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VILLAGE

QUARTERLY

I N T E G R A T I V E C A R E



ALLIE DENTON, PHMNP



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 Miszczyzyn. *"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.



Finding Adventure in Psychiatry and Life

By Allie Denton, PMHNP



When we talk about adventure, we often think of the thrill of youth—backpacks, passports, and plans made on a whim. But for me, adventure has taken on a different shape in adulthood. It's no longer just about crossing oceans; it's about exploring the landscapes of the mind, and discovering new geographies—both internal and external—that keep me in motion.

At Village Medicine, we see this spirit of exploration every day. The path into mental wellness can feel like stepping into a new world, one that requires courage, curiosity, and a willingness to embrace the unknown.

Psychiatry: The True Final Frontier

My path into psychiatry has always felt like stepping into uncharted territory. Unlike fields of medicine with a rigid set of algorithms and outcomes, psychiatry is endlessly complex. Each patient brings a new map, and the work demands curiosity, humility, and imagination. It is a medical frontier in the truest sense, one that challenges me to keep learning, expanding, and refining my understanding of what it means to heal.



From Southern Roots to Seattle's Misty Mornings

That same spirit of exploration carried me to the Pacific Northwest. Trading southern roots for the misty mornings and evergreen mountains of Seattle was both a leap of faith and an embrace of possibility. Here, I've found a region that mirrors psychiatry's vastness: layered, dynamic, and always a little mysterious. One day it's a sunlit hike above alpine lakes; the next it's the quiet rhythm of rain tapping against the window, inviting reflection.

In many ways, moving here has underscored a lesson psychiatry teaches daily—that growth often happens at the edge of discomfort, where the unfamiliar pushes us into deeper awareness. For me, adulthood has become less about settling down and more about leaning into the adventure of change, whether it's navigating a new city or the intricacies of the human mind.

I've learned that the frontiers worth chasing aren't always in faraway places. Sometimes they're in the conversations we hold with patients, the risks we take for ourselves, or the landscapes we choose to call home."

Allie Denton

Gut Feelings Trial

By Dr. Kira Baum, ND, LAc



Over the fall season, Erin Brower LMHC and I have been leading a series on Neuroplasticity where we have been highlighting why our brains may get stuck in certain maladaptive patterns and ways to support the brain in making positive healthful changes. Nutrition is one often overlooked component in brain health; in mood, memory and cognition and stress tolerance. There are so many aspects of nutrition that are worth talking about but we just devoted one part of the series and wanted to share some of that information with our readers.



I wanted to share the results of a neat study called the “[Gut Feelings](#)” trial (see below for links). This is a 2 month interventional study with four arms comparing the impacts of the following interventions on mood.

- Diet high in prebiotics (food for the bacteria aka fiber)
- Probiotics
- Probiotics + Prebiotics
- Placebo

The first thing to note is that any of these would have any impact on mood! But this is what we are learning; that the gut microbiome can impact all sorts of aspects of brain health from cognitive function like memory (check out this article²) to stress tolerance and mood (check out this article³). But the results of the Gut Feelings study were particularly interesting. It was the fiber rich diet that impacted mood and stress more than even the supplements with probiotics.

And it's not the fiber supplements that do it (article⁴), it's the diets rich in fiber. Aiming for roughly 25-30 grams daily of fiber from food sources confers a lot of these health benefits.

You can consult the following resources, aiming for the number of servings per day of each category of high fiber foods. This is what participants of the gut feelings study used.

1. [Frontiers | Effects of a high-prebiotic diet versus probiotic supplements versus synbiotics on adult mental health: The “Gut Feelings” randomised controlled trial](#)
2. [Effects of probiotics on cognitive function across the human lifespan: a meta-analysis | European Journal of Clinical Nutrition](#)
3. [Fiber intake and fiber intervention in depression and anxiety: a systematic review and meta-analysis of observational studies and randomized controlled trials - PMC](#)

Dr. Kira Baum

BOOK RECOMMENDATIONS



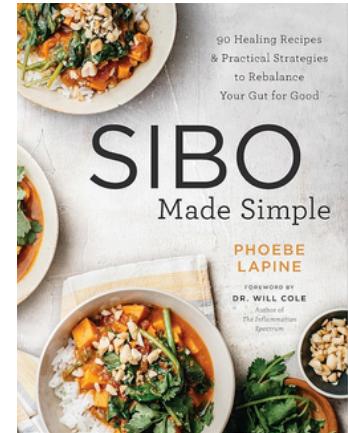
A SIBO (small intestinal bacterial overgrowth) diagnosis can be challenging, especially when it comes to following the LowFODMAP diet. Here are my book recommendations to create satisfying SIBO-friendly meals.

It is important to understand that therapeutic diets are short-term tools to support treatment, not long-term plans. The goal is to expand your diet after treatment to promote a resilient gut microbiome.

Recommended Cookbooks for SIBO:

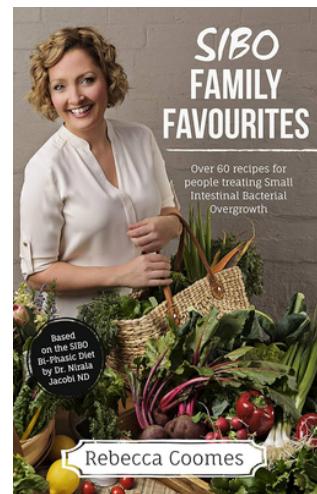
- SIBO Made Simple by **Phoebe Lapine**

This book is a fantastic starting point, offering clear explanations and straightforward recipes to help you understand the fundamentals of a SIBO diet without the stress.



- SIBO Family Favorites Cookbook & SIBO Summer Cookbook by **Rebecca Coomes**

Rebecca Coomes excels at creating recipes that everyone can enjoy. These books are perfect for ensuring you can still eat with your family and enjoy seasonal foods. (Note: These two books can sometimes be difficult to find in print, but the ebooks are readily available online!)



- The 30-Minute SIBO Cookbook by **Kristy Regan**

For those with a busy schedule, this cookbook is a lifesaver. It focuses on quick, easy-to-prepare meals, proving that a therapeutic diet doesn't have to consume all your time.

