

OCT-DEC 2024

VILLAGE

QUARTERLY

ERIN
BROWER,
LMHC

WELLNESS QUARTERLY





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

- Winter Group Classes
- Breaking Free From Patterns: A Guide to Healing Attachment Wounds, by Erin Brower
- Restore Health with IV Phoscholine (PC), by Dr. Paul Miszczyszyn
- Autumn Season in Chinese Medicine, by Dr. Tiffany Jaramillo
- Ski Season Preparation with Village Medical Gym, by Dr. Paul Miszczyszyn
- Medical Gym Membership, about our amazing devices
- 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.



FREE YOGA AT VILLAGE MEDICINE

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

- Thurs, 10/ 17
- Tues, 11/ 19
- Tues, 12/17

Please come participate and share information with patients, family, and friends.

This is free for all! Please contact the office to get yourself scheduled since space is limited!

*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



Cleanse Class - Online

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.

- Tuesdays, 7:00- 8:30pm
 - Jan 14th, 21st, 28th, Feb 4th, 11th
- ***\$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 Miszczyszyn 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
 - Jan 6th, 13th, 20th, 27th, Feb 3rd

***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



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:

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

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

or

In Person: Wednesdays:

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

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



Awakening Divine Pleasure

with Dr. Ryan Simmons & Dr. Jen Daniels

Level 1

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:

- 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 1: 7-8:30 pm (TELE), Jan 8, 15, 22, 29, Feb 5, 12 (6 weeks)

Level 2: TBD

Level 3: TBD



@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!

STAY TUNED!
IN-PERSON SESSIONS HELD
MONTHLY STARTING IN
MARCH

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



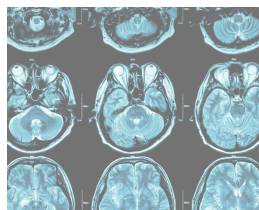
NEUROPLASTICITY

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

with Erin Brower LMHC & Dr. Tiffany Jaramillo ND LAc



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



WINTER GROUP SERIES



Breaking Free From Patterns: A Guide to Healing Attachment Wounds



Attachment wounds, rooted in early childhood experiences, can profoundly impact our relationships, self-esteem, and overall well-being. These wounds often manifest as recurring patterns, habits, or addictions that can feel overwhelming. At Village Medicine Seattle, we believe in the power of healing and offer a comprehensive approach to addressing attachment wounds.

Through my training as a Licensed Mental Health Counselor, and specialty education on attachment theory counseling through the Gottman Institute, I am excited to share this knowledge with the Village Medicine community.

Understanding Attachment Wounds

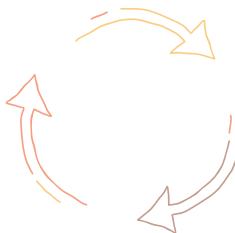
Attachment wounds occur when our emotional needs are not met or are met in a harmful way during childhood. These wounds can lead to negative self-beliefs and coping mechanisms that persist into adulthood. Common attachment styles include:

- **People-pleaser:** Constantly seeking approval and validation from others.
- **Mediator:** Taking on the role of peacemaker to avoid conflict.
- **Hero:** Striving for perfection to compensate for feelings of inadequacy.
- **Identified patient:** Assuming the role of the problem child or scapegoat.
- **Check-out:** Disassociating or withdrawing to avoid emotional pain.

Do you know your attachment type? Disorganized, Secure, Anxious, Avoidant

The Cycle of Patterns

Over time, these attachment wounds can become ingrained patterns of behavior. We may find ourselves repeatedly engaging in self-destructive behaviors or struggling to form healthy relationships. This cycle can be difficult to break on our own.



The Power of Neuroplasticity

The good news is that our brains are capable of change. Neuroplasticity allows us to form new neural connections and rewrite the stories that have been holding us back. By cultivating mindfulness, engaging in therapeutic practices, and addressing underlying attachment wounds, we can break free from these harmful patterns.



