Recovery: These treatments stimulate the body's natural repair mechanisms, promoting faster and more complete healing.
- Surgery Prevention: By strengthening ligaments and tendons, and repairing cartilage, we can often avoid the need for invasive surgeries.

My goal is to help my patients keep their bodies as strong as possible, which includes prioritizing repair before replacement. While surgical hardware is sometimes necessary, it often comes with complications—both from the initial procedure and from the eventual need for revision or re-surgery. That's why I work with patients to stimulate the body's innate healing as a first-line approach for managing pain and injury.

Enhanced Healing: These injections can restart the healing process, and in some cases, strengthen the affected area beyond its original state.



Why Choose Regenerative Medicine?

Natural Healing:

- We're working with your body's innate ability to heal itself.

Minimally Invasive:

- These are injection-based treatments, avoiding the risks and downtime associated with surgery.

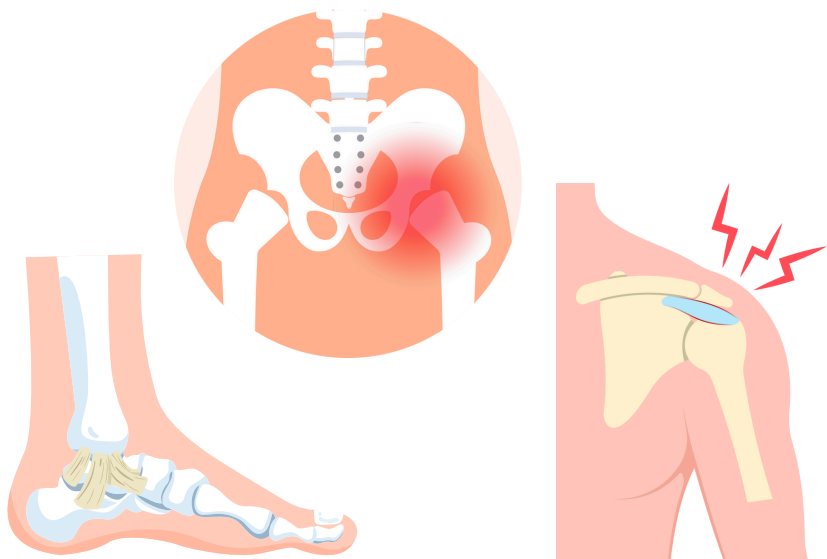
Long-Term Benefits:

- We're not just masking symptoms; we're addressing the underlying cause of your pain.

Conditions for Regenerative Treatments

Regenerative injections can be effective for a wide range of areas, including:

- Back pain
- Knee pain
- Elbow pain
- Hip pain
- Wrist pain
- Ankle pain
- Chronic use pain
- Injury and post injury pain.

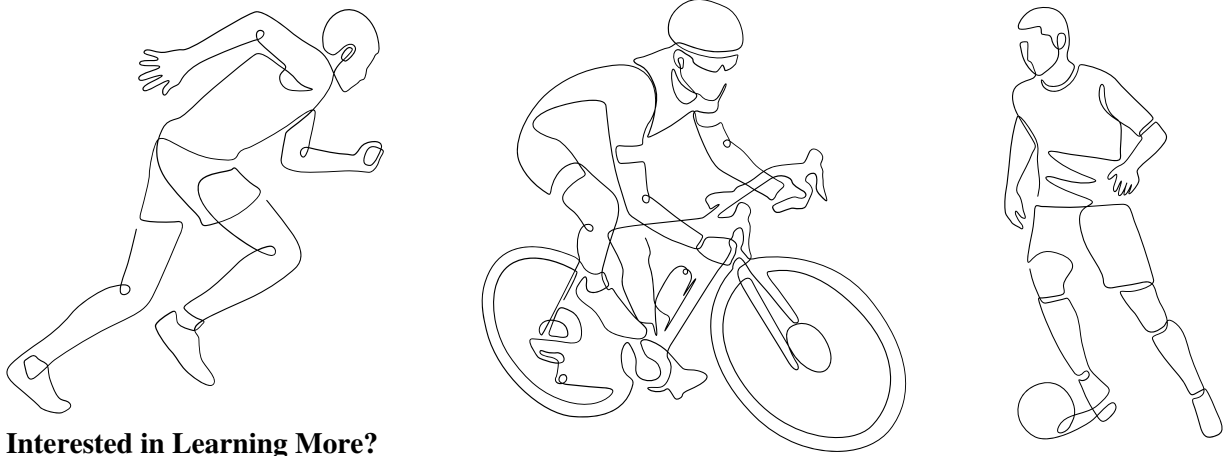


Important Considerations

Healing takes time and multiple treatments may be necessary. NSAIDs (nonsteroidal anti-inflammatory drugs) can hinder the healing process. Proper nutrition is essential for optimal healing.