For SIBO, IBD, and Other Chronic GI Issues

For certain complex or chronic gastrointestinal conditions, a more foundational approach may be recommended.

- Breaking the Vicious Cycle by **Elaine Gottschall, MS**

This is a foundational guide to the Specific Carbohydrate Diet (SCD). Dr. Story may occasionally recommend this book for patients with SIBO, Inflammatory Bowel Disease (IBD), or other persistent GI issues who may benefit from its targeted approach to gut healing.

Changing your diet is a significant part of your healing journey, but with the right resources, it can become an empowering step toward better health. These books can serve as your trusted companions in the kitchen, making your treatment phase more manageable and flavorful.

If you are struggling with SIBO or other digestive concerns, please know that personalized guidance is key. Contact us at Village Medicine Seattle to schedule a consultation with Dr. Misty Story or another one of our dedicated providers to create a comprehensive treatment plan tailored just for you.

Dr. Misty Story

Fertility, A Holistic Approach: Cultivating Health, Not Pressure

By Dr. Tiffany Jaramillo, ND, LAc



My approach to fertility integrates a wide range of modalities—nutrition, lifestyle, mind-body connection, stress management, nutrient support, botanicals, hormones, and beyond.

Rather than centering the journey solely around **"getting pregnant,"** I encourage a shift in focus: let's **prioritize optimizing your overall health.** This not only reduces pressure, shame, and blame, but creates a more sustainable, empowering path forward.

Think of this as a **"fertility vacation"**—a time to step back from urgency and instead deepen your belief in your body's innate wisdom and capacity.

Foundations are the cornerstone of health and fertility, but often the essentials get neglected or addressed minimally in fertility care with too much focus on supplement implantation. Don't get me wrong, there is absolutely a role for supplement & nutrient support outside of nutrition, but this should be tailored and crafted carefully by your physician to meet your specific needs and requirements.

There is NO supplement that can or should replace a healthy, well rounded diet, sleep hygiene, hydration, movement, and stress resiliency. **Period.**



1. Diet

- The foundation is whole foods & blood sugar balance.
- Healthy fats are essential. The primary building block is cholesterol! Prioritize Omega- 3 rich fish, extra virgin olive oil, avocados, seeds and nuts.
- Prioritize plant- based proteins over animal proteins. Most people consume too much red meat, which can be inflammatory. Limit red meat to no more than 2 days per week.
- When consuming any dairy or meat- go organic, free range, grass fed **ALWAYS!** Agricultural practices are so important and your body & hormones don't need the added growth factors, hormones, pesticides, heavy metals, or microplastics.
- 6-8 servings daily of veggies, 2 servings daily of fruit with 1 serving being berries. Blueberries are a massive power house antioxidant for eggs. Do your best to buy your produce based off of the Dirty Dozen and Clean Fifteen from the Environmental Working Group (EWG.org). They update this list annually. Not everything has to be organic, but choose consciously and connect with your food.
- Include cold-water fatty fish (like salmon or sardines) 2-3 days per week of a 4 oz serving.
- Eggs are nutrient-dense and can be consumed daily as baby's brain relies on this for development. 2 eggs daily are not a cholesterol risk and they are loaded with protein & choline.
- Probiotics: 1 serving daily of lacto- fermented foods like sauerkraut, pickles, kimchi, miso, yogurt, cottage cheese. A broad- spectrum probiotic of Lactobacillus species is an option if you do not like these particular foods.

2. Hydration

Optimal hydration is essential for producing and improving cervical mucus. Aim for a minimum of half your body weight in fluid ounces daily and 2/3 of that being consumed before 2P.

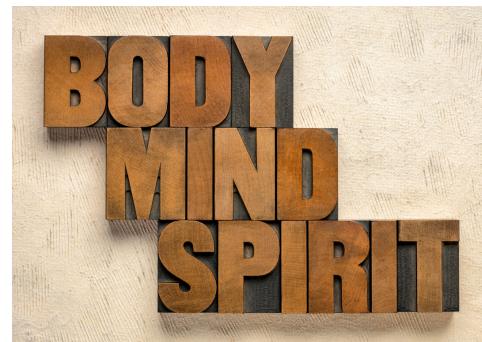
- Caffeine and alcohol can interfere with fertility. Aim for:
- No alcohol. Act “as if” you already are pregnant.
- Caffeine limited to 200mg/day, preferably from green tea or matcha, which offers additional antioxidant benefits.



3. Mind-Body

Supporting the emotional and psychological aspects of your fertility journey is vital.

- Fertility challenges are already so stressful, but sympathetic overdrive can significantly decrease your chances of getting pregnant due to the essential communication between the HPA axis and the HPO axis. Stress quite literally can block ovulation!
- Techniques like meditation, breathwork, acupuncture, journaling, or guided imagery can help reconnect you with your body and reduce stress-driven hormonal imbalances.
- Get outside and connect with mother nature! Forest bathing (yes, I said Forest Bathing) is excellent and there are fascinating studies on this.
- Consider joining our Mind Body Medicine series. We offer them quarterly both in person and telemedicine and are supported by a wonderful and nurturing community.



4. Sleep

Getting less than 7 hours per night can negatively impact ovulation and egg quality.

- Aim for 7–9 hours of restorative sleep to support hormonal balance and cellular repair.
- Devices off or away 2-3 hours before sleep.
- Circadian rhythms impact ALL rhythms in your body. Start trying to dial this in now so that you are waking and going to sleep within the same timeslots every day- this includes weekends. Of course, there are the occasional slips & nights out. What matters is that your body learns what to expect which over time helps to lower cortisol spikes, balance blood sugar and regulate hormone production, signaling, and release.



5. Movement

Movement is key & finding your sweet spot is essential- not only for your body, but for your mind & spirit as well.

- Too much exercise and too little can both impact your chance of conceiving.
- Aim for 5 hours a week of moderate aerobic exercise. Think, enough to get your heart rate up and still able to have a conversation, but not so much that you are panting. Yoga, Pilates, hiking, brisk walking, swimming, and cycling are all great options.
- Aim to get in your best weight category. Being slightly overweight is not a problem, but being underweight increases the risk of anovulatory infertility.