Breaking Free From Patterns: A Guide to Healing Attachment Wounds



The Healing Process

The process of healing attachment wounds involves several key steps:

Understanding Attachment Styles:

Identifying your primary attachment style can provide valuable insights into your patterns of behavior.

Rewriting Stories:

Challenging negative self-beliefs and replacing them with more compassionate and empowering narratives.

Cultivating Mindfulness:

Practicing mindfulness techniques can help calm the nervous system and improve emotional regulation.

Engaging in Therapy:

Working with a qualified therapist can provide support, guidance, and tools for healing attachment wounds.

Therapeutic Approaches at Village Medicine Seattle

At Village Medicine Seattle, we offer a variety of therapeutic approaches to address attachment wounds and promote healing. These include:

- Cognitive Behavioral Therapy (CBT): Identifying and challenging negative thought patterns.
- Existential Therapy: Exploring life's meaning and purpose.
- Mindfulness-Based Therapies: Cultivating present-moment awareness and reducing stress.
- Somatic Experiencing: Addressing trauma through body-centered techniques.

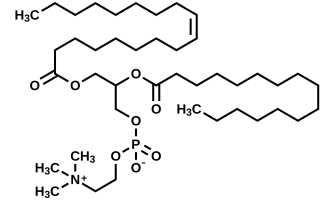
By understanding attachment wounds, recognizing the cycle of patterns, and utilizing effective therapeutic approaches, we can embark on a journey of healing and create a more fulfilling life. Village Medicine Seattle is committed to supporting individuals in their quest for emotional well-being and personal growth.

- Erin Brower, LMHC

About Erin Brower, LMHC:

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

In the evolving landscape of healthcare, intravenous (IV) therapy has become a transformative method for delivering essential nutrients directly into the bloodstream. At Village Medicine Seattle, we are committed to providing cutting-edge treatments that support your health. In this article, we'll explore the remarkable benefits of IV phosphatidylcholine, particularly in relation to liver health and neurological support.

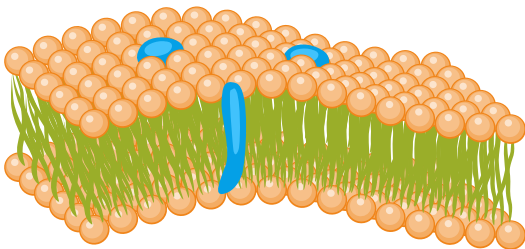


IV therapy allows for rapid absorption of nutrients, bypassing the digestive system. This method is especially beneficial for patients who struggle with oral supplementation due to gastrointestinal issues or those who require immediate therapeutic effects. By delivering nutrients directly into the bloodstream, IV therapy maximizes bioavailability, ensuring your body receives what it needs when it needs it.

Phosphatidylcholine (PC) is a crucial phospholipid that plays a vital role in cellular health and liver function. Administered intravenously, PC becomes a powerful ally, particularly for patients dealing with liver disease, specifically fatty liver disease and toxic exposure such as mold toxicity.

PC is a key component of cell membranes, helping to:

- Improve cell membrane integrity and fluidity
- Enhance nutrient transport into cells
- Facilitate the removal of toxins and waste from cells



IV phosphatidylcholine may support liver health by:

- Reducing liver fat in non-alcoholic fatty liver disease
- Improving liver function and potentially aiding liver repair
- Protecting against liver damage from alcohol and medications

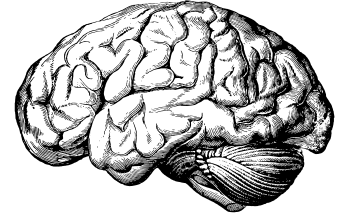


Restore Health with IV Phosphatidylcholine (PC)

Neurological Benefits

IV phosphatidylcholine therapy may also provide significant neurological support, which includes:

- **Cognitive Enhancement:** PC serves as a precursor to acetylcholine, a crucial neurotransmitter for cognitive function. This enhances memory, focus, and overall cognitive performance, making it beneficial for conditions like Alzheimer's and Parkinson's.
- **Neuroprotection:** PC may offer protective effects for brain cells by reducing inflammation and potentially benefiting neurodegenerative conditions.
- **Antioxidant Effects:** With antioxidant properties, PC helps neutralize free radicals in the brain, protecting against oxidative stress that can damage brain cells.
- **Improved Blood Flow:** By enhancing cerebral circulation, IV phosphatidylcholine ensures better oxygen and nutrient delivery to brain tissues.