Your Mobility Matters

My goal as a naturopathic doctor is to help you maintain mobility and freedom in your body. Injuries shouldn't limit your physical and mental well-being. It's never too late to invest in your body's healing.



Interested in Learning More?

If you're considering Prolotherapy or PRP, schedule a consultation with one of our regenerative medicine doctors at Village Medicine, Seattle. We'll assess your condition and determine if these treatments are right for you.

Contact us today to schedule your appointment and take the first step toward a pain-free, active life!



About Dr. Paul Mischyszyn, ND:

Paul is a dedicated practitioner specializing in injury restoration and athletic optimization through regenerative medicine approaches. Driven by the understanding that our physical health reverberates into every part of our lives—work, relationships, physicality, and attitude—he focuses on thorough health assessments, in-depth testing, and advanced injection therapies like prolotherapy. Certified by The American Osteopathic Association of Prolotherapy and Regenerative Medicine, Paul believes that consistent attention and care are foundational to well-being and that investing in our long-term health is paramount. Through his work, he empowers patients with the tools to replace unhealthy habits and achieve lasting physical vitality.

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YES great one

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yes for PIT too

<https://www.healthline.com/health/prolotherapy>

yes major site

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<https://orthopedicreviews.openmedicalpublishing.org/article/33921-a-comprehensive-update-of-prolotherapy-in-the-management-of-osteoarthritis-of-the-knee>

[32] <https://lowbackpain.com/the-benefits-and-potential-side-effects-of-prolotherapy/>

[33] <https://pmc.ncbi.nlm.nih.gov/articles/PMC2831229/>

Treatment Highlight: A Breakthrough Treatment at Village Medicine: Total Plasma Exchange (TPE) by Dr. Paul Mischczyn, ND



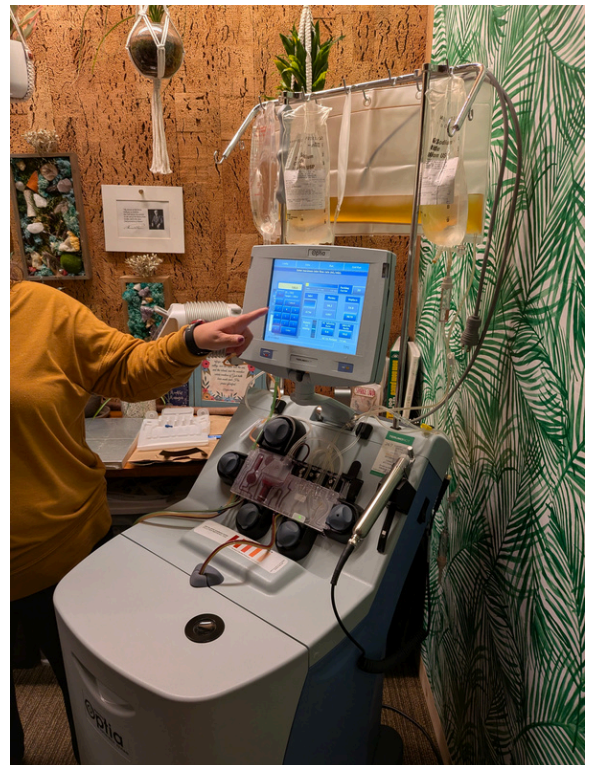
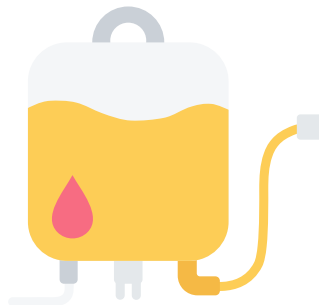
Hello from Village Medicine, Seattle! I'm Dr. Paul Mischczyn, and I'm excited to share information about a cutting-edge therapy we offer called Total Plasma Exchange (TPE), also known as Therapeutic Plasma Exchange. This treatment has been life-changing for many of our patients with chronic conditions, and we're thrilled to make it available to our community.



What is TPE? Total Plasma Exchange

Imagine your blood as a river carrying essential nutrients, but also unwanted debris like inflammatory molecules. TPE acts like a filtration system for this river.