6. Foundational Nutrients

Note: Always consult a qualified healthcare provider or fertility specialist before starting any supplement regimen, especially if you are undergoing fertility treatments or have a diagnosed condition.

Fertility is deeply influenced by many factors—age, lifestyle, environment, and most importantly, nutrition. In recent years, scientific interest has grown around how specific supplements can support reproductive health, particularly egg quality, which plays a critical role in conception, embryo development, and a healthy pregnancy.

This is the area I get asked about most often! To note, not all supplements are created equal and most “directions” on the label do not meet the requirements that you typically need. Below is an evidence-based look at ten powerful nutrients (11 including your prenatal) and how they support egg health, ovarian function, and overall fertility.

- Prenatal vitamin
- Vitamin B6 (P5P form)
- NAC
- Melatonin
- CoQ10
- Omega-3 fatty acids
- Vitamin D3
- DHEA
- Vitamin C
- Inositol
- Arginine



1. Prenatal Vitamin: Increases your Chance of Getting Pregnant & Having a Healthier Pregnancy

I caution you to choose your prenatal carefully as most “prenatal” vitamins on the market do not actually have the required amounts necessary for both momma and baby.

Fertility benefits: Ensures you are getting adequate methyl folate (800-1,000 mcg), choline (400 mg), iodine (200-250 mcg), zinc (15-45 mg), and iron (27mg). This can account for what you are not getting in your diet and these levels increase your chance of getting pregnant and having a healthier pregnancy.

2. Vitamin B6 (Pyridoxal-5-Phosphate): Supports Progesterone Production

Vitamin B6 is a water-soluble vitamin involved in over 100 enzyme reactions. P5P (Pyridoxal-5-Phosphate) is the active coenzyme form of B6—more bioavailable and efficient in the body than standard B6 (pyridoxine).

- **Fertility benefits:** Boosts progesterone and helps to balance both estrogen and progesterone. B6 and progesterone are vital for an adequate luteal phase length as a short luteal phase can prevent implantation. P5P can help support corpus luteum function, increasing progesterone post-ovulation. If you have ever been on an oral contraceptive, P5P is even more essential.

3. NAC (N-Acetyl Cysteine): Protecting Eggs from Damage

NAC is a precursor to glutathione, one of the body's most powerful antioxidants. Glutathione plays a vital role in detoxifying cells and protecting against oxidative stress.

- **Fertility benefits:** NAC supports egg quality by enhancing cellular defense systems. It reduces oxidative damage in the ovaries and improves the internal environment for egg maturation and release.

4. Melatonin: Enhancing Ovarian Function

While widely known as the sleep hormone, melatonin is also a potent antioxidant found in high concentrations in ovarian follicles.

- **Fertility benefits:** Melatonin helps protect eggs from oxidative stress and may improve the quality of eggs during the final stages of maturation, and plays a role in regulating reproductive hormones and ovarian function.

5. CoQ10: Boosting Cellular Energy for Better Egg Quality

Coenzyme Q10 (CoQ10) is a compound naturally found in the mitochondria of cells—our energy powerhouses. In eggs, mitochondrial function is crucial because eggs require immense energy during maturation and fertilization.

- **Fertility benefits:** CoQ10 helps increase ATP (energy) production in egg cells, which can improve both the development and the overall quality of eggs. This is particularly beneficial for women over 35, as mitochondrial efficiency declines with age.

6. Omega-3 Fatty Acids: Supporting Egg Maturation and Reducing Inflammation

Omega-3s, especially EPA and DHA, are essential fatty acids that play a key role in cell membrane function and hormone regulation.

- **Fertility benefits:** Omega-3s support healthy egg development by improving follicular fluid quality and reducing inflammation—an underlying factor in many reproductive disorders like PCOS and endometriosis.

7. Vitamin D: Enhancing Hormonal and Ovarian Function

Vitamin D acts more like a hormone in the body and is essential for many reproductive processes.

- **Fertility benefits:** Sufficient vitamin D levels are associated with improved ovulation, better response to fertility treatments, and balanced hormone production, including progesterone and estrogen. Deficiency puts you at significant risk for infertility.

8. DHEA: Supporting Ovarian Reserve and Egg Health

Dehydroepiandrosterone (DHEA) is a hormone naturally produced by the adrenal glands and a precursor to both estrogen and testosterone.

- **Fertility benefits:** DHEA supplementation has been shown to improve ovarian response, especially in women with diminished ovarian reserve. It may enhance the number and quality of eggs available during ovulation or IVF cycles.

9. Vitamin C: Strengthening Antioxidant Defenses

Vitamin C is a water-soluble antioxidant that helps protect all cells—including egg cells—from damage caused by free radicals.

- **Fertility benefits:** Adequate levels of vitamin C improve the integrity of egg DNA and support collagen production in ovarian tissues, contributing to a healthier follicular environment.

10. Myo-Inositol: Improving Ovulation and Embryo Quality

Myo-inositol is a vitamin-like compound that plays a critical role in insulin signaling and cellular communication.

- **Fertility benefits:** Particularly effective in women with PCOS, myo-inositol supports ovulation, hormone balance, and oocyte (egg) maturation. It's also been associated with improved embryo quality during IVF treatments.

11. Arginine: Improving Blood Flow to Reproductive Organs

L-Arginine is a semi-essential amino acid. The mechanism of action is through nitric oxide (NO) production, which helps dilate blood vessels and improve blood flow.

- **Fertility benefits:** Enhanced blood flow in the uterus & ovaries thus supporting better implantation conditions. Newer data is evaluating the role of L-Arginine in improving endometrial thickness (especially important in IVF) and enhancing ovarian response in some fertility treatments. Not surprisingly, it is one I use with my male patients struggling with erectile dysfunction and who are wanting to avoid the side effects that come with common pharmaceuticals used for this condition.

While no supplement can guarantee conception, research supports the role of these key nutrients in improving the foundational aspects of fertility: egg quality, ovarian function, and hormonal balance. For those trying to conceive—either naturally or with medical assistance—supporting the body with the right nutrients can be a critical part of the fertility journey.