PATIENT EXPERIENCE: A SUCCESS STORY

One of our patients, KH, has been enjoying her IV phosphatidylcholine treatments. She often shares with her friends how much she appreciates the therapy, noting that while she may not fully understand all the science behind it, the results speak for themselves. KH has experienced reduced inflammation, increased energy, and improved strength, transforming her daily life. Her experience highlights the practical benefits of IV phosphatidylcholine, making it a compelling option for many.

Additional Potential Benefits

Beyond liver and neurological health, IV phosphatidylcholine may also support:

- **Digestive Health:** Particularly beneficial for inflammatory bowel conditions.
- **Immune Function:** Enhancing overall immune system response.
- **Skin Health:** Providing anti-aging effects by improving skin hydration and elasticity.
- **Detoxification:** Assisting in the removal of heavy metals and environmental toxins.

When to Choose IV Phosphatidylcholine

Choosing IV phosphatidylcholine therapy is often based on individual health needs and circumstances. For patients experiencing acute symptoms related to liver dysfunction or cognitive decline, IV administration provides a high dose, effective solution.

At Village Medicine Seattle, we believe in empowering our patients with the tools they need to thrive. IV phosphatidylcholine represents a powerful option for enhancing health and addressing specific conditions. Whether you're looking to detoxify your liver, support cognitive health, or improve your overall well-being, IV therapy may be the key to unlocking your health potential.

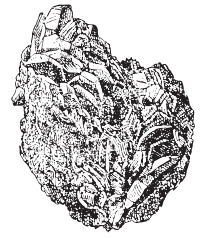
If you're interested in exploring IV phosphatidylcholine or have questions about its benefits, I encourage you to reach out. Together, we can craft a personalized health plan that aligns with your goals and enhances your quality of life.

Stay healthy,

- Dr. Paul Mischyszyn, ND



Autumn Season In Chinese Medicine



with Dr. Tiffany Jaramillo, ND, LAc

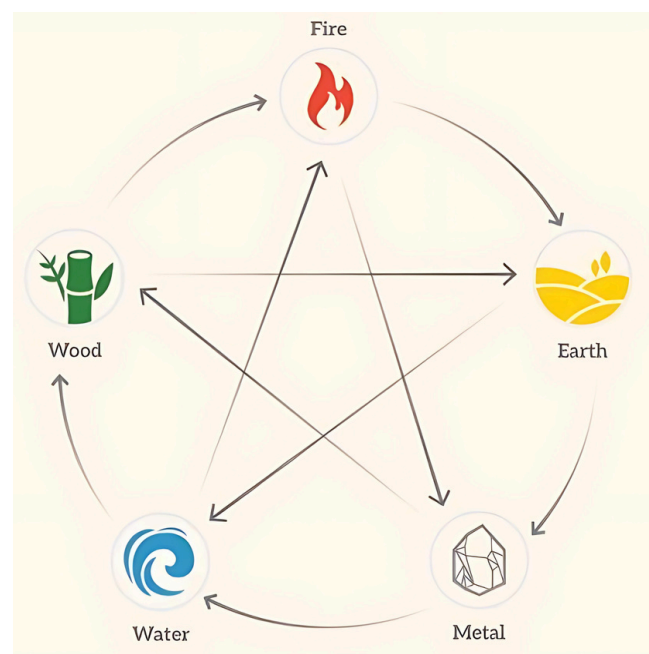
This is the time of year where we transition from yang energy, what was felt as outward, heating, and active energy to a more yin time of year which is felt as inward, cooling, and slowing in nature. With this it is common to feel a pull to slow down and go more inward over the next few months, honor this.

