

JULY - SEPT 2024

VILLAGE

QUARTERLY

WELLNESS QUARTERLY



DR. JEN DANIELS, ND, ARNP



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

Contents

- Meet our newest Team Members
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- Herbal Medicine: Bitters for Digestion, by Dr. Meghan Zech
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- Late Summer Season in Chinese Medicine by Dr. Tiffany Jaramillo, ND
- Medical Gym Membership 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 needs.



DR. JULIEANN MURELLA, ND, LAC

Naturopathic Doctor, Licensed Acupuncturist

We are thrilled to announce the newest addition to our team: Dr. Julieann Murella, a dedicated naturopathic doctor and licensed acupuncturist, with a passion for regenerative medicine, pain management, and all around naturopathic care. She enjoys combining her eastern and western medicine training to help women's health, GI, metabolic health, pain, and hormones. She is trained and skilled in body restoring treatments such as prolotherapy, PRP, prolozone, and shockwave. We are excited to add her expertise to our team.



DIANA
Care Coordinator



LAUREN
Care Coordinator



LUCY
Nursing Student -
Medical Assistant

SUMMER-FALL GROUP CLASSES

community healing



Foundational Cleanse Class

Foundational:
Thursdays: Oct. 17th, 24th, 31st, nov. 7th, 14th (5 week Series)
LOCATION: online



Advanced Cleanse/Fasting Class

Advanced:
Mondays: Sept. 9th, 16th, 23rd, 30th, Oct. 2nd (5 week Series)
LOCATION: Online



Spirituality Mind Body Medicine

Online: Mondays: September 23rd, 30th, October 7th, 14th, 21st, 28th, November 4th, 11th (8 Week Series)
TIME: 7:00- 9:00 pm - LOCATION: Online (Telemedicine)

or

IN Person: Wednesdays: September 25th, October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th (8 Week Series)
TIME: 7:00- 9:00 pm - LOCATION: Village Medicine



Awakening Divine Pleasure

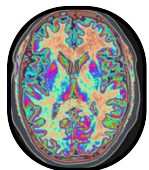
Tuesdays:
oct. 22nd & 28th, nov. 5th, 12th, 19th, 26th, and dec. 3rd & 10th
time: 7:00-8:30 pm - location: online



Surviving & Thriving: a class for Women* with ADHD

Level 1:
Wednesdays- Sept. 18th & 25th, Oct. 2nd, 9th, 16th, & 23rd
Time: 7:00-8:30pm - LOCATION: Online (Telemedicine)

Level 2:
Tuesdays- Sept 17th & 24th, Oct. 1st, 8th, 15th, & 22nd
Time: 7:00-8:30 PM - LOCATION: online (telemedicine)



Neuroplasticity

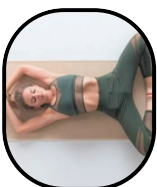
THURSDAYS: Sept. 12th, 19th, 26th, and oct. 3rd (4 week Series)
LOCATION: online



Herbal Medicine (Immunity).

Making Fire Cider

August 6th
Time: 7-9 pm
LOCATION: In-clinic



Free Yoga

Monthly Classes

Tues. 6/18, Tues. 7/16, Mon. 8/12, Mon. 9/9, Thurs. 10/17, Tues. 11/19, Tues. 12/17
Time: 6:30- 7:30 pm LOCATION: Village Medicine Seattle

SEE NEXT PAGE FOR INFO ON EACH CLASS



FREE YOGA AT VILLAGE MEDICINE

**Monthly * all classes held
from 6:30-7:30 pm**

- Tues, 6/18
- Tues, 7/16
- Mon, 8/12
- Mon, 9/9
- Thurs, 10/17
- Tues, 11/19
- Tues, 12/17

*Space is limited, please call to
reserve your spot.
Please bring your yoga mat.