Lastly let this be a time of nurturing, healing, and coming home to your body. When health becomes the goal, fertility often follows more naturally. <3

<<< Want to learn more or work with a provider dedicated to helping you on your health journey?
Schedule an appointment now with Dr. Tiffany Jaramillo ND, LAc >>>



Dr. Tiffany Jaramillo

Autumn Health Tips for You and Your Family

By Dr. Kristina Olson-Kuyper, ND



Now that the kids are back in school and we're starting to feel the first crisp mornings of autumn, many of you are also noticing the runny noses and coughs that tend to arrive with this season. With busy schedules, it's important to keep both kids and ourselves as healthy as possible. Here are a few of my favorite naturopathic tips for making the transition into the cooler months.

Hand Washing

This one may seem simple, but it makes a huge difference. Teaching kids to wash their hands regularly is one of the best ways to prevent colds and flu. Research shows that washing hands with soap and warm water for at least 20 seconds helps reduce the spread of respiratory infections in school-aged children. When handwashing isn't possible, alcohol-based hand sanitizers are an effective backup.



Nasal Rinses

Daily nasal rinses can be a supportive tool during cold and flu season. Clinical studies suggest that regular saline nasal irrigation in children may help reduce the severity and duration of respiratory infections, as well as the number of days missed from school. Simple saline sprays or mists are easy to use, and another option is Xlear, a xylitol-based spray that helps keep nasal passages moist while flushing out viruses and bacteria. Personally, I like to use a quick spray in each nostril in the morning and again at bedtime.

A Portable Nebulizer

Portable saline nebulizers can also be helpful when kids come down with an upper respiratory infection. Using sterile 0.9% saline in a nebulizer may soothe irritated airways and make breathing easier during mild colds or congestion. These small, handheld devices are widely available online, though keep in mind they don't replace prescription or medical-grade nebulizer treatments if your child needs them.



Elderberry, Honey, and Lemon Tea

This simple remedy is a staple in my home. Elderberry has been studied for its immune-supportive effects, with some trials showing it may help shorten the duration and severity of colds and flu-like symptoms. Honey has natural antimicrobial and soothing properties, especially for coughs, while lemon adds vitamin C and a refreshing boost. My family's recipe is one tablespoon of elderberry syrup, $\frac{1}{2}$ teaspoon of honey, and a squeeze of fresh lemon in a warm cup of water. Drinking this two to three times a day at the first sign of symptoms is both comforting and supportive.

- **CAUTION!** You should NOT give honey to kiddos under 1 years old. Because of risk of botulism, because kids immune systems are not well enough developed.



Warming Socks (a Classic Naturopathic Remedy)

The name is misleading — the socks start out cold — but the effect is warming and circulation-boosting. This traditional naturopathic remedy, passed down to me from my Austrian grandmother and reinforced in naturopathic training, is often used to support the body's natural healing response. To do it: soak a pair of thin cotton socks in cold water, wring them out, and put them on your feet. Cover with thick wool socks and hop into bed. As your body works to warm and dry the socks, circulation improves and the immune system gets a gentle nudge. While kids may resist at first, many come to love this remedy once they feel how much better it helps them rest.



Autumn is one of my favorite seasons, but it does bring with it the season of colds and flus. I hope these suggestions help you and your family stay well and enjoy the beauty of autumn. If symptoms don't improve, or if you or your child develop more serious concerns, be sure to reach out to your doctor for additional support.

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Dr. Kristina Olson-Kuyper

Mast Cell Activation, Histamine, and the Gut: A Systems Medicine Perspective

By Dr. Tara Shelby



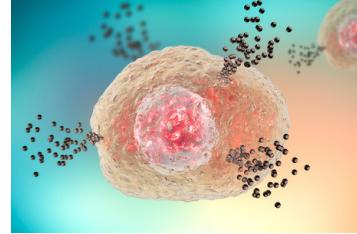
Histamine isn't just an "allergy molecule." It's a bioactive amine with signaling power across virtually every organ system. When mast cells—the body's histamine-storing immune sentinels—become dysregulated, they can release histamine and dozens of other inflammatory mediators inappropriately. This phenomenon, known as **Mast Cell Activation Syndrome (MCAS)**, is increasingly recognized as a root driver of chronic, multisystem disease.

Every Organ System Can Be Affected

Mast cells are stationed in connective tissue at the interfaces of the environment: gut mucosa, skin, airways, bladder, vasculature, and even the nervous system.

Their activation can therefore produce symptoms from head to toe:

- **Neurological:** headaches, migraines, dizziness, tinnitus, brain fog, anxiety, sleep disturbance.
- **Dermatologic:** hives, flushing, itching, swelling, rashes.
- **Gastrointestinal:** reflux, bloating, diarrhea, constipation, abdominal pain, nausea, food sensitivities.
- **Cardiovascular:** palpitations, hypotension, tachycardia, syncope (POTS-like symptoms).
- **Respiratory:** asthma, nasal congestion, chronic cough, shortness of breath.
- **Musculoskeletal:** bone pain, muscle aches, fatigue, exercise intolerance.
- **Genitourinary:** interstitial cystitis, urinary frequency, dysmenorrhea, pelvic pain.
- **Immune/hematologic:** chronic inflammation, autoimmunity, anemia of chronic disease.



This explains why MCAS patients are often told their symptoms are "all in their head." In reality, mast cells and histamine are acting on *multiple receptor subtypes* (H1–H4) scattered throughout the body, driving a kaleidoscope of clinical presentations.



Histamine and the Gut: Why It's Central

The gastrointestinal tract is particularly vulnerable:

- **Direct histamine exposure** from food (fermented, aged, or spoiled foods).
- **Microbial production** by dysbiotic bacteria (*Klebsiella*, *Morganella*, *Citrobacter*, *Lactobacillus casei*).
- **Deficient clearance** due to low diamine oxidase (DAO) enzyme activity.

Histamine acts on **H2 receptors** in the stomach to increase acid secretion, and on **H1/H4 receptors** in the intestines to drive motility, permeability, and inflammation. Over time, this can mimic or worsen conditions such as IBS, IBD, SIBO, GERD, and chronic gastritis.

The Microbiome Connection

Patients with histamine intolerance and MCAS often show:

- Elevated **zonulin** (marker of increased intestinal permeability).
- Overgrowth of **Proteobacteria** (inflammatory strains).
- Reduced **Bifidobacteria** (protective strains).
- Overall loss of diversity.