Fall season is the season of the metal element, metal being a mineral above all else. The governing organ for the metal element is the lungs. Metal personalities love aesthetics and making all things beautiful. They design their lives, wardrobes, homes, & spaces in a very modern, sleek, minimalistic and aesthetically pleasing way.

Metal personalities are constantly searching for meaning, things that bring value & worth to their lives. It is what drives them and keeps them motivated. They are idealists, perfectionists and have incredibly high standards thus they not only hold themselves to these standards but everyone around them. These folks love space and taking it up thus they need very strong boundaries and to be surrounded with people who have strong boundaries otherwise things go array quickly.

Emotions When in Balance:

1. Metal personalities know that their value & richness is inside them.
2. They do not look for value in their external environment.
3. They are mentally & emotionally stable.
4. They are not sensitive to the words or actions of others.
5. They have a hard- outer shell but are quite sensitive & endearing.
6. Very high standards which drives them and inspires those around them.
7. Feel grief deeply and are able to navigate the complexities & stages of grief without becoming consumed.



Autumn Season In Chinese Medicine

with Dr. Tiffany Jaramillo, ND, LAc

Emotions When out of Balance:

- Since they have a hard- outer exterior they can often come off as cold.
- The chase for meaning & value is constant thus constantly leaving them with an internal battle of self- worth.
- They chase materialistic & superficial things/ objects. When they are out of balance everything looks appealing & perfect on the outside- this is a façade of what they are really feeling on the inside.
- Because their standards are so high they can easily become over critical and get caught up in gossip and ridicule.
- Hard time letting things go.

Manifestations when Metal element is Imbalanced:

- If your lungs are not doing well some common signs or symptoms you might notice include:
- Shortness of breath, shallow breathing, a cough that lingers, asthma or feeling chest constriction.
- Dry, itchy, sensitive skin, rashes, skin tags, moles.
- Sinus issues like congestion, sneezing, sinusitis.
- Hair concerns like thinning, brittle or even hair loss.
- Voice that is weeping, soft spoken, brittle, and sounds like it is on the verge of tears, difficult to assert yourself.
- Prone to autoimmune diseases & flares, you easily get sick, sensitive and reactive to many things (food, environment, fragrances, etc.)

Food as Medicine to Support your Metal Element this Autumn Season:

- Apple, pear, persimmon, oats, cinnamon, clove
- Ginger, garlic, radishes, onion, daikon, rosemary, sage
- Cauliflower, fennel, mustard seed, mustard greens, black pepper
- Chicken, halibut, turkey, jasmine rice



- Dr. Tiffany Jaramillo, ND



Ski Season Preparation with Village Medical Gym Dr. Paul Mischczyn , ND



Your Path to Injury Prevention and Peak Performance

As ski season approaches, athletes and enthusiasts alike begin preparing for the excitement of hitting the slopes. While many focus on their gear and technique, building muscle strength is one of the most crucial yet overlooked aspects of injury prevention and performance. At Village Medical Gym, we're thrilled to offer cutting-edge fitness solutions that will prepare your body for winter sports. I'm Dr. Paul Mischczyn, Naturopathic Doctor, and today I want to introduce you to the future of fitness: our Medical Gym membership. The revolutionary devices by BTL, including **EMsculpt Neo**, **EMsella**, and **EMface**—tools that accelerate muscle growth, improve recovery, reduce pain, and help you perform at your best.

