

JAN - MARCH 2026

VILLAGE

QUARTERLY

INTEGRATIVE CARE



KRISTINA OLSON KUYPER, ND



Welcome to Village Medicine, your destination for holistic health and wellness.

We believe in the power of community, compassion, and comprehensive care to transform your life.

With a team of dedicated experts, we're here to guide you on your journey to optimal well-being.



VILLAGE MEDICINE SEATTLE

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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 YOUR NEWEST PROVIDERS



Our ever growing team aims to complete your holistic care



ALLIE DENTON, ARNP, PMHMP

Psychiatric Nurse Practitioner

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



DR. KRISTINA OLSON KUYPER, ND

Naturopathic Doctor, Pediatrics

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



DR. MISTY STORY, ND

Naturopathic Doctor, GI specialist

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



VILLAGE MEDICINE SEATTLE

Winter FOUNDATIONAL CLEANSE

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



- **Achieve Your Health Goals:** Build sustainable habits for lasting health.
- **Boost Energy & Vitality:** Clear toxins and revitalize to feel your best in 2025.
- **Support Gut Health:** Optimize digestion with a guided reset.
- **Uncover Food Sensitivities:** Identify foods that best support your health.
- **Live Empowered:** Gain tools for a balanced, vibrant lifestyle.

One time \$120 charge

Includes:

- Whole30 book
- Biocidin detox kit



JAN 13TH – FEB 17TH



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

lead by

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



*Your New Year reset
for wellness*



***Classes billed through insurance

HERBAL MEDICINE LEARN & CREATION

with Dr. Meghan Zech, ND, FABNO, RH



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

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

Leave each class with your own herbal creation!

IN-PERSON SESSIONS
EVENINGS FROM 7-9 pm

February 5th, Thursday - **Sleep**

May 7th, Thursday -

Register now with our front desk staff

**Classes billed through insurance



COUPLES GROUP COURSE



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



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



AS INDIVIDUALS, YOU WILL LEARN:

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

AS A COUPLE, YOU WILL LEARN:

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

Class - @Village Medicine

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

***Classes billed through insurance



Spirituality Mind Body Medicine

with Dr. Tiffany Jaramillo, ND, LAc

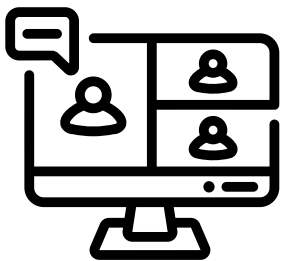
Spirituality Mind-Body Medicine group teaches the inextricable connection among our thoughts, sensations, feelings, and our mind, body, and spirit – between ourselves and the social and natural world in which we live.

The Center for Mind Body Medicine uses evidence-based skills for self-care, nutrition, self-awareness, and group support to promote wellness.

Mind-body skills, such as meditation, biofeedback, guided imagery, and self-expression, are scientifically validated to reduce stress and restore physical and psychological health. This approach heals individual trauma and builds community-wide resilience.

YOU WILL EXPERIENCE :

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



Online: with Dr. Tiffany Jaramillo, ND

- Mondays
 - February 23rd,
 - March 2nd, 9th, 16th, 23rd, 30th,
 - April 6th, 13th,
 - (8 Week Series)

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



— RECLAIMING HEALTH —

A NATUROPATHIC PROGRAM FOR CANCER SURVIVORS

WINTER 2026



Dr. Meghan Zech
ND, FABNO



Dr. Tiffany Jaramillo
ND, LAc

Online - Thursdays:

- Feb 25th, - April 16th
- (8 week series)
- Time: 7-8:30pm PST
- Location: Online Telemedicine Series

Topics explored with a loving & supportive community include:

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

Pediatric and Primary Medicine

By Dr. Kristina Olson-Kuyper



Supporting individuals at every stage of life—from infancy through adulthood

Medicine has been part of my life for as long as I can remember. My father is an internist, and as a child I often accompanied him on weekend rounds. That early exposure sparked my interest in medicine and in the relationships that form between doctors and patients.