Short-chain fatty acids (SCFAs) like **butyrate**—produced by fiber-fermenting microbes—directly stabilize mast cells and reduce histamine release. This is why **microbiome restoration** (diet, probiotics, postbiotics, even FMT) looks increasingly like a cornerstone of treatment.





GLP-1 Receptor Agonists: A New Therapeutic Angle

One of the more exciting frontiers is the role of **GLP-1 receptor agonists (GLP-1 RAs)**, medications originally designed for diabetes and weight loss. Beyond glycemic control, they appear to modulate mast cell activity and gut inflammation:

- **Barrier support:** GLP-1 RAs reduce gut permeability and improve tight junction integrity, lowering systemic histamine exposure.
- **Anti-inflammatory:** They downregulate NF-κB signaling, reducing cytokine and histamine release from mast cells.

- **Neurological:** GLP-1 RAs cross the blood–brain barrier and may improve neuroinflammation and MCAS-related brain fog.
- **Cardiovascular:** They lower systemic inflammation and oxidative stress, mitigating histamine-driven vascular instability.
- **Metabolic:** They improve insulin sensitivity and GLP-1 signaling in the gut, often impaired in MCAS patients with metabolic comorbidities.

Emerging case reports even suggest GLP-1 therapy may benefit patients with overlapping MCAS and POTS, likely due to effects on autonomic regulation and vascular reactivity.

Therapeutic Toolkit

The MCAS treatment framework is multi-layered:

Nutrients & cofactors

- Vitamin C, B6, copper, SAMe, methyl B12, methylfolate.

Botanicals

- Quercetin, luteolin, resveratrol, perilla, black cumin seed (*Nigella sativa*), nettles, Baikal skullcap.

Medications

- H1 blockers (cetirizine, loratadine, fexofenadine).
- H2 blockers (famotidine).
- Mast cell stabilizers (cromolyn sodium, ketotifen).
- Leukotriene inhibitors (montelukast).
- Low-dose naltrexone (immune modulation).
- GLP-1 receptor agonists (emerging).

Lifestyle

- Low-histamine diet (fresh foods, no leftovers or fermented items).
- Stress reduction, vagal tone support, pacing of exercise.
- Environmental avoidance (mold, fragrances, extreme heat).



Why This Matters

MCAS represents more than just “mystery symptoms.” It’s a systemic inflammatory condition with roots in immune dysregulation, barrier dysfunction, and microbial imbalance. By viewing histamine not as an isolated allergy molecule but as a multisystem signaling agent, we unlock a new framework for care.

And by leveraging both traditional stabilizers and cutting-edge therapies like GLP-1 receptor agonists and microbiome restoration, we can move patients from a life of reactivity to one of resilience.

Bottom line: MCAS is the hidden thread connecting gut, brain, skin, metabolism, and immunity. Understanding histamine biology—and treating it with an integrative, systems-based approach—may be one of the most important frontiers in modern medicine.

Dr. Tara Shelby

More Than a Feeling: How Your Nervous System Holds the Key to Pain Relief

by Dr. Julieann Murella, ND, LAc



Pain can be a frustrating and isolating experience. You've iced it, stretched it, and maybe even tried other treatments, but the discomfort lingers. If you feel like you've hit a wall in your healing journey, you're not alone. Here at Village Medicine, we believe there's often a crucial piece of the puzzle that gets overlooked: the profound connection between your nervous system, your emotions, and the physical pain you feel.

I'm **Dr. Julianne Murella**, and I would love to share my unique, collaborative approach to pain management and why true healing is about more than just treating the symptom.



The Real Root of Pain: It's Not Just Physical

When a patient comes in for pain, I look beyond the affected muscle or joint. The biggest thing for me in my practice is the correlation between your nervous system and pain, specifically around trauma or just any emotion you might harbor."

Think of your nervous system like your body's alarm system. When you experience stress, trauma, or intense emotion, that alarm gets stuck in the "on" position—a state we call "**fight or flight.**" As I note from my own experience, If I'm always in fight or flight... it didn't matter what I threw at myself. The pain would just come back, or I just wouldn't heal because my body was like, 'you're running from a bear, girl!'

When your body thinks it's constantly running from a bear, it can't prioritize healing. This is why addressing your emotional state and calming your nervous system is a non-negotiable part of my treatment philosophy.



Healing is a Team Sport

I am passionate about the relationships I build with her patients. I believe that the most profound healing happens when the patient is an active participant in their own care.

I always tell patients that this is a collaboration between you and I. It's teamwork. This approach empowers you to give feedback and co-create a treatment plan that feels right for your body. I enjoy working most with patients who are committed to their health, ready to explore the different facets of their well-being alongside her.

This collaborative spirit is at the heart of Village Medicine. We offer holistic care that attacks health goals from multiple perspectives, ensuring you get comprehensive and personalized support.

A Toolbox for Every Type of Pain

One of the greatest benefits of combining Western and Eastern medicine is having a deep and diverse set of tools. I am proud that I rarely run out of options to help my patients find relief.

My approach is layered, often starting with the most gentle and accessible therapies to create powerful shifts in the body. My services include:



- **Acupuncture & Traditional Chinese Medicine:** More than just needles, this includes **cupping** (I prefer a massage-like "running cup" technique), **Gua Sha**, and **moxibustion** for gentle, energetic healing.
- **Trigger Point Therapy:** For more muscle-oriented pain, I may use **dry needling** with an acupuncture needle or targeted **injections** with dextrose or lidocaine to release stubborn knots.
- **Regenerative Medicine:** For deeper issues involving tendons and ligaments, I offer advanced treatments like **Shockwave Therapy**, **Prolotherapy**, and **PRP (Platelet-Rich Plasma)** to stimulate your body's own powerful healing mechanisms.

I rarely need to use the more intensive treatments. It's nice because it makes care more accessible for patients, especially if there is a needle fear.



A Doctor's Own Healing Journey

Dr. Murella's philosophy isn't just academic; it's deeply personal. An active athlete who loves basketball and volleyball, snowboarding, her entire perspective on pain management changed after she tore her ACL. "Before, it was just so hardcore," she admits. "I'd be like, 'no pain, no gain.'" But her own injury taught her a powerful lesson. She realized that trying to force her body to heal while her nervous system was on high alert was counterproductive. "I realized that there is value to learning how to calm your nervous system to allow your body to heal."

