

JULY-SEPT 2025

VILLAGE

QUARTERLY

INTEGRATIVE CARE



DR. MISTY STORY, ND
GASTRO GURU

JULY - SEPT 2025

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INTEGRATIVE CARE



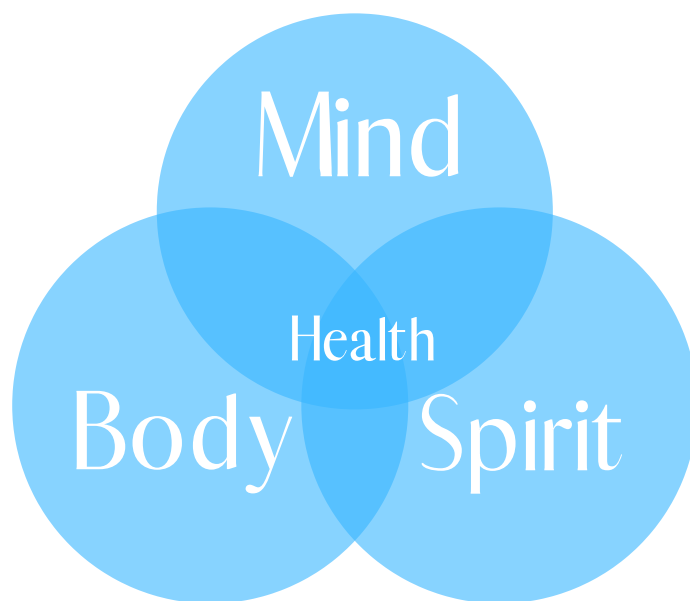
DR. MISTY STORY, ND



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

At Village Medicine, We're Not Just Healing People — We're Building a Healthier World



You are more than a collection of symptoms. You are a force for good in the world, a source of love and creativity, a vital part of our community. At Village Medicine, we know that for you to truly thrive and uplift others, you must first be well yourself. That's why we're not just practicing medicine; we're pioneering the future of primary care, a future where healing you helps to heal the world.

As an integrative primary care center in Seattle, we are committed to a deeper level of healing. Our approach is rooted in a naturopathic lens, focusing on uncovering the root cause of illness rather than just managing symptoms. We believe that by investigating the 'why' behind your health concerns, we can not only help you feel better now but also prevent future illness, empowering you to live a life full of vitality and purpose.

"We want people to be in their mind and body to really do the things they love and to care for others," says Dr. Paul Miszczyszyn. *"One of the huge ideas and aspects of what we're doing in our mission is, if we can heal humans, we can heal the world,"* says Dr. Tara Shelby, both of which are owners and leading voices at Village Medicine.

This philosophy is at the core of everything we do. We understand that compassion, energy, and the ability to love and care for others require your own well-being. When you have a dedicated and knowledgeable team supporting your health, you are better equipped to share that health and care with those around you.

The Ripple Effect of Individual Health - Examples

Social workers perform demanding work that is vital to our community, but the role often leads to burnout and exhaustion. When their health is compromised, their important service suffers. By providing comprehensive care that addresses these physical and emotional tolls, we keep these compassionate individuals vibrant and effective in their roles, which in turn builds a stronger community for all.

This principle also applies to parenting, one of society's most fundamental roles. A parent who is supported in their own physical and mental health can provide more patience, love, and security to their children. That parent's well-being reverberates through their children and into the future, shaping the next generation of compassionate innovators and leaders. This also applies to adults learning to care for themselves better and their peers around them, for amplified compassion in our community and world.

You Are Part of the Movement

Every patient who walks through our doors is a partner in this mission. By choosing Village Medicine, you are not only investing in your own health but are also becoming part of a movement towards a more caring and healthy world. The internal work you do on your well-being creates a positive ripple effect that touches your family, your work, and your community.

We see every individual as a universe of interconnected aspects of health that all deserve attention and care. Our team is here to support you in every facet of your journey so you can show up in the world as your best self.

When we say, **"heal humans to heal the world,"** we are inviting you to join us in this profound and achievable goal. Your journey to health is a testament to the power of compassionate, root-cause-focused medicine, and it is an inspiration to us all.

— Village Med

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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.

MEET OUR NEWEST PROVIDERS



Our ever growing team aims to complete your holistic care



ALLIE DENTON, ARNP, PMHMP

Psychiatric Nurse Practitioner

We are delighted to introduce our new Psychiatric-Mental Health Nurse Practitioner, Allie, who joins us with a deep commitment to collaborative and holistic healing. Dedicated to a patient-centered philosophy, Allie will partner with you to support your unique mental health journey by integrating mind, body, and spirit. With Allie's compassionate and empowering approach, we are excited to further enhance the authentic, whole-person care you receive at our clinic.