The Importance of Injury Prevention: Strengthen Key Muscle Groups

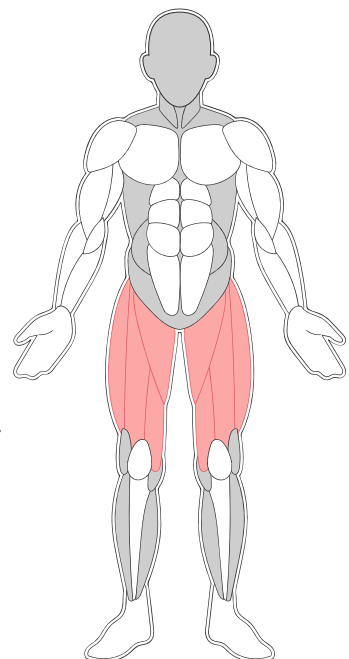
Skiing places unique demands on your body, particularly your legs. Strengthening specific muscle groups—quadriceps, hamstrings, and glutes—can significantly reduce the risk of injury and enhance performance on the slopes. Alongside using our advanced Emsculpt Neo technology, here are some effective exercises you can do at home to build strength:

1. Quadriceps

Your quadriceps stabilize your knees and absorb impact during skiing. Strengthening them can prevent ACL tears and knee sprains, common skiing injuries.

Home Exercises:

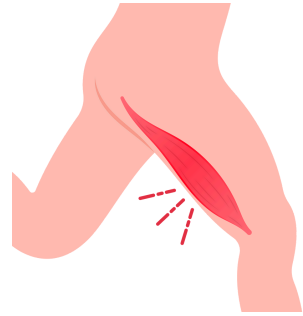
- **Bodyweight Squats:** Stand with feet shoulder-width apart and lower into a squat as if sitting in a chair. Engage your quads as you rise back up. Repeat 3 sets of 15-20 reps.
- **Lunges:** Step forward with one leg and lower your hips until both knees are bent at about 90 degrees. Push back to the starting position and alternate legs. Perform 3 sets of 12 reps per leg.
- **Wall Sit:** Sit against a wall with your knees at a 90-degree angle and hold for 30-60 seconds, engaging your quads throughout. Repeat for 3 sets.



Ski Season Preparation with Village Medical Gym

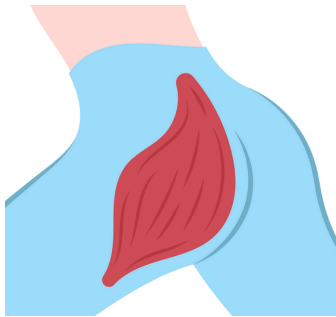
3. Hamstrings

Hamstrings are key to controlling knee movement and protecting ligaments. Strengthening them reduces the risk of ACL injuries and improves agility and control during skiing.



Home Exercises:

- **Glute Bridge:** Lie on your back with knees bent and feet flat on the ground. Lift your hips by engaging your hamstrings and glutes, then lower back down. Perform 3 sets of 15-20 reps.
- **Single-Leg Deadlifts:** Stand on one leg, keeping the other slightly off the ground. Bend forward at the hips, extending the lifted leg backward. Engage your hamstrings as you return to the starting position. Complete 3 sets of 10-12 reps per leg.
- **Hamstring Curls with Stability Ball:** Lie on your back with your heels on a stability ball. Lift your hips and roll the ball toward you using your hamstrings. Return to starting position. Perform 3 sets of 10-12 reps.



2. Glutes

Your glutes are the powerhouse of skiing, stabilizing your hips and lower back. Strong glutes reduce the risk of back injuries and help you maintain proper alignment during long ski runs.

Home Exercises:

- **Bulgarian Split Squats:** With one foot resting on a chair behind you, lower into a squat using the front leg. Engage your glutes as you return to standing. Perform 3 sets of 10-12 reps per leg.
- **Donkey Kicks:** Start on all fours, keeping your core engaged. Lift one leg back and up while squeezing your glutes, then lower back down. Complete 3 sets of 15 reps per leg.
- **Step-Ups:** Step onto a sturdy chair or bench with one leg, driving through your glutes. Lower back down and alternate legs. Perform 3 sets of 12 reps per leg.