This experience transformed her practice. When patients tell her they can handle a more intense treatment, she often gently pushes back. "I know you can handle it," she'll say, **"but you don't have to."** Healing doesn't need to be an intense battle. Sometimes, the most powerful thing we can do is give our bodies the safety and peace they need to repair themselves.

Ready to Start Your Healing Collaboration?

If you're ready for a different approach to pain—one that honors your body's wisdom and treats you as a whole person—we're here to help. Schedule a consultation with Dr. Julianne Murella at our Seattle clinic and discover what's possible when we work together.

Dr. Julianne Murella

The Microbiome, Fecal Transplants, and Postbiotics: Why I Believe They Are the Future of Medicine

By Dr. Tara Shelby



“Once I got past the ‘ick factor,’ what unfolded was a profound reset—almost psychedelic in its clarity—that changed my life.”

My Story: From “Ick” to Inspiration

I’ve personally undergone over 15 fecal microbiota transplants (FMTs) for recurrent *Clostridioides difficile* and Crohn’s disease. The first time, I had to laugh at the sheer strangeness of it...medicine delivered through someone else’s stool? But once I pushed through the initial discomfort, I experienced something transformative. Symptoms eased, my body recalibrated, and I felt like my health was being rewritten at the most fundamental level. It was almost psychedelic- like static-filled radio turning into a clear symphony. That experience changed my health and ignited my fascination with the microbiome.

The Microbiome: Our Forgotten Organ

The gut microbiome is more than a cluster of microbes, it behaves like a hidden organ.

- **Immune training:** Gut bacteria “educate” the immune system to tolerate the friendly and fight the harmful.
- **Metabolic regulation:** They influence insulin sensitivity, blood sugar, and weight management.
- **Neurological balance:** Microbial metabolites shape neurotransmitter production, mood, and cognition.
- **Barrier integrity:** They protect the gut lining, preventing inflammation and systemic “leakage.”

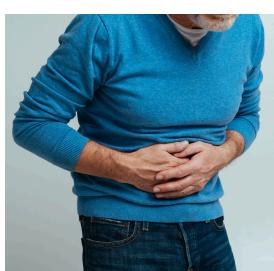
When this ecosystem is balanced (*eubiosis*), health flourishes. When disrupted (*dysbiosis*), we see everything from digestive issues to autoimmune conditions, obesity, depression, and even neurodegeneration.

Did you know? The microbiome produces thousands of metabolites that travel through the bloodstream, signaling to distant organs like the brain, liver, and skin.

FMT: Resetting the System

FMT is the process of restoring microbial balance by introducing stool from a healthy donor into someone with dysbiosis.

- ***C. diff* infection:** 80–90% cure rates, far higher than antibiotics.
- **IBD:** Multiple trials show FMT can induce remission in ulcerative colitis, and some Crohn’s patients achieve remarkable improvement.
- **Metabolic & liver health:** Lean-donor FMT improves insulin sensitivity and slows fatty liver progression.
- **Neurology & psychiatry:** Early trials show benefits for autism, depression, and Parkinson’s disease.
- **Antibiotic resistance:** FMT reduces multidrug-resistant infections by recolonizing the gut with protective microbes.



I experienced firsthand how FMT didn’t just manage my infections...it shifted my Crohn’s disease toward remission in a way years of conventional treatment could not.

Postbiotics: Beyond the Bugs

Science is now showing that it may not be the microbes themselves that matter most, but their products. These microbial metabolites, called **postbiotics**, include:

- **Butyrate**, which calms inflammation and heals the gut lining.
- **Microbial peptides**, like those from *Faecalibacterium prausnitzii*, which modulate immune activity.
- **Secondary bile acids**, which inhibit harmful bacteria like *C. diff* and regulate metabolism.

Even sterile stool filtrates without any live bacteria...have cured *C. diff*. That means the healing power often lies in the chemical “language” microbes use to communicate with our bodies.

Returning to Elemental Roots

I am drawn to this field because it reconnects medicine with its origins: food, environment, and community.

Our hunter-gatherer ancestors ate 100–150 grams of fiber a day, nurturing hundreds more microbial species than the average American gut today. Over generations, we’ve lost that diversity and with it, resilience. By restoring microbial balance through FMT, targeted probiotics, and postbiotics, we can turn the tide on chronic disease.

As a clinician, I see patients daily who are stuck in management mode with conventional medicine. The microbiome offers more than management, it offers restoration. It turns the gut back into what it was always meant to be: a vitamin factory, an immune teacher, and a metabolic stabilizer.

Sidebar: Fun Microbiome Facts

- **Vitamin factory:** Up to half of your daily vitamin K comes from gut microbes.
- **Mood matters:** Certain gut bacteria produce serotonin, the “feel good” neurotransmitter.
- **Microbial gap:** Hunter-gatherers carry ~730 microbial species. The average American has ~277.
- **Microbial resilience:** If one beneficial bug disappears, others often step in- it’s a natural “insurance policy.”



The Future of Medicine

What excites me is the scale of impact. The microbiome influences nearly every system in the body. Unlike single-target drugs, FMT and postbiotics restore complex networks, bringing resilience back online.

Of course, questions remain: Which patients will respond best? Which microbial guilds matter most? How do we ensure safety and access? But the shift from “who is there” to “what they do” is already transforming research and clinical care.

For me, this is more than science...it's lived experience. I've felt the transformation in my own health, and I've seen the spark of healing in my patients. The microbiome is not just fascinating; it's rewriting the story of medicine itself.

Once you get past the “ick factor,” you discover something extraordinary: our gut microbes may hold the key to restoring balance in both body and mind.

Dr. Tara Shelby

Beyond Lifespan: How We're Extending Your Healthspan at Village Medicine

Dr. Paul Miszczyszyn



We often talk about longevity—how long we're going to live. But what if we shifted the focus? What if I told you your calendar age is just a number? What truly matters is your biological age—a measure of your health at a cellular level. The ultimate goal isn't just to add years to your life, but to add life to your years by making our healthspan match our lifespan.