DR. KRISTINA OLSON KUYPER, ND

Naturopathic Doctor, Pediatrics

We are excited to welcome Dr. Kristina Olson Kuyper, ND, to our team, who brings her deep love for family medicine from her thriving solo practice in West Seattle. With a passion for supporting families through every stage of life, she provides personalized, holistic care that blends natural and conventional therapies to empower her patients. With her compassionate approach and expertise in full-spectrum family care, we are thrilled to offer our community another wonderful physician for their entire family.



DR. MISTY STORY, ND

Naturopathic Doctor, GI specialist

We are thrilled to welcome Dr. Misty Story, ND, to our team, who joins us with a passion for guiding patients on their journey back to wellness. Specializing in digestive health, she is dedicated to acting as both a detective and a teacher—uncovering root imbalances and empowering you with knowledge. With Dr. Story's compassionate, heartfelt approach, we look forward to helping even more patients find balance and regain their vibrant health.



VILLAGE MEDICINE SEATTLE

Fall FOUNDATIONAL CLEANSE

A six week collaborative cleanse with your holistic Village Team
Education, Inspiration, Accountability, Community



- **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.

One time \$120 charge

Includes:

- Whole30 book
- Biocidin detox kit

★ **SEPT 30TH – NOV 14TH** ★

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

lead by

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



*Your Fall reset
for wellness*



***Classes billed through insurance

Tuesdays September 30th, October 7th, October 14th, October 21st, October 28th, November 4th

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

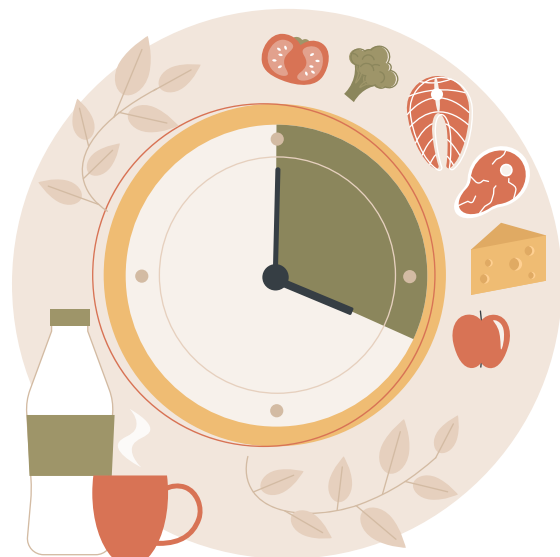
- Mondays, 7:00- 8:00 pm
 - Coming Fall

***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 or with Dr. Tara Shelby, ND

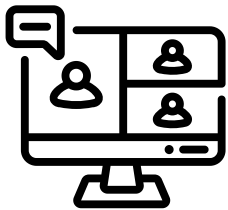
Spirituality Mind-Body Medicine group teaches the inextricable connection among our thoughts, sensations, feelings, and our mind, body, and spirit – between ourselves and the social and natural world in which we live.

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



Online: with Dr. Tiffany Jaramillo, ND

- Wednesdays
 - October 1st, 8th, 15th, 22nd, 29th, Nov 5th, 12th, 19th
 - (8 Week Series)

TIME: 6:00- 8:00 pm - LOCATION: Online (Telemedicine)



OR



In Person: with Dr. Tara Shelby, ND

- Wednesdays:
 - October 1st, 9th, 15th, 22nd, 29th, Nov 5th, 12th, 19th
 - (8 Week Series)

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



— RECLAIMING HEALTH —

A NATUROPATHIC PROGRAM FOR CANCER SURVIVORS

FALL 2025



Dr. Meghan Zech
ND, FABNO



Dr. Tiffany Jaramillo
ND, LAc

Online - Thursdays:

- Sept 25th, Oct 2nd, 9th, 16th, 23rd, 30th, Nov 6th & 13th (8 week series)
- Time: 7-8:30pm PST
- Location: Online Telemedicine Series

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

NEUROPLASTICITY

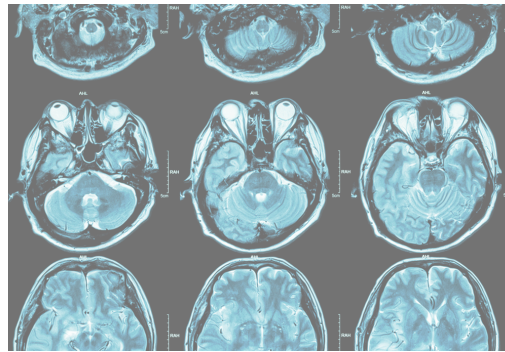
A holistic way to tackle entrenched habits and make sustainable life long changes