FOUNDATIONAL CLEANSE CLASS

EDUCATION, INSPIRATION, ACCOUNTABILITY, COMMUNITY
with Dr. Meghan Zech ND, FABNO & Dr. Jennifer Daniels ND, ARNP



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

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

Cleanse Class - Online

- Tuesdays, 7:00- 8:30pm
 - Oct 17th, 24th, 31st, Nov 7th, 14th.
- ***\$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 & FASTING CLASS

EDUCATION, INSPIRATION, ACCOUNTABILITY, COMMUNITY
with Dr. Tara Shelby ND, & Dr. Paul Mischczyn ND



This group is best for those with previous cleanse/detox whole 30 diet experience, baseline healthy diets and established exercise routines. If you are interested in exploring your personalized health metrics with medical optimization within an intentional community, this is the group for you!

YOU WILL LEARN:

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

Cleanse Class - Online

- Mondays, 7:00- 8:00pm
 - Sept 9th, 16th, 23rd, 30th, Oct 2nd.

***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



YOU WILL EXPERIENCE :

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

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.

Online: Mondays: September 23rd, 30th, October 7th, 14th, 21st, 28th, November 4th, 11th (8 Week Series)

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

In Person: Wednesdays: September 25th, October 2nd, 9th, 16th, 23rd, 30th, November 6th, 13th (8 Week Series)

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



Awakening Divine Pleasure

with Dr. Ryan Simmons & Dr. Jen Daniels

Level 1

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

Dates:

Tuesdays at 7:00-8:30 pm online

- Oct. 22nd, 28th, Nov. 5th, 12th, 19th, 26th, and Dec. 3rd, and 10th

Level 2

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



Surviving & Thriving: a class for women* with ADHD

Level 1 & Level 2

with Dr. Carrie McMillin



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

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

Level One and Level Two classes are available!



@adhdetails on instagram



HERBAL MEDICINE SERIES

WITH DR. MEGHAN ZECH, ND, FABNO, RH

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

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

You will leave each class with your own herbal creation!

IN-PERSON SESSIONS HELD MONTHLY ON TUESDAY
EVENINGS FROM 7-9 pm

UPCOMING SESSIONS:

Anxiety	July 9
Immunity	August 6



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

NEUROPLASTICITY

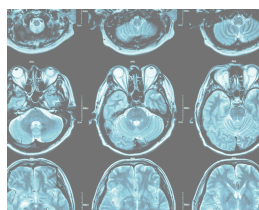
A holistic way to tackle entrenched habits and make sustainable life long changes

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

& 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



SUMMER-FALL GROUP CLASSES

community healing



VILLAGE
MEDICINE

THE MYSTERY OF STUBBORN WEIGHT: A COMPREHENSIVE GUIDE



Are you struggling with stubborn weight despite your best efforts? You're not alone. Many people face similar challenges. Let's explore the root causes and effective solutions together.

Our bodies are intricate systems where everything is interconnected. Here are some common triggers that may be affecting your weight:

1. Metabolic Dysfunction

- **Blood Sugar and Insulin:** Poor nutrition and toxins can lead to excess cortisol, which spikes blood sugar levels.
- **Chronic Stress & Elevated Cortisol:** Persistent stress and lack of sleep elevate cortisol, affecting your metabolism.

2. Toxins & Poor Detoxification

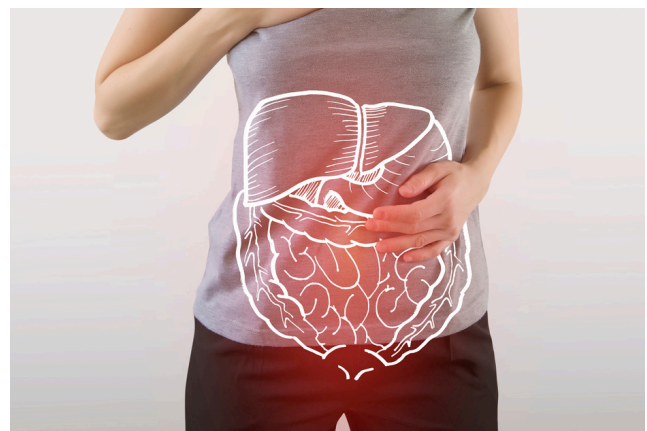
- **Toxin Exposure:** Toxins can cause thyroid problems, which in turn may lead to weight gain.
- **Types of Toxins:**
 - **Hormones:** Imbalances like excess cortisol, elevated estrogen, or toxic estrogen metabolites.
 - **Environmental Toxins:** Pesticides, herbicides, plastics, formaldehyde, VOCs.
 - **Heavy Metals:** Mercury, aluminum, cadmium, lead.
 - **Biotoxins:** Mold and Lyme disease.
 - **Pharmaceuticals:** Certain medications, including oral contraceptives and drugs affecting liver function.