Maximizing Muscle Growth with Emsculpt Neo

Traditional exercise can take weeks, if not months, to build noticeable muscle strength and endurance. It typically takes 4-6 weeks of consistent training to see real progress. However, Emsculpt Neo, available at our Medical Gym, supercharges this process. Using high-intensity focused electromagnetic (HIFEM) technology, Emsculpt Neo contracts 100% of muscle fibers in targeted areas, compared to only 30-40% activated in standard workouts.



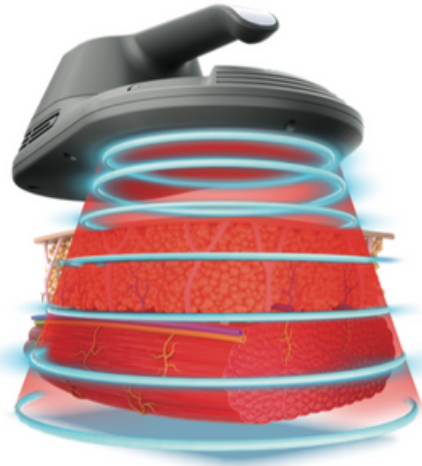
Ski Season Preparation with Village Medical Gym

In just a 30-minute session, you'll experience the equivalent of 20,000 muscle contractions. These contractions place your muscles in a hypermetabolic state, accelerating growth and strength far faster than traditional exercise. Plus, it incorporates **radio frequency heat**, boosting circulation to increase muscle development and even contribute to fat loss. This makes it the ideal solution to get your legs, glutes, and core ski-ready in no time.

How Fast Can You Build Muscle?

When you train using conventional exercises, muscle hypertrophy (growth) takes time due to the body's gradual adaptation. For most, it takes a few weeks to notice significant strength and tone changes.

However, with Emsculpt Neo, the hypermetabolic muscle contractions drastically reduce the time needed to build strength, allowing you to see visible results in just a few sessions. By amplifying muscle engagement and recovery, our medical gym's technology will have you in peak condition for the slopes in record time—before the first snow even falls.



RF

HIFEM+

Protein

Fuel Your Muscles: Protein Intake

Strengthening muscles isn't just about exercise; it's about recovery too. Protein plays an essential role in muscle repair and growth. During intense physical activity, such as skiing or preparing for ski season, protein needs increase. But how much protein should you actually be consuming?

Protein

For active individuals, the recommended daily intake of protein is around **1.2 to 2.0 grams per kilogram of body weight** depending on the intensity and duration of activity. To calculate your protein intake:

1. **Find your weight in kilograms** (weight in pounds ÷ 2.2).
2. **Multiply your weight by 1.2–2.0** based on your activity level.

For example, if you weigh 70 kg (154 lbs) and engage in moderate exercise, you should aim for **1.6 grams of protein per kilogram**, which equals about **112 grams of protein per day**.



Ski Season Preparation with Village Medical Gym

Inadequate protein intake not only slows recovery but can also lead to deficiencies affecting immunity, cell repair, gut health, skin, and hair quality. We recommend increasing your protein intake with lean meats, plant-based sources, or protein supplements to support muscle growth and recovery.

Experience the Future of Fitness in our Village Medical Gym

Our Medical Gym membership offers these advanced devices, **EMsculpt NEO**, **EMSella**, and **EMface**. Whether you're prepping for ski season or maintaining your year-round fitness, our medical gym program is your gateway to cutting-edge health, wellness, and longevity. The rapid results speak for themselves. I often have patients experience pain reduction just after 1 or 2 sessions, which in turn leads to improved effort while doing their hobby, sport, or workouts on a day to day.



Building muscle and strength not only helps you stay injury-free and pain-free in the long run, but it's also key to living a long, happy, and vibrant life. Strong, toned muscles support overall metabolic health, improving energy levels, blood sugar control, and even cardiovascular wellness. By investing in your strength now, you'll boost your resilience, protect your joints, and unlock the foundation for lifelong vitality.