*with Erin Brower LMHC ,
& Dr Kira Baum, ND, LAc, EAMP*



In this in-person 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

- Wednesdays, 6:30- 8:00 pm
 - Fall 2025
 - Sept. 3rd, Sept. 10th, Sept. 17th, Sept. 25th



***Classes billed through insurance

COUPLES GROUP COURSE



*with Erin Brower LMHC ,
& Dr. Tara Shelby, ND*



Join us for a 4-week class that'll help you and your partner understand the stories you bring into your relationship, develop new individual and relational skills, and create lasting positive change



AS INDIVIDUALS, YOU WILL LEARN:

- Your unique emotional blueprint and how you relate to the world
- How your emotional blueprint impacts conflict resolution (with your partner and others)
- A variety of emotional regulation tools in times of conflict or overwhelm

Class -Village Medicine

- Mondays, 7:00- 8:30 pm
 - Oct. 20th, Oct. 27th,
 - Nov. 3rd, Nov. 10th

***Classes billed through insurance

AS A COUPLE, YOU WILL LEARN:

- Healthy conflict resolution tools and frameworks
- Better communication techniques
- Tools and framework for relating and connecting with your partner
- How understanding your emotional blueprint and healthy conflict resolution strengthens your connection



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

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

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

Feb 2026 TBD - **Insomnia**

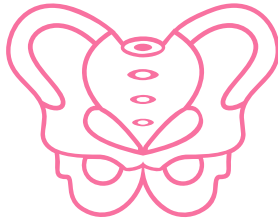


Register now with our front desk staff

**Classes billed through insurance

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.

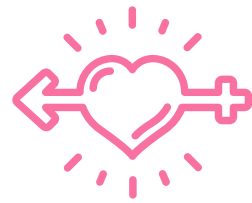
You will learn:

- 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 - 8 part series

- Wednesdays, 7:00- 8:30 pm PST
 - Oct 8th, 15th, 19th, 22nd, 29th, Nov 5th, 12th, 19th (skipping 26th for Thanksgiving), Dec 3rd.

Session topics include:

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

***Classes billed through insurance

Unpacking Gluten-Related Disorders: More Than Just a Stomach Ache

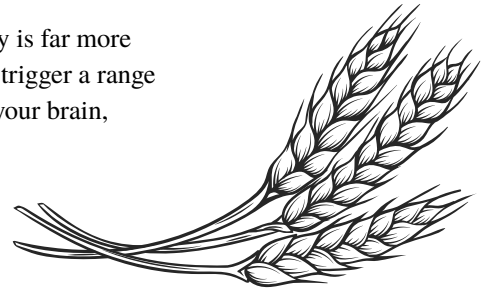
By Dr. Misty Story



Navigating the world of gluten can be confusing. You might hear terms like Celiac disease, gluten intolerance, or food sensitivity and wonder what they all mean, especially if you're experiencing uncomfortable symptoms. At Village Medicine in Seattle, we frequently help patients unravel these complexities and find paths to better health. This article aims to shed light on the differences between these conditions, how they're diagnosed, and what you can do if you suspect gluten might be an issue for you.

Many people associate gluten issues solely with digestive upset, but the reality is far more nuanced. Gluten, a protein found in wheat, barley, spelt, rye, and triticale can trigger a range of reactions in susceptible individuals, affecting everything from your gut to your brain, joints, and skin.

Let's explore the main categories:



Celiac Disease: An Autoimmune Response

Celiac disease is not simply an intolerance or allergy; it's an autoimmune disorder. When someone with Celiac disease consumes gluten, their immune system mistakenly attacks the lining of the small intestine. This damage can lead to:

- **Malabsorption:** Difficulty absorbing essential nutrients like iron, vitamin D, B vitamins, and calcium. This can manifest as anemia, vitamin deficiencies, or osteoporosis.
- **Gastrointestinal Symptoms:** While classic symptoms include diarrhea, bloating, gas, and abdominal pain, some individuals may experience constipation or even have seemingly normal stools.



Extra-intestinal Symptoms (Outside the Gut): These are common and can sometimes be the primary indicators:

- Chronic fatigue
- Joint pain and muscle aches
- Severe brain fog, difficulty concentrating, memory issues
- Headaches or migraines
- Skin rashes (like dermatitis herpetiformis, an itchy, blistering rash)
- Mood changes, anxiety, or depression
- Unexplained weight loss or, in some cases, weight gain
- In children, failure to thrive or dental enamel defects.