3. Microbial Infection/Overgrowth

- **Gut Imbalance:** Overgrowth of gut bacteria or candida can trigger cravings for sugary and starchy foods. Heavy metals can create an environment where candida thrives.



“Are you struggling with stubborn weight despite your best efforts?”





THE MYSTERY OF STUBBORN WEIGHT: A COMPREHENSIVE GUIDE

I am very excited to be leading the Foundational Cleanse with Dr. Meghan Zech, ND. This was launched in January 2024, and had a second run in Spring 2024 for a “Spring Cleaning” of diet and lifestyle interventions. So many patients report feeling so good during this cleanse, and I love educating people on the importance of diet, movement, biological detoxification, and options for medically supported weight loss in order to help my patients reach their goals. and how to eat appropriate portions.



Effective Solutions to Lose Stubborn Weight

To address these root causes, consider these comprehensive solutions:

1. Balanced Diet

- **Nutrition:** Maintain balanced blood sugar and insulin levels with quality protein, healthy fats, and colorful organic vegetables. It is recommended to have 30 different veggies a week in rotation; eat seasonally! My favorite thing this time of the year is to subscribe to a CSA veggie box delivery.

2. Weight Resistance Exercises

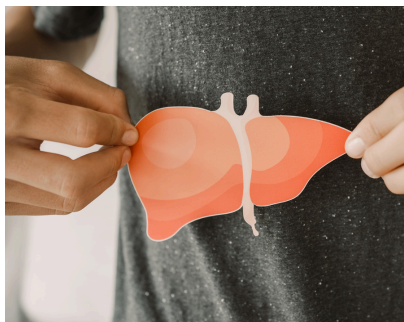
- **Increase Muscle Mass:** Building muscle raises your Basal Metabolic Rate (BMR), which helps burn more calories at rest.

3. Liver Support

- **Detoxification:** A healthy liver boosts metabolism and detoxification. Consider our Foundational Cleanse, IV Detox, or schedule with me, Dr. Jen, to discuss how to optimize liver health.
- **Keep alcohol intake in check!** It is high in sugar and can lead to weight gain. I love a mocktail! (See mocktail recipe)

4. Medical Interventions

- **Semaglutide:** When other methods fail, semaglutide can be transformative. Semaglutide is best paired with lifestyle changes to reach comprehensive changes for long-term weight loss and maintenance. The biggest takeaway people learn from Semaglutide, is their relationship to food, and how to eat appropriate portions.





pictured: Dr. Jen Daniels rafting the Salmon River in Idaho.

The Importance of Body Composition in Preventing Chronic Health Issues

Maintaining a healthy body composition is not just about looking good—it's crucial for preventing chronic health issues. Excess body fat, especially visceral fat around the organs, is linked to a higher risk of diabetes, heart disease, and certain cancers. By focusing on building muscle and reducing fat, you improve your body's ability to manage blood sugar, reduce inflammation, and support overall metabolic health.

One of my patients, struggled with high blood pressure and prediabetes despite being active. Through a targeted approach to improve her body composition, including resistance training and a balanced diet, she managed to reduce her visceral fat significantly. Her blood pressure normalized, and she brought her blood sugar levels back to a healthy range, illustrating the profound impact of muscle over fat in managing chronic conditions.



pictured: Dr. Paul Mischczynyn, and Dr. Jen Daniels at the Seattle Bouldering Project in Beacon Hill

My Passion for Fitness and Adventure!

As a firm believer in the importance of maintaining a strong and balanced body composition, I incorporate various physical activities into my lifestyle. Aerial yoga, fitness training, skiing, and river rafting are not just hobbies—they are my strategies to keep my muscles strong and my body composition optimal.

Aerial yoga, for instance, challenges my muscles and enhances my flexibility, while skiing and river rafting keep my cardiovascular system robust and my muscles engaged. These activities are not just about staying fit; they bring joy and help me stay committed to a healthy lifestyle.