This is the central question in the exciting and rapidly advancing field of longevity medicine. This past September, I had the privilege of joining a conference in Austin, Texas, with brilliant doctors from around the world to discuss and exchange ideas. And now, armed with fresh inspiration and cutting-edge research, we're ready to help you level up.

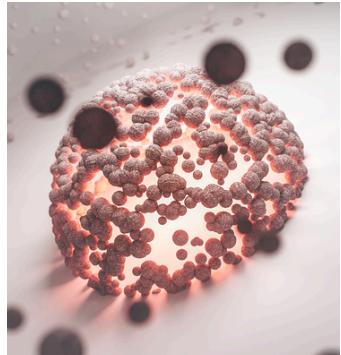
Lecture after lecture, I had a recurring, thrilling thought: the foundational principles being celebrated as the future of medicine are the very things we are already doing here at Village Medicine. Our approach—treating the whole person, fostering health from the cells up, and personalizing every plan—is at the forefront of this movement.



The Cellular Cleanup Crew: Defeating "Zombie" Cells

So many of our patients come to us feeling... off. They're battling brain fog, fatigue, or inflammation that quietly steals their enthusiasm for life. Often, this is a sign that things are getting cluttered on a microscopic level.

One of the key culprits are **senescent cells**, sometimes called "zombie cells." These are older cells that have stopped dividing but refuse to die. Instead, they linger in our tissues, releasing a cocktail of inflammatory signals that can accelerate the aging process and damage healthy neighboring cells.



Our bodies have a natural, built-in recycling program to deal with this called **autophagy** (literally "self-eating"). This process cleans out old, damaged cellular parts and even whole zombie cells, making way for new, more powerful, and effective cells. Activating autophagy is a cornerstone of longevity, and there are simple ways to amplify it:

- **Intermittent Fasting:** Restricting your eating window is one of the most effective ways to trigger autophagy.
- **Therapeutic Nutrients:** Specific compounds, taken in pulses, can act as *senolytics*—agents that help clear out senescent cells. Two powerful examples are **Quercetin** and **Fisetin**.

The Invisible Weight: Understanding Toxic Burden

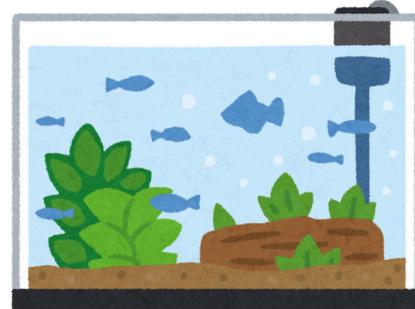
Beyond zombie cells, our bodies face a constant barrage of external toxins. From car exhaust and off-gassing furniture to chemicals in personal care products, our systems are working overtime. When the influx of toxins outpaces our body's ability to filter them, this toxic burden builds up over decades, contributing to that feeling of being "stuck."



A Game-Changer: Total Plasma Exchange (TPE)

While lifestyle changes are crucial, what about the decades of accumulated damage? At the conference, one therapy was mentioned repeatedly as a cornerstone of modern longevity work: **Total Plasma Exchange (TPE)**, a technology we are proud to offer at Village Medicine.

Think of your body as a fishbowl. Over time, the water becomes murky with toxins (zombie cell debris, inflammatory proteins, chemicals). Your fish—representing your healthy cells—is struggling. TPE is like giving the fish a completely new bowl of clean, fresh water. It works by separating your blood cells from the "dirty" plasma, discarding the plasma and its toxic load, and returning your cells in a clean, sterile replacement fluid. The result is a profound "reset," clearing out inflammatory sludge and giving your body a clean slate to heal from.



The Power of Muscle: Your Metabolic Engine for Longevity

Once we've cleaned up the internal environment, we need to build a strong, resilient foundation. A critical, and often overlooked, component of this is muscle.

Lean muscle is far more than just for aesthetics; it is your metabolic engine. It helps regulate blood sugar, burns fat, and even acts as a pump for your lymphatic system, which is essential for moving waste out of the body. As world-renowned muscle expert Dr. Gabrielle Lyon emphasizes, building and maintaining muscle requires two key things:

1. **Adequate Protein:** To trigger muscle protein synthesis.
2. **Resistance Training:** We need to challenge our muscles. This is especially vital for women, who often avoid strength training for fear of getting "bulky," when in reality it is essential for bone density, metabolic health, and long-term strength.

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Beyond Lifespan: How We're Extending Your Healthspan at Village Medicine

By Dr. Paul Miszczyzyn

At Village Medicine, we're using science to help you build that foundation:



- **Emsculpt NEO:** This medical gym device uses advanced technology to stimulate deep muscle contractions, strengthening core muscle groups to improve functional strength, reduce pain, and boost your metabolism. It's a powerful tool for supercharging your muscles so you have more power to live your life fully.
- **Creatine:** This well-studied supplement is a powerhouse for muscle recovery and development. But its benefits go further. While a standard 5-gram dose primarily supports muscles, new research suggests that increasing the dose to **10 grams daily** allows for a "spillover" effect, increasing creatine stores in the brain. This has been shown to improve cognitive function, especially during periods of stress like sleep deprivation, intense work projects, or jet lag.
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7916590/>
- **Urolithin A:** This exciting nutrient, a postbiotic produced from certain polyphenols (like those in pomegranates), has been shown to improve mitochondrial health and muscle function. In one fascinating study, participants taking Urolithin A showed improved lean muscle density *without any changes to their exercise routine*.
 - <https://www.sciencedirect.com/science/article/pii/S1568163724002241>

Powering It All: Mitochondria, NAD+, and Antioxidants

Strong muscles and a clean system need energy. That energy comes from the **mitochondria**, the tiny powerhouses inside every one of our cells. Supporting them is non-negotiable for longevity.