Getting the Right Diagnosis for **Celiac Disease**:

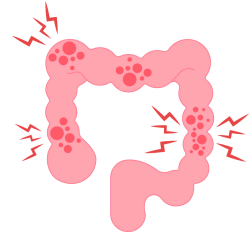
Accurate diagnosis is crucial. If we suspect Celiac disease, a specific testing process is necessary:



1. The Gluten Challenge:

This is a critical first step. For antibody tests or an endoscopy to be accurate, you must be consuming gluten regularly. This typically means eating the equivalent of one to three slices of gluten-containing bread (or high gluten food) daily for 30 to 60 days before testing.

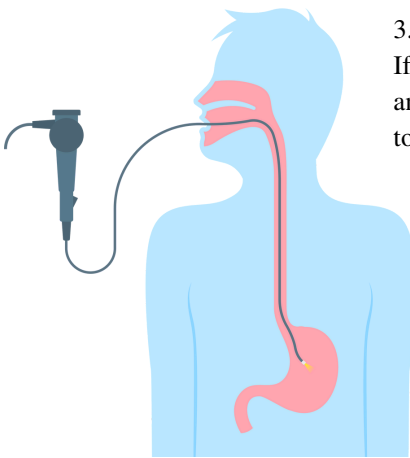
Many people make the mistake of going gluten-free before testing, which can lead to false negatives. If a test is positive while on gluten, it's a firm positive. If it's negative or equivocal without a proper gluten challenge, we can't be certain.



2. Blood Tests (Antibody Panel):

We recommend a comprehensive panel, not just the basic Tissue Transglutaminase IgA (tTG-IgA) test. A full panel should include:

- tTG-IgA and tTG-IgG**
- Deamidated Gliadin Peptide (DGP-IgA and DGP-IgG)**
- Total Serum IgA:** This is vital because if your overall IgA levels are low (IgA deficiency), any IgA-based antibody tests (like tTG-IgA) could be falsely negative. In such cases, IgG-based tests become more important.



3. Endoscopy with Biopsy:

If blood tests are positive or suspicion remains high, a gastroenterologist will perform an upper endoscopy to take multiple biopsies from the small intestine. It's important to confirm that specific Celiac biopsies are taken and analyzed.

Untreated Celiac disease can lead to long-term health complications, including an increased risk of other autoimmune diseases, neurological conditions, and certain cancers.

The good news is that the treatment – a strict, lifelong gluten-free diet – can halt the autoimmune attack and allow the intestine to heal.

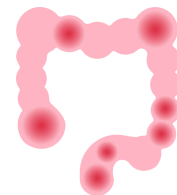


Non-Celiac Gluten Sensitivity (NCGS): An Inflammatory Reaction:

What if Celiac disease tests are negative, but you still react adversely to gluten? You might have Non-Celiac Gluten Sensitivity (NCGS).

• What it is:

- NCGS is not an autoimmune disease like Celiac, nor is it an IgE-mediated allergy (more on that later). It's characterized by a range of intestinal and extra-intestinal symptoms that occur after gluten ingestion, improve or disappear when gluten is withdrawn, and relapse if gluten is reintroduced.



Unpacking Gluten-Related Disorders: More Than Just a Stomach Ache

By Dr. Misty Story

- **Symptoms:**

- Symptoms can significantly overlap with Celiac disease, including bloating, abdominal pain, diarrhea or constipation, brain fog, headaches, fatigue, and joint pain.

- **Diagnosis:**

- There isn't a specific biomarker for NCGS yet. Diagnosis is typically made by ruling out Celiac disease and wheat allergy, then observing symptom improvement on a gluten-free diet, often confirmed with a gluten challenge.

- **Why it Matters:**

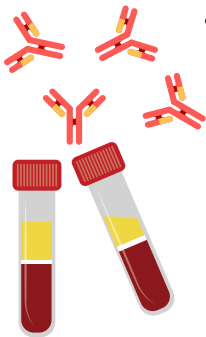
- Interestingly, some research suggests that individuals with NCGS who don't adhere to a gluten-free diet may face earlier morbidity and mortality than those with Celiac disease who do strictly avoid gluten. This underscores the importance of taking NCGS seriously, as ongoing inflammation can have systemic effects.

If NCGS is suspected, the focus shifts to understanding the underlying reasons for this sensitivity, which often involves investigating overall gut health, including potential dysbiosis (imbalance of gut bacteria) or intestinal permeability ("leaky gut").



Gluten Intolerance & General Food Sensitivities

"Gluten intolerance" is often used as a broad term that can encompass NCGS or other food sensitivities where gluten is a trigger. Beyond specific reactions to gluten, many people experience sensitivities to a variety of foods.