Schedule a demo to experience firsthand how the **Emsculpt Neo**, **Emsella**, **EMface** can revolutionize your fitness journey.

Take the first step toward injury-free, strong skiing season by visiting Village Medical Gym today. **Don't miss this unique opportunity to join us at the forefront of medical fitness—your body will thank you come ski season!**

- Dr. Paul Miszczyszyn, ND



Medical GYM at Village Medicine

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

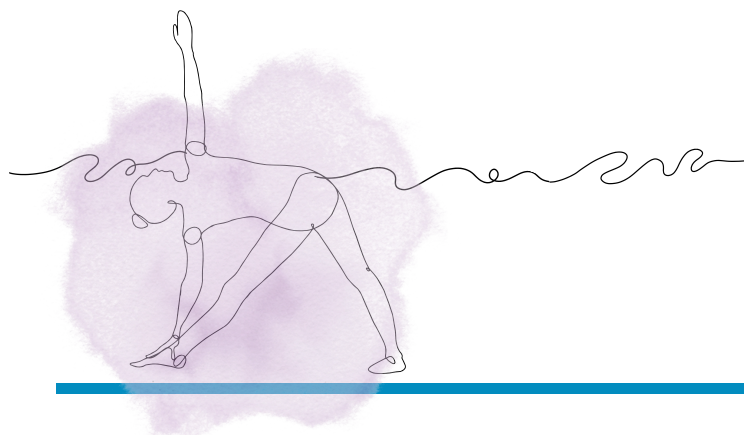
At Village, we empower our community with comprehensive and preventative healthcare solutions.

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

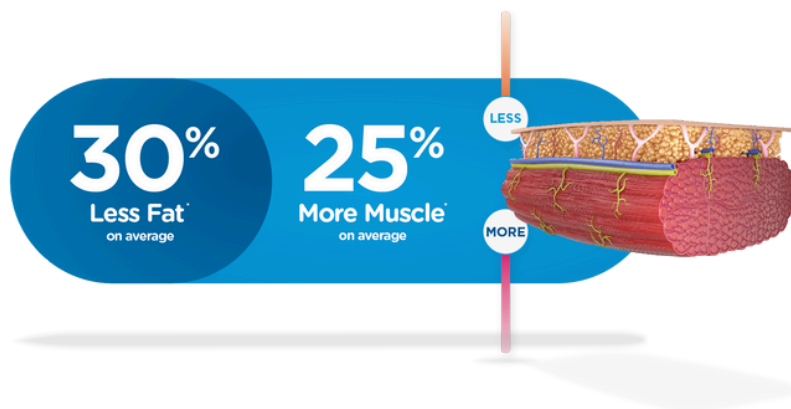
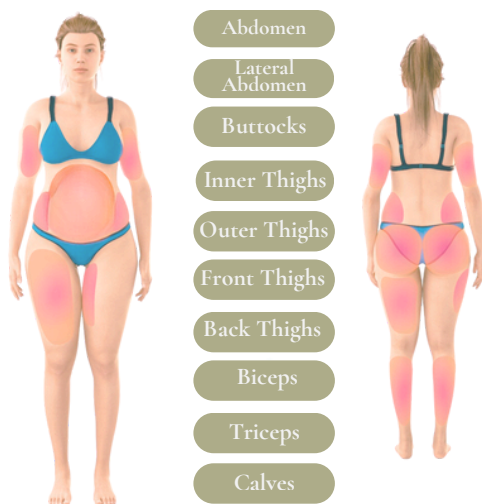
High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

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 .