- **NAD+:** This vital coenzyme is crucial for mitochondrial function and energy (ATP) production. We offer **IV NAD+** therapy at our clinic to directly replenish this critical resource.
- **Antioxidants:** These molecules protect mitochondria from damage. We use targeted IVs with **Glutathione** and **Vitamin C**, and recommend key supplements like **Alpha-Lipoic Acid (ALA)** for blood sugar and brain support, and **CoQ10** for heart health. **Crucially, if you are on a statin medication, it is depleting your body's CoQ10 levels, making supplementation essential.**

Lifestyle as Medicine: Lessons from the Field

The conference wasn't just about data; it was about living this philosophy. One morning, about 100 of us gathered at 6 a.m. in the dark for an outdoor HIIT workout. Afterward, we recovered using a sauna and ice-cold tubs from Mod Tubs. This practice of contrast therapy—moving from hot to cold—is an ancient tradition that powerfully reduces inflammation, improves circulation, and boosts mental resilience.

You can incorporate these principles daily:

- **Eat for Longevity:** A diet rich in polyphenols has been shown to help reverse biological aging. One simple protocol is the "Younger You" diet by Dr. Kara Fitzgerald, which includes daily intake of: 1/2 cup of berries, 1/2 teaspoon each of rosemary and turmeric, 2 cloves of garlic, and 2 cups of green tea or 3 cups of oolong tea.
- **Embrace Contrast:** Seek out facilities with saunas and cold plunges. Even ending your daily shower with a 30-second blast of cold water can have profound benefits.

Your Personalized Path to a Longer Healthspan

All these tools—from TPE and Emsculpt NEO to targeted nutrients and lifestyle shifts—are part of a bigger picture. This is the essence of personalized, precision medicine, a philosophy we live by at Village Medicine.

We take the time to understand your unique health history and goals to build a plan that is tailored specifically for you.

It was invigorating to see the concepts we champion validated on a global stage. We are more passionate than ever about helping you not just live longer, but thrive. If you're ready to invest in your healthspan, contact us at Village Medicine to schedule a consultation and let's explore what the future of your health can look like.

Dr. Paul Miszczyzyn

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.

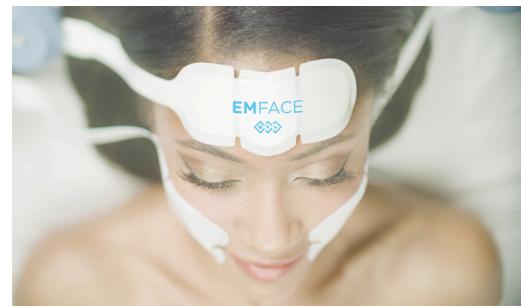
We always prioritize overall well-being over body-shaming and weight obsession. Our goal is to help you live a longer, healthier, and more fulfilling life.

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.

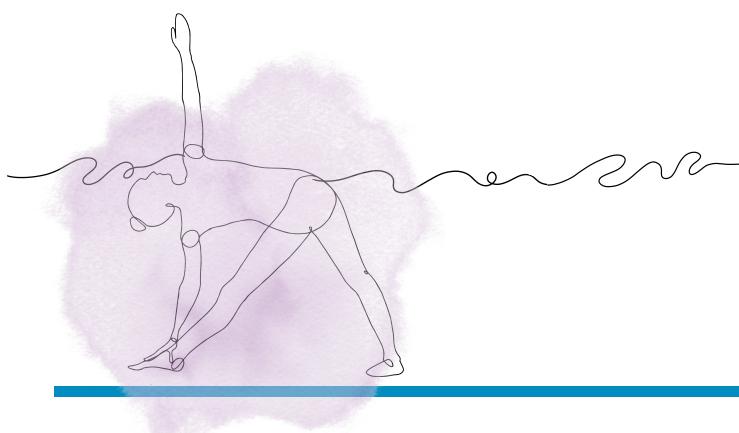
EMface



EMsculpt NEO



EMsella Pelvic Chair



Elevate Your Fitness Journey

Medical Gym Membership



EMsell 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, EMsell, 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.

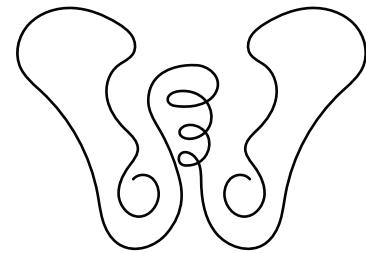
Who can benefit from EMSELLA?

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 which is extremely beneficial in sexual health.



**Please contact us for a free demo of this amazing device

MUSCLE - PELVIC HEALTH



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**.

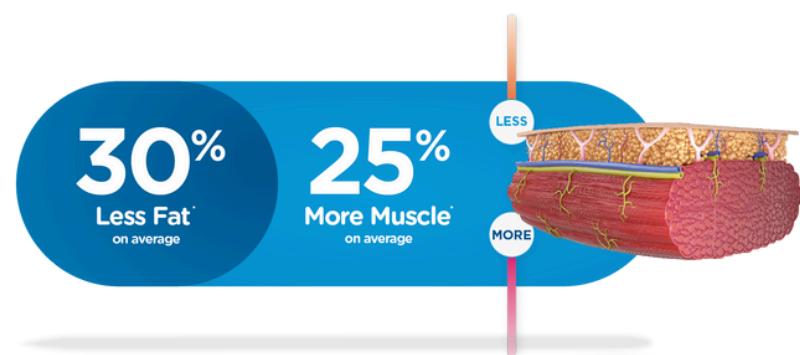
Emsculpt Neo creates what is called a supra-maximal contraction. Muscles in the treated area are contracted at intensities that are not achievable during routine exercise.

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

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 .

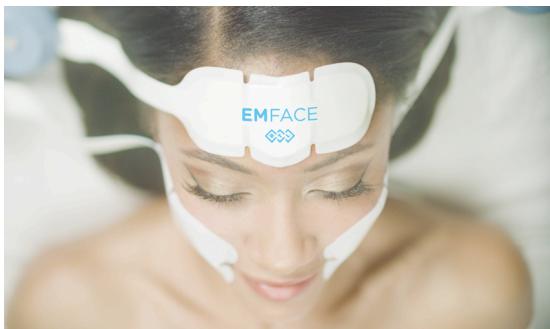
EMface is the first and only therapy that works on the framework of your face from the inside out. EMface combines pulsed magnetic fields and radiofrequency to address both muscle tone and skin texture in the facial area. This innovative treatment acts as a facial workout, restoring muscle definition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

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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