- **Food Sensitivity Testing (IgG):**

- Tests measuring IgG antibodies to various foods (like those from US BioTek, Alletest, or the Precision Analytics p88 panel which includes IgE, IgG, IgG4, and C3d complement markers) can sometimes provide clues. However, these tests have limitations. An IgG response can indicate exposure and an immune reaction, but it doesn't always equate to a clinically relevant sensitivity. If there's underlying dysbiosis or intestinal permeability, these tests might show reactions to many foods simply because the immune system is overreactive.
- That said, for some patients, these tests can help identify major trigger foods and guide an elimination diet.



- **The Elimination Diet:**

- This remains a gold standard for identifying food sensitivities. It involves:
 - Elimination Phase:
 - Removing common trigger foods for a set period (often 1-3 months). Besides gluten, common culprits include dairy, sugar, soy, corn and processed foods. The specific foods and duration depend on the individual's history and symptoms.
 - Reintroduction Phase:
 - Carefully reintroducing foods one at a time while monitoring for any returning symptoms. This helps pinpoint specific triggers.
- During the elimination phase, we also focus on gut healing and addressing any underlying imbalances like Small Intestinal Bacterial Overgrowth (SIBO) or dysbiosis, identified through tests like a GI Map or SIBO breath test.

Unpacking Gluten-Related Disorders: More Than Just a Stomach Ache

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What About IgE Food Allergies?

It's important to distinguish Celiac disease and NCGS from IgE-mediated food allergies, such as wheat allergies.

- **Mechanism:** True allergies involve the IgE antibody and can trigger a rapid, sometimes severe, immune response.
- **Symptoms:** Allergic reactions often include hives, swelling (especially around the mouth or throat), difficulty breathing, wheezing, vomiting, or even anaphylaxis shortly after consuming the allergen.



- **Testing:** IgE antibody testing (blood tests or skin prick tests) can help diagnose these allergies. While a gluten challenge isn't as stringently required as Celiac testing, recent exposure can make the test more accurate. Note though that exposure should be avoided if anaphylaxis or similar reactions have occurred with gluten in the patient's history.

A Note on Secretory IgA (sIgA) and Gliadin: Some stool tests (like the GI Map) measure anti-gliadin sIgA. Elevated levels indicate an immune response to gliadin (a component of gluten) in the gut lining. This doesn't confirm Celiac disease but suggests gluten is triggering local inflammation and warrants further investigation, potentially including Celiac testing if not already done.



The Importance of Gut Health and Food Sourcing

Underlying many food sensitivities, including reactions to gluten, is the health of your gut lining. Intestinal permeability, or "leaky gut," allows undigested food particles and toxins to pass into the bloodstream, potentially triggering immune responses and inflammation.

The Trouble with Modern Wheat:

The wheat consumed by many in the U.S. today is different from ancestral varieties.

- **Glyphosate:** Much non-organic wheat is treated with glyphosate (the active ingredient in Roundup) as a desiccant before harvest. Studies have shown that glyphosate can contribute to intestinal permeability.
- **Hybridization:** Modern wheat has been hybridized for higher gluten content and yield, which can make it harder to digest for some individuals.



For those with NCGS or general gluten intolerance (but *not* Celiac disease), sourcing matters. Some individuals find they can tolerate heritage grains, organic wheat, or wheat products from Europe (where glyphosate use on wheat is restricted and different wheat strains are common) much better than conventional U.S. wheat.

This is not an option for those with Celiac disease, as all forms of gluten must be avoided.

Unpacking Gluten-Related Disorders: More Than Just a Stomach Ache

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Living Gluten-Free: Challenges and Significant Rewards

Embarking on a gluten-free lifestyle, whether for Celiac disease or NCGS, can seem daunting, but the improvements in health and wellbeing can be profound.

Navigating a Gluten-Free World:

- Cross-Contamination is Key (Especially for Celiacs):
 - Gluten can hide in unexpected places, and even tiny amounts can trigger a reaction in Celiacs. This means vigilant label reading and careful food preparation.
- At home:
 - This might involve separate toasters, cutting boards, utensils, and condiments. Wooden or scratched plastic utensils can harbor gluten.
- Dining out:
 - Communicate your needs clearly. Look for Celiac safe restaurants using apps like Find Me Gluten Free, or Gluten Dude and shopping apps such as Fig, Spokin and Spoonful.
- Focus on Whole Foods:
 - While many gluten-free processed foods are available, they aren't always the healthiest. Prioritize naturally gluten-free whole foods: fruits, vegetables, lean proteins, legumes, nuts, seeds, and gluten-free grains (like rice, quinoa, millet, buckwheat). Paleo and Whole30 resources can offer excellent gluten-free meal ideas, as can many Celiac friendly recipe sites and books.
- Digestive Enzymes and Binders:
 - For accidental exposure, digestive enzymes formulated to help break down gluten (containing DPP-IV) or binders like activated charcoal may help reduce the severity or duration of symptoms. However, these are not a license to knowingly eat gluten if you have Celiac disease or significant NCGS. They are for rescue situations only.