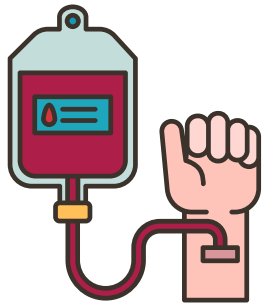
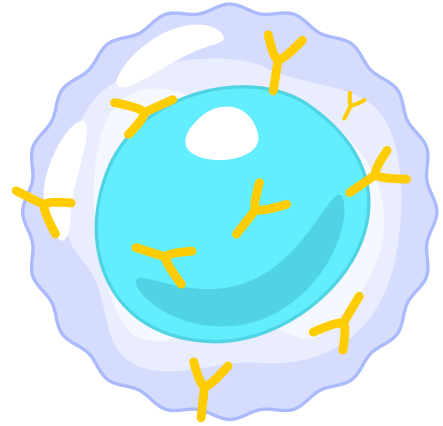
During the treatment, your blood is gently drawn from one arm and circulated through a specialized device. This device separates the blood into its components, removing the plasma—the liquid portion containing the "debris." This plasma is then replaced with a clean, sterile plasma solution, and the filtered blood is returned to your body through the other arm.



What conditions would benefit?

TPE is an FDA-approved treatment for a variety of conditions where the immune system mistakenly attacks the body. Here are some of the conditions TPE can help with:

- Guillain-Barré syndrome (GBS): A neurological disorder where the immune system attacks the nerves.
- Chronic inflammatory demyelinating polyneuropathy (CIDP): A neurological disorder causing progressive weakness and impaired sensory function in the legs and arms.
- Myasthenia gravis (MG): A chronic autoimmune neuromuscular disease that causes weakness in the skeletal muscles.
- Lambert-Eaton myasthenic syndrome (LEMS): An autoimmune disease that affects the connection between nerves and muscles.
- Kidney diseases: Certain kidney diseases like lupus nephritis or Goodpasture syndrome.



How can TPE help you?

By removing harmful antibodies and inflammatory factors, TPE can help:

- Reduce symptoms like pain, fatigue, and weakness
- Slow the progression of your disease
- Improve your overall quality of life

Why choose Village Medicine for TPE?

At Village Medicine, we take an integrative approach to your health. We combine the latest medical advancements like TPE with personalized care and a focus on your overall well-being. Our experienced team is dedicated to providing you with the highest quality care in a comfortable and supportive environment.

Ready to learn more?

If you think TPE might be right for you, or if you simply want to learn more, please don't hesitate to contact us at Village Medicine. We're happy to answer your questions and schedule a consultation.



Introduction to Exosomes

Exosomes are tiny, membrane-bound vesicles produced by cells, typically ranging in size from 30 to 150 nanometers. They are formed through a process called exocytosis, where they bud off from the endosomal compartment of cells and are released into the extracellular environment. These vesicles carry a diverse array of biological materials, including proteins, lipids, and nucleic acids, which are derived from their parent cells. Exosomes play a crucial role in cell-to-cell communication and have been found in various bodily fluids such as blood, urine, and saliva¹⁵.

Functions of Exosomes

Exosomes are involved in several biological processes, including:

- **Cell Signaling:** They facilitate communication between cells by transferring genetic material and proteins.
- **Immune Responses:** Exosomes can modulate immune responses by influencing the activity of immune cells.
- **Genetic Material Transfer:** They can transport mRNA and miRNA to recipient cells, affecting gene expression⁵⁹.

Exosomes in Therapy

Exosomes have emerged as promising tools in therapeutic applications due to their ability to deliver drugs and biomolecules in a targeted manner. Their small size and natural origin make them ideal for drug delivery systems, offering low immunogenicity and rapid efficacy²⁶.

Intravenous (IV) Administration of Exosomes

Intravenous administration is the most common method for delivering exosomes. When injected into the bloodstream, exosomes can circulate throughout the body and target specific tissues. However, a significant portion is cleared by the liver and spleen. Despite this, IV delivery is widely used for conditions like arthritis and joint disorders, as it can reduce inflammation and promote tissue regeneration²¹⁰.

Ocular Drops and Exosomes

In the context of ocular diseases, exosomes have shown potential as therapeutic agents. They can be administered as eye drops to improve the immune microenvironment of the cornea, potentially treating conditions like dry eye syndrome. Additionally, exosomes have been explored for retinal repair through intravitreal or retrobulbar injections, offering new avenues for cell-free therapy in ocular diseases⁷⁸.