I love sharing my passion for these activities with my patients, encouraging them to find physical activities they enjoy. By integrating fun and fitness, we can all strive to maintain a fabulous body composition for life, preventing chronic diseases and living vibrantly.

TIP: Exercise and move with your friends, partner, make it social. Instead of meeting for a drink or dinner, make movement your outlet to connect socially and feel good in your body.

TIP: Additionally, make exercise with your family a regular habit, i.e. when the kids are young, jog with them in the stroller, when they are older at the park take the time to model fitness and activity for all. When they are older, make time to bike, hike, ski, explore together to build connection and healthy habits for your and your loved ones.

TIP: Put exercise on the calendar. Even if you are tired, GO! modify your workout, but you will feel better after you move.



pictured: Dr. Jen Daniels skating with her partner Shane

DR. JEN DANIELS, ND, ARNP

THE MYSTERY OF STUBBORN WEIGHT: A COMPREHENSIVE GUIDE



Supercharge Your Fitness Goals with Our Medical Gym Membership

At our clinic, we offer a unique Medical Gym Membership designed to supercharge your fitness goals. Utilizing advanced BTL devices such as EMsculpt NEO, we help you activate muscle growth and accelerate fat reduction.

EMsculpt NEO combines high-intensity focused electromagnetic (HIFEM) energy with synchronized radiofrequency (RF) to stimulate muscle contractions that are not achievable through regular exercise. This innovative technology builds muscle mass, reduces fat, and enhances your overall body composition.

By incorporating these advanced treatments, our Medical Gym Membership provides you with an unparalleled fitness experience, supporting your journey to a healthier, stronger, and more defined body. Whether you're just starting out or looking to enhance your current fitness routine, our membership offers the tools and support you need to achieve your goals.

I tore my meniscus in February 2024, and in this photo, I am using EMsculpt NEO to strengthen my inner thigh muscles for a more stable knee, and prevention of further injury.

Join me and take advantage of the cutting-edge technology and personalized guidance to transform your body composition and optimize your health. Together, we can help you achieve the vibrant, energetic life you deserve.

-Dr. Jen Daniels, ND, ARNP



pictured: Dr. Jen Daniels doing arial yoga





Herbal Medicine: Bitters for Digestion

Dr. Meghan Zech, ND, FABNO



UNLOCKING THE POWER OF BITTERS FOR IMPROVED DIGESTION

Bitters have a long and rich history as a natural remedy for digestive complaints, which dates back centuries. The use of bitter herbs and botanicals to aid digestion can be traced to ancient civilizations such as Egypt, Greece, and Rome, where these preparations were valued for their ability to promote healthy digestion and overall well-being. Over time, the tradition of using bitters spread to various cultures around the world, each adding their unique blend of herbs and flavors to create diverse bitter formulations.

More recently, as people seek more holistic ways to address their health concerns, bitters have re-emerged as a safe and effective option for supporting digestive function. Their actions on the digestive tract are many, with some of their most well-known effects being related to their ability to stimulate the digestive system, increase enzyme production and support nutrient absorption. They can also help to reduce bloating, relieve constipation, and even boost nutrient absorption. Plus, bitters can help regulate blood sugar levels and curb cravings, making them a valuable tool for maintaining a healthy weight.



Understanding the Digestive System and Common Digestive Issues:

The digestive system is a complex network of organs that work together to break down food, absorb nutrients, and eliminate waste. When this system is disrupted, it can lead to a variety of digestive problems such as bloating, gas, indigestion, constipation, and diarrhea. These issues can be caused by various factors including poor diet, stress, lack of physical activity and imbalances in gut bacteria.

To address these digestive issues effectively, it's important to support the natural processes of the digestive system. This is where bitters come into play. Bitters are herbal preparations made from a combination of bitter-tasting herbs and botanicals that help stimulate the production of digestive enzymes and bile, which are essential for breaking down food and absorbing nutrients. By enhancing these processes, bitters can help alleviate common digestive complaints and promote more optimal gut function.