Unpacking Gluten-Related Disorders: More Than Just a Stomach Ache

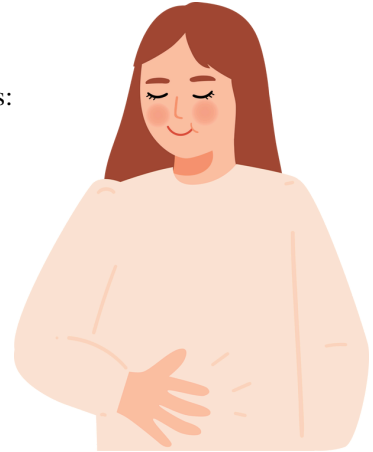
By Dr. Misty Story



The Upside of Going Gluten-Free (When Medically Necessary):

Patients who identify and remove gluten as a trigger often report transformative changes:

- Improved Digestive Health: Resolution of bloating, pain, diarrhea, or constipation.
- Increased Energy Levels: Fatigue often lifts as inflammation subsides and nutrient absorption improves.
- Enhanced Mental Clarity: "Brain fog" clears, and concentration improves.
- Better Nutrient Status: Iron, Vitamin D, and B vitamin levels often normalize.
- Reduced Pain: Joint and muscle aches can diminish significantly.
- Clearer Skin
- Improved Mood
- Improved Immune Status



For those with Celiac disease, a strict gluten-free diet is essential not just for symptom relief but also to reduce the long-term risk of complications, including other autoimmune diseases.



Finding Your Path at Village Medicine

Understanding whether gluten is impacting your health requires careful investigation and a personalized approach. Many patients come to us after seeing multiple practitioners without answers, still experiencing symptoms like chronic pain, fatigue, digestive issues, or brain fog that haven't been resolved.

If you suspect Celiac disease, NCGS, or other food sensitivities, or if you have a family history of these conditions, we encourage you to seek guidance. At Village Medicine in Seattle, we can help you navigate the appropriate testing, interpret the results in the context of your overall health, and develop a comprehensive plan that may include dietary changes, gut healing protocols, and lifestyle support.

Don't let confusion or unresolved symptoms hold you back from feeling your best. Contact Village Medicine today to schedule a consultation and take the first step towards clarity and better health.

Dr. Misty Story

Boost Your Health with IV Therapy

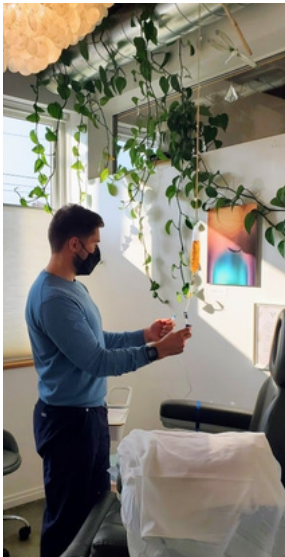
By Dr. Paul Mischczyn



Are you looking for an effective way to enhance your well-being, boost your energy, and support your body's natural functions? At Village Medicine in Seattle, we offer specialized IV (intravenous) nutrient therapy designed to deliver essential vitamins, minerals, and amino acids directly into your bloodstream for maximum absorption and impact.

Why Choose IV Nutrient Therapy?

While a healthy diet is crucial, sometimes your body needs an extra boost that oral supplements can't quite deliver. IV nutrient therapy bypasses the digestive system, ensuring that your body receives 100% of the nutrients. This can lead to more immediate and noticeable results, helping you feel your best faster. Our custom-made formulas are tailored to your specific needs and desired outcomes, helping you achieve your health goals.



Explore Our Popular IV Nutrient Infusions:

IV Immune Shield

Constantly on the go, traveling, or have kids in school? Our Immune Support IV is perfect for those who want to proactively prevent illness and strengthen their natural defenses. This blend features powerful nutrients like Vitamin C, Zinc, and B vitamins, known for their immune-boosting properties. It's an excellent way to prepare for cold and flu season or recover more quickly if you do get sick.

IV Brain Boost

Experience mental clarity, reduced brain fog, and enhanced focus with our IV Brain Boost. This infusion is packed with nutrients specifically chosen to support cognitive function, helping you perform at your peak in all areas of your life – whether at work, with family, or pursuing your creative passions. Maintain long-term brain health and keep your mind sharp!

IV Stress Resilience

Life can be stressful, but your body's response doesn't have to be overwhelming. Our IV Stress Resilience drip is designed to calm your nervous system, helping you feel more grounded and capable of handling challenging situations with composure. Find your inner calm and approach life's demands with greater ease.