Resources and Further Reading

For more detailed information on exosomes and their applications, you can explore the following resources:

- **Wikipedia: Exosome (vesicle)** - Provides a comprehensive overview of exosome biology and functions.
 - [https://en.wikipedia.org/wiki/Exosome_\(vesicle\)](https://en.wikipedia.org/wiki/Exosome_(vesicle))
- **Creative Biolabs: Intravenous Exosomes Advantage and Application** - Discusses the advantages and applications of intravenous exosome delivery.
 - <https://www.creative-biolabs.com/exosome/intravenous-exosomes-advantage-and-application.htm>
- **Frontiers in Cell and Developmental Biology: Emerging Role of Exosomes in Retinal Diseases** - Explores the role of exosomes in retinal diseases and their therapeutic potential.
 - <https://www.frontiersin.org/journals/cell-and-developmental-biology/articles/10.3389/fcell.2021.643680/full>
- **Glaucoma.org: Exosomes In The Retina Could Be Used To Treat Glaucoma** - Discusses the potential of exosomes in treating glaucoma.
 - <https://glaucoma.org/articles/exosomes-in-the-retina-could-be-used-to-treat-glaucoma>

These resources provide a solid foundation for understanding the biology and therapeutic applications of exosomes, both through IV administration and ocular drops.

Citations:

1. [https://en.wikipedia.org/wiki/Exosome_\(vesicle\)](https://en.wikipedia.org/wiki/Exosome_(vesicle))
2. <https://www.creative-biolabs.com/exosome/intravenous-exosomes-advantage-and-application.htm>
3. <https://www.frontiersin.org/journals/cell-and-developmental-biology/articles/10.3389/fcell.2021.643680/full>
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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.

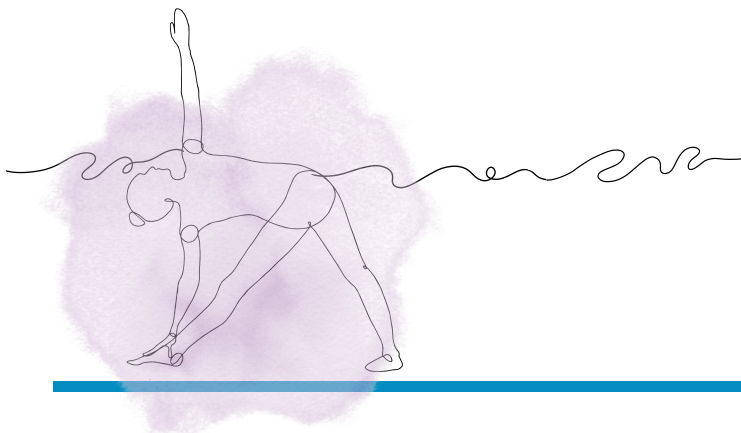
EMface



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

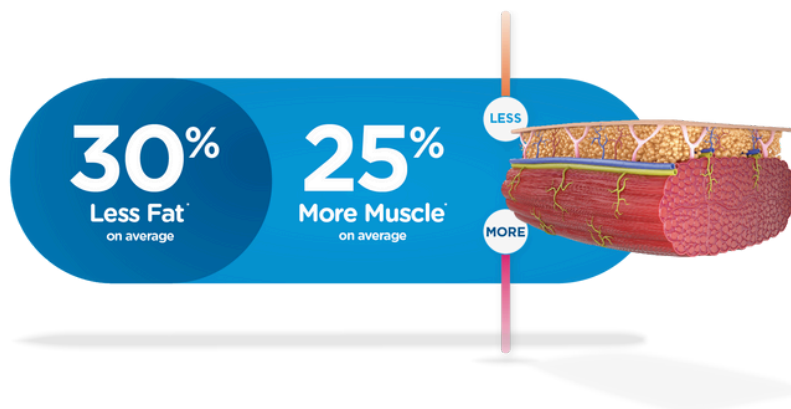
High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

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**

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 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.

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.



Dr. Misty Story, ND

Naturopathic Physician, Digestive Health

Dr. Misty Story is a naturopathic physician who specializes in digestive health, brain injury recovery, and chronic conditions like Celiac Disease, IBS/SIBO, and Post-Concussive Syndrome. Her personal and family experiences with a wide range of health challenges—including mental health, autoimmune, and women's health—inform her compassionate approach to care. She works to uncover the root causes of imbalance and empowers them through education and support to restore health naturally.

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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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.



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.

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

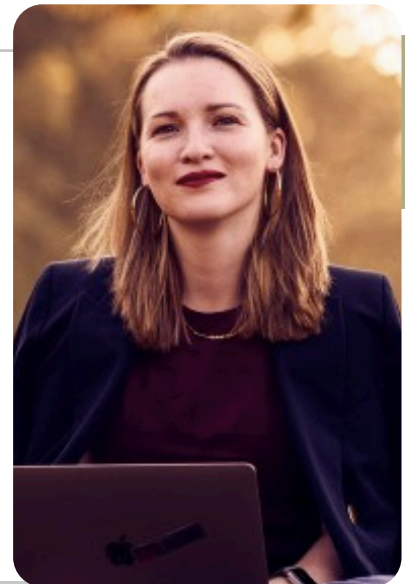
Energy Medicine Physician

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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