“reduce bloating, relieve constipation, and boost nutrient absorption”



Herbal Medicine: Bitters for Digestion

Dr. Meghan Zech, ND, FABNO

The Science Behind How Bitters Aid Digestion

While the historical use of bitters provides valuable insights into their efficacy, modern science has also shed light on how these herbal preparations work to support digestion. Bitters contain a diverse array of bioactive compounds derived from bitter-tasting constituents found within the plants, which play a key role in stimulating digestive processes and promoting optimal gut function. One of the primary mechanisms by which bitters aid digestion is through their ability to trigger the release of digestive enzymes and bile from the liver and pancreas.

When you consume bitters before or during a meal, the bitter taste receptors in your mouth send signals to your brain to stimulate the production of saliva and gastric juices, priming your



digestive system for food intake. As these bitter compounds make their way through your digestive tract, they continue to stimulate the release of enzymes and bile, which help break down food into smaller particles that can be absorbed more efficiently. This enhanced digestive process not only aids in nutrient absorption but also reduces the likelihood of experiencing bloating, gas, and other digestive discomforts.



Furthermore, bitters have been found to have a regulatory effect on gastric motility, which refers to the movement of food through the digestive tract. By promoting healthy motility, bitters can help prevent issues such as constipation and promote regular bowel movements. Additionally, some newer research studies suggest that bitters may have a similar action to drugs like semaglutide (Ozempic/Wegovy), aiding in blood sugar regulation, appetite control, and overall metabolic health. These effects make bitters a potential tool for managing weight and improving how the body uses insulin, offering a natural complement to traditional treatments for metabolic disorders.

One of the most common ways to use bitters is to take a few drops of a bitter tincture before or after meals. Simply place the desired amount of bitters on your tongue or mix them with a small amount of water to experience their digestive benefits. You can also add bitters to sparkling water, herbal teas, or cocktails for a flavorful and aromatic twist. Experimenting with different bitters combinations and recipes can help you discover new ways to enjoy these herbal preparations and tailor them to your unique palate.



Another creative way to incorporate bitters into your daily routine is to create your own bitters-infused recipes. From salad dressings and marinades to desserts and mocktails, bitters can lend a distinctive flavor profile to a wide range of dishes and beverages. By infusing your favorite recipes with bitters, you can elevate their taste and nutritional value while reaping the digestive benefits of these herbal preparations.





Herbal Medicine: Bitters for Digestion

Dr. Meghan Zech, ND, FABNO

Recipes for Incorporating Bitters Into Your Diet

To inspire your culinary adventures, here are a few recipes and creative ideas for using bitters in your diet:

- **Bitters-Infused Sparkling Water:** Add a few drops of citrus bitters to a glass of sparkling water for a refreshing and aromatic beverage that aids digestion and quenches your thirst.
- **Bitter Green Salad:** Create a nutrient-packed salad with bitter greens like arugula, endive, and radicchio, dressed with a vinaigrette made with bitters and olive oil.
- **Bittersweet Dessert:** Experiment with adding a dash of bitters to your favorite dessert recipes like chocolate truffles, lemon bars, or fruit sorbets for a unique flavor twist.
- **Herbal Bitters Mocktail:** Combine herbal bitters with fresh herbs, fruit juices, and sparkling water to create a sophisticated and alcohol-free mocktail that delights your senses.
- **Bitters-Infused Marinade:** Marinate meats, tofu, or vegetables with a mixture of bitters, herbs, and spices for a flavorful and tenderizing effect that elevates your dishes.



Incorporating bitters into your daily routine can transform your approach to digestion and overall wellness. With a rich history of use dating back to ancient civilizations, bitters offer a natural and effective way to stimulate the digestive system, enhance nutrient absorption, and support overall metabolic health. Whether you prefer a classic herbal tincture or a vibrant citrus blend, there's a bitter solution to suit every taste.

Interested in learning more? We invite you to join our upcoming **Herbal Series** with Dr. Meghan Zech! Each class in this series will delve into the power of various herbs for common ailments, including how bitters can improve digestion and promote overall health. Session will provide insights into the traditional uses and modern scientific understanding of these herbs, practical tips for incorporating them into your daily life and creation of your own herbal formula to use at home!