IV Phosphatidylcholine

A standout offering, our Phosphatidylcholine IV has been a game-changer for many of our patients in reversing fatty liver. Your liver is your body's primary filter, and when it's not functioning optimally, it can impact everything from your hormones and cholesterol to your energy levels. Phosphatidylcholine helps restore healthy liver function, supporting overall detoxification and well-being.

At Village Medicine, Seattle, we are committed to helping you achieve optimal health and vitality. Our expert team will work with you to determine the best IV nutrient therapy plan for your unique needs.

[Ready to experience the benefits of IV nutrient therapy? Contact us today to schedule your consultation!](#)

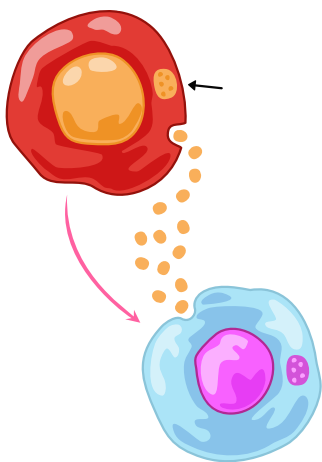
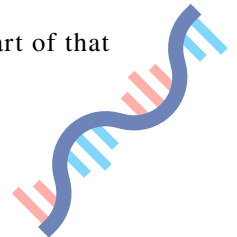
Understanding Exosomes: Your Body's Own Tiny Messengers for Health

By Dr. Paul Mischczyn



At Village Medicine in Seattle, we're always exploring fascinating frontiers in health and well-being. One incredibly exciting area that's shedding new light on how our bodies truly work is the study of exosomes.

Ever wondered how cells talk to each other, even when they're far apart? Exosomes are a huge part of that conversation. Let's dig in and learn more about these remarkable little powerhouses.



What Exactly Are Exosomes?

Think of exosomes as your body's incredibly efficient, tiny delivery system. They're like miniature mail carriers, or even tiny USB drives, packed with vital information. These microscopic sacs are naturally released by almost every cell in your body. Inside, they carry a rich cargo of important stuff: proteins, fats, and even genetic blueprints like RNA. Their main job? To transport these crucial "messages" from one cell to another, influencing what those receiving cells do.

When a cell sends out an exosome, it's essentially sending a very specific memo. This message tells other cells how to behave, what processes to start, or even what to stop. This constant, intricate communication network is absolutely essential for keeping your body healthy and in balance.

How Do Exosomes Work Inside Us?

Exosomes are fundamental to how your body's cells communicate and interact. Once released, these tiny vesicles can travel through your bloodstream and other bodily fluids, eventually reaching distant cells that need their specific instructions.

When an exosome arrives, it can either merge with the target cell or simply deliver its contents, passing on its molecular cargo and influencing that cell's activities. It's a bit like a manager sending a specific email to different teams in an organization: the email carries instructions, and each team responds based on the information.

This natural exchange of information is vital for countless biological processes – everything from mending tissues and fine-tuning your immune responses to simply keeping your cells vibrant and healthy. It truly highlights your body's incredible intelligence and its constant drive to adapt and maintain harmony through this elaborate cellular dialogue.



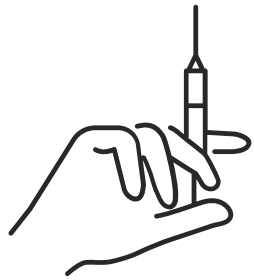
Understanding Exosomes: Your Body's Own Tiny Messengers for Health

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Why Are Exosomes Such a Hot Topic in Health?

Because exosomes are such pivotal communicators, scientists and researchers are intensely studying their wide-ranging roles in the body. They're observed to be involved in a vast array of biological processes that contribute to overall well-being.

For example, some research has explored their participation in the body's natural repair mechanisms, while other studies have looked at their potential influence on immune system regulation and managing inflammation.



Exosomes have been delivered in various ways, including **IV**, **injection** into joints, and even **ocular eye drops**. Depending on the desired outcome, researchers have been looking at health conditions and what method gets these advanced signals to the appropriate area of the body.

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.