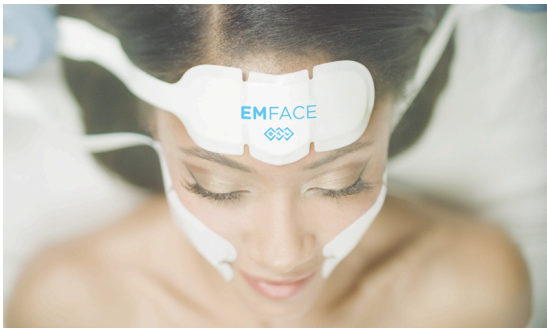
EMface is the first and only therapy that works on the framework of your face from the inside out. EMface combines pulsed magnetic fields and radiofrequency to address both muscle tone and skin texture in the facial area. This innovative treatment acts as a facial workout, restoring muscle definition 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.



Autumn FOOD DRIVE

JOIN VILLAGE MEDICINE IN GIVING BACK TO OUR
WONDERFUL COMMUNITY

OCTOBER 22ND- NOVEMBER 26TH

ACCEPTING ALL NON- PERISHABLES
INCLUDING CANNED & BOXED GOODS

**All donations to be delivered to local food banks & shelters Wednesday, November 27th.*





HOLIDAY *Toiletry Drive*

Join Village Medicine in supporting Mary's Place, a local women & children's shelter

DECEMBER 1ST- 31ST

TOILETRIES NEEDED

(new, full and travel size)

shampoo & conditioner

toothpaste & floss

toothbrushes & mouthwash

deodorant

menstrual care products

body wash

body lotion

lip balm & make-up

brushes and combs

pain relievers

nailcare

MEET OUR AMAZING PROVIDERS

Dr. Tara Shelby, ND, LM Founder and CEO, Naturopathic Primary Care Physician

Tara believes that the best doctors are those who serve as ambassadors of information and who take the time to consult, engage, and empower patients. She works in relational-based collaboration with her patients so that they are active participants throughout the process of their own healing and in the development of their treatment plans.



Dr. Paul Mischyszyn, ND Naturopathic Specialty Physician

Paul believes that our biomedical health reverberates into every part of our lives: work, relationships, physicality, and attitude.

Using a thorough health assessment and in-depth lab testing, he works with patients to replace unhealthy habits with tools to promote health.

Dr. Carrie McMillin, ND Naturopathic Physician, Integrative ADHD Specialist

A combination of a fascination with neuroscience along with navigating the world of ADHD and neurodivergence with her own family, led Dr. Carrie to create a practice specializing in working with people with ADHD and anxiety. She is passionate about helping children and adults gain control over their lives through accurate diagnosis and a better understanding of how their awesome brains work.



Erin Brower, LMHC

Individual & Couples Counseling

With over 20 years of experience in clinical therapeutic work, and a lifetime of curiosity, Erin is driven to understand relationships and connections of all kinds. She has always been fascinated by why people seek connection and what can be done to strengthen those bonds over time. She teaches clients how to establish kind, clear boundaries, and honest communication. Together with her clients, she works to create environments where sustainable healthy relationships are formed.



Dr. Jen Daniels, ND, ARNP

Family Nurse Practitioner, Naturopathic Physician

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

Dr. Meghan Zech, ND, FABNO

Naturopathic Physician, Integrative Oncology

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



CONTACT US

5600 14th Ave NW
Seattle, WA, 98107

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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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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).



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Dr. Louise Berkowicz, MD

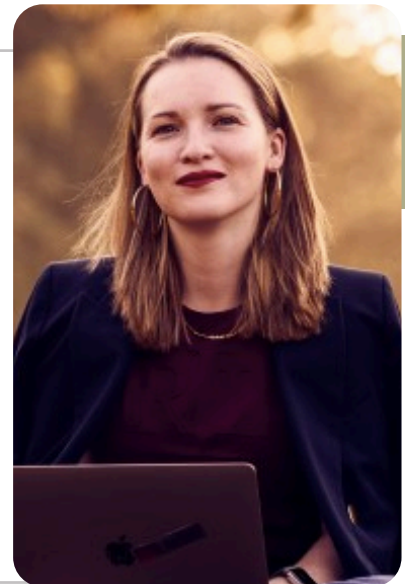
Energy Medicine Physician

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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