Upcoming sessions: Tuesdays 7-9pm

- July 9th, Anxiety
- Aug 6th, Immunity

- Dr. Meghan Zech, ND, FABNO

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



SUMMER SEASON IN CHINESE MEDICINE



with Dr. Tiffany Jaramillo, ND,

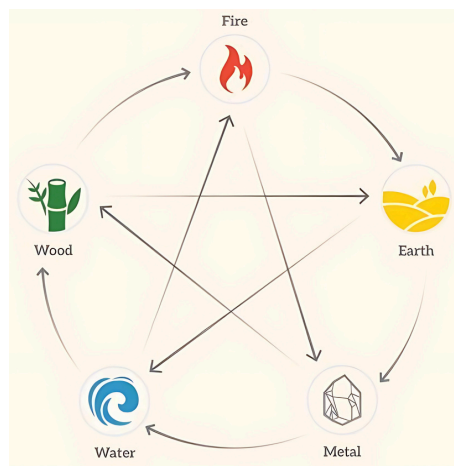
In Chinese medicine the season of summer is divided into two distinct seasons in honor of the 5 elements- early & mid summer as well as “late” summer.

Early & mid summer is governed by the fire element and this makes sense when you think about fire season in Washington. The corresponding organs are the heart, small intestine, pericardium & triple burner also known as the san jiao. Early & mid- summer season are met with long days and is when yang energy is at its peak- think summer solstice. With summer energy comes a natural tendency for external stimuli & adventures (laughing, sitting around the fire with friends & family, being expressive, and socializing).

Transitioning from spring season- wood element, you can see from the 5- Element graphic that there is a natural progression from wood & rising summer heat to produce fire. For those of you who LOVE summer season(s), welcome to your time of year! It is the perfect opportunity to nourish yourself & your home element.

FIRE PERSONALITY TYPE

- Young at heart and often are told they look & act much younger than they actually are.
- Spontaneous. Planning is not their forte.
- They are warm, loving, social, energetic.
- This is the time of year where fire personalities flourish~ they get to gather often with friends & family, laugh, and connect.
- Can be introverts at times, but they can cut the tension in the room like no other with jokes & tricks.
- They love to make people laugh & feel at ease. Think class clown. They also tend to lend their hearts easily.
- Sometimes they over rely on this quality in order to cover their own issues.



EMOTIONS ASSOCIATED

When out of harmony:

- Bouts of anxiety & depression, become volatile quickly.
- Can lack direction.
- Laugh inappropriately & struggle to balance bodily functions like blood pressure, sweating, heart rate, palpitations, breathing, etc.

When in harmony:

- Care free, easy flowing, filled with love, light, & happiness.
- Evolve as necessary



SUMMER SEASON IN CHINESE MEDICINE

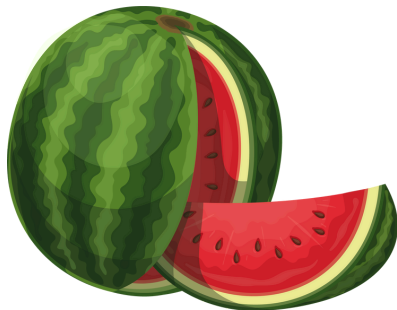
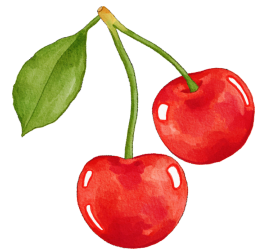


with Dr. Tiffany Jaramillo, ND,

EATING IN HARMONY WITH SUMMER & FIRE ELEMENT

The taste of the fire element is **bitter** and its color is **red**. Bitter flavor drains heat and dries dampness. Nature creates foods to counteract “overheating” which is why these foods are best this time of year. Isn’t nature brilliant?! :)

- Melons, all of ‘em! Watermelon, cantaloupe, honeydew, snow melon. Cherries, especially Rainier.
- Asparagus, daikon radish, endive, kale, mustard greens, green onion. Bibb, red leaf, and butter lettuce.
- Rainbow chard, basil, broccoli, water chestnuts, bamboo shoots, fenugreek seed, capers.



*Did you know that summer energy actually began to rise the first week in May? Most of us only think of summer as the summer solstice in the 3rd week of June, but this is actually when summer reaches its peak and then starts to decline thereafter.