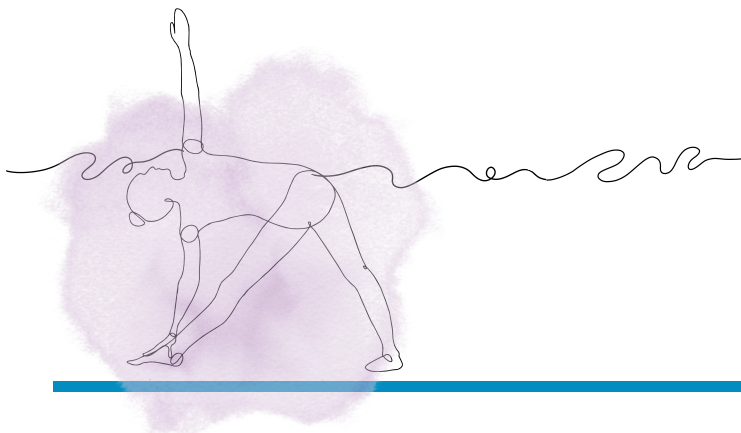
EMface



EMsculpt NEO



EMsella Pelvic Chair



Elevate Your Fitness Journey

Medical Gym Membership



EMsella Pelvic Chair
EMface
EMsculpt NEO

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

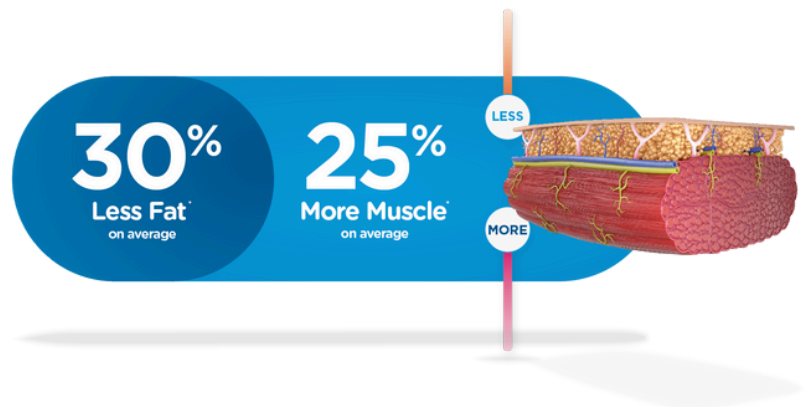
High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

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. Kristina Olson Kuyper, ND

Naturopathic Doctor

Dr. Kristina is a naturopathic physician specializing in full-spectrum family medicine, with a focus on pediatrics and women's health. Her experience running a beloved solo family practice is rooted in a genuine passion for supporting individuals and families through every stage of life. She provides personalized, collaborative care—blending natural and conventional therapies—to educate and empower her patients toward lasting, confident health.



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Dr. Julieann Murella, ND, LAC

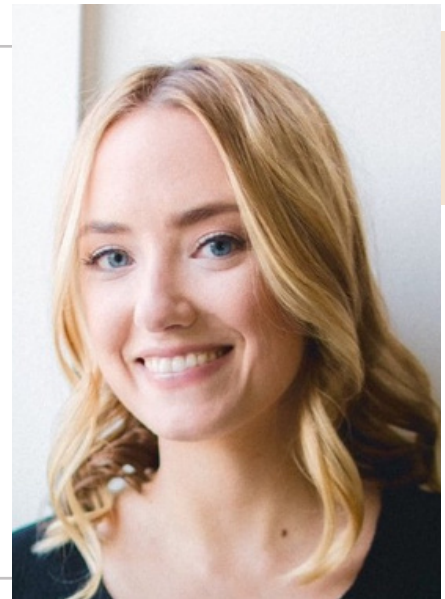
Naturopathic Doctor, Licensed Acupuncturist

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.

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.



Allie Denton, ARNP, PMHNP-BC

Advanced Registered Psychiatric Nurse Practitioner

Allie is a Psychiatric-Mental Health Nurse Practitioner trained in providing collaborative, patient-centered care for clients across the lifespan. Her clinical interests include mood and trauma-related symptoms, especially for clients seeking the right fit in their mental health journey. Allie utilizes a holistic and integrative approach, believing healing is co-created by connecting mind, body, and spirit.

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Dr. Louise Berkowicz, MD

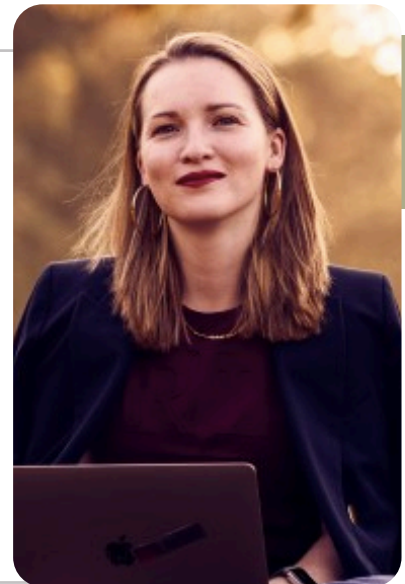
Energy Medicine Physician

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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