LATE SUMMER SEASON IN CHINESE MEDICINE



with Dr. Tiffany Jaramillo, ND

While all of the seasons in Chinese medicine are several months long, the season of late summer is short lived, incredibly special and lasts a month or so. With fire heat & the summer burn come the creation of new soil & thus earth element to prosper.

Earth is thought to be at the center of all the elements. Late summer runs from mid- August to the Fall equinox where we transition from hot, summer days to cool, dry & crisp autumn evenings. This energy change in mid-August is so subtle that only the keenest will notice. This element governs organs and meridians of the spleen & stomach. The spleen is our main digestive organ in Chinese medicine thus not only being responsible for how we digest food but also how we digest our emotions, thoughts, and experiences in the surrounding environment.

EARTH PERSONALITY TYPE

- People are drawn to earth elements because these are the humans in your life that provide so much care, nurturing, and opportunity to grow & flourish
- Humanitarians; they will always go the distance for others
- Outstanding listeners & counselors
- Agreeable & accommodating
- Very oriented to how others are feeling & doing (think mother figures) and thus a main issue for them is not feeling good enough.
- Often over- extend themselves & thus expect this of others.

EMOTIONS ASSOCIATED

When out of harmony:

- Can become bitter & resentful if they neglect themselves for too long in order to please others. Apathetic.
- Poor boundaries, poor digestion, craves sweets to self soothe leaving us feeling tired, heavy & lethargic.

When in harmony:

- Centralizing & stable. Excellent listeners
- Incredibly kind, caring, and compassionate. Massive hearts.
- Grounded, humble, and down to earth.

EATING IN HARMONY WITH LATE SUMMER & EARTH ELEMENT

The taste of earth element is **sweet** and its color is **yellow**. Sweetness in Chinese medicine refers to foods that naturally have a sweet quality to them (unprocessed & unrefined). When our earth element is out of balance we crave the “wrong” kinds of sweets that leads to a tired & heavy sensation we refer to as “dampness” in TCM.

- Figs, honey, sweet potato, carrots, butter, olive oil
- Beets, squash, pumpkin, corn, oats, brown & sticky rice.
- Salmon, chicken, pork, oyster mushrooms
- Mango, apricot, papaya, plum, peach, pears



- Dr. Tiffany Jaramillo, ND

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.

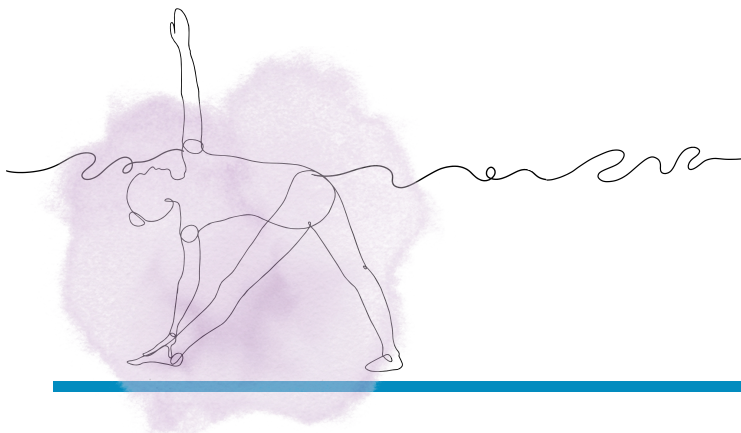
EMface



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

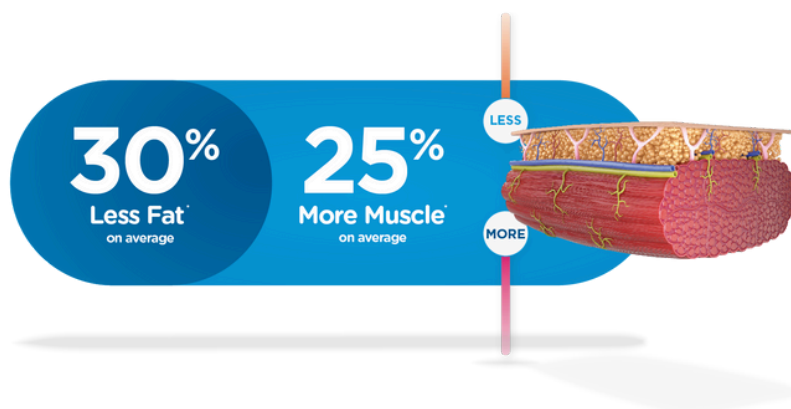
High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

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 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. Jen Daniels, ND, ARNP

Family Nurse Practitioner, Naturopathic Physician

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

Dr. Meghan Zech, ND, FABNO

Naturopathic Physician, Integrative Oncology

Meghan provides integrative support and side effect management for cancer and those in cancer survivorship, heart health, metabolic issues such as diabetes or fatty liver, gut health, menopausal symptoms, osteoporosis/osteopenia, anxiety and depression, insomnia, and fatigue. Meet with Dr. Zech to work on optimizing overall health or to decrease risk for chronic health issues such cardiovascular disease, diabetes or cancer.



CONTACT US

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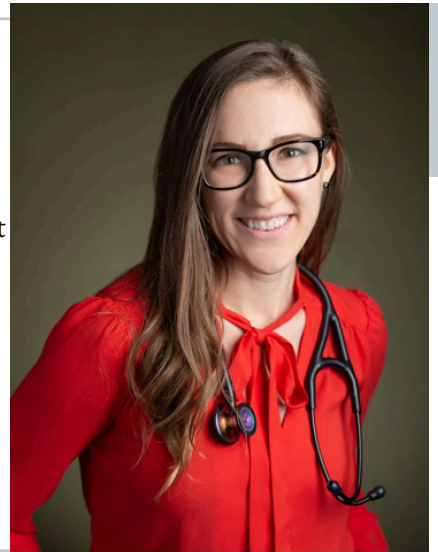
206.919.0175

www.villagemedicineseattle.com

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.



Dr. Kira Baum, ND, LAC, EAMP

Naturopathic Physician, Hypnotherapy, Acupuncture and East Asian Medicine

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



Dr. Julieann Murella, ND, LAC

Naturopathic Doctor, Licensed Acupuncturist

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



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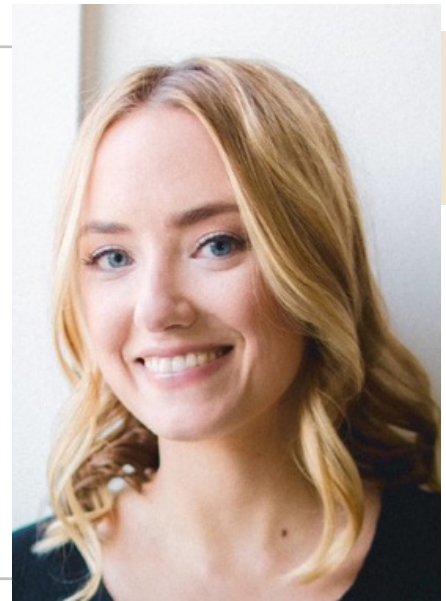
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Brooke Heyman, ARNP, PMHNP-BC

Advanced Registered Psychiatric Nurse Practitioner

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



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.



Julia Pascualy, LMHCA

Individual Counseling

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





Dr. Louise Berkowicz, MD

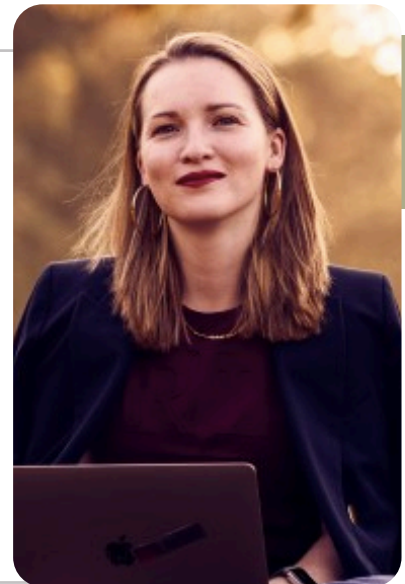
Energy Medicine Physician

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

Irina Rakhmanova

Mentor and Healer

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



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