My appreciation for more natural and integrative approaches to health began in Europe. My aunt was a pharmacist in Austria, and during summers spent with her, I saw a very different model of medical care—one that incorporated herbal medicine and homeopathy alongside conventional treatments. Those experiences planted the seed for a broader view of healing.

After completing my undergraduate studies in philosophy, I knew that pursuing a career in academia wasn't for me and that I wanted to pursue medicine. As I explored my options, I spoke with many of my father's colleagues and frequently heard about burnout and frustration with the direction of conventional medical practice.

Around that time, my uncle introduced me to naturopathic medicine, and I was immediately drawn to it. Here was a way of practicing medicine that focused on identifying root causes, building long-term relationships, and treating the whole person.



During my training at NUNM in Portland, I also completed midwifery education and attended more than 50 births. I worked closely with a naturopathic midwife in Gresham, Oregon, providing home visits and attending births throughout the Columbia River Gorge and the foothills of Mount Hood. I spent many additional hours in her clinic gaining hands-on experience in family and pediatric medicine.

After graduation, I went on to mentor with an OB-GYN in Portland—who later delivered my son. That experience deepened my appreciation for **supporting families through pregnancy, birth, and the postpartum period, and it continues to shape how I care for patients today.**



About my philosophy of care:

I've always thought of myself as a small-town family doctor, even though I practice in a large city. I see my role as a “keeper of normal”—someone who helps patients stay well, feel their best, and continue doing the things they love.

My focus is on maintaining health and addressing concerns early, using a thoughtful and proactive approach. When something begins to drift outside of an optimal range, I work with patients to bring it back into balance. If a condition doesn't respond as we hope, I have a broad referral network and collaborate closely with other specialists to ensure patients receive the care and support they need.



What types of conditions or patient populations do you feel especially passionate about treating?

I especially love caring for young women, children, and families. Family medicine plays a critical role in establishing strong foundations for health across generations, and I find it incredibly meaningful to support patients at every stage of life.

What do you hope patients who are new to Village Medicine will know about the type of care you provide?

I hope patients know that they can expect thoughtful, relationship-based care that is individualized and collaborative. My goal is for patients to feel heard, supported, and empowered in their healthcare decisions.

Preventive health is a core part of primary care. How do you incorporate prevention into your practice?

Prevention is truly the cornerstone of how I practice medicine. I want patients to come to me before problems arise. My goal is to identify potential issues early—often before symptoms develop—so we can address them proactively and help patients avoid common health pitfalls. By focusing on prevention, I aim to support patients in living long, vibrant, and healthy lives.

What role do vaccines play in the health of your patients and the community?

I strongly believe that vaccines are a foundational part of preventive medicine. They are well-studied, evidence-based tools that protect against serious, and sometimes life-threatening, diseases.

At the same time, I recognize that every individual and family has agency over their healthcare decisions. My role is to provide clear education, answer questions, and offer thoughtful guidance so families can make informed choices that align with their values and circumstances. I strive to support each family and work collaboratively to create individualized vaccine plans.

I also manage and administer vaccines in our clinic at Village Medicine.





What excites you most about joining Village Medicine Seattle?

For the past seven years, I ran a solo practice in West Seattle. I loved my patients and the community I built, but practicing alone was ultimately both lonely and exhausting. I have always valued being part of a team—having colleagues to consult with on complex cases and a collaborative environment where we can support one another.

It truly takes a village to care for a community, and I'm deeply excited to be part of such a thoughtful, connected group at Village Medicine.

How do you hope to contribute to the clinic's mission and community?

I'm excited to introduce Village Medicine to my existing patients and to help spread the word about the exceptional care offered here. This group includes wonderful physicians and provides something for everyone seeking personalized, relationship-based healthcare. I'm honored to be part of a clinic that shares my values and commitment to patient-centered care.



What do you enjoy outside of medicine that helps you stay grounded and balanced?

As a busy doctor and mom, spending time outdoors is essential for me. I love backpacking and cross-country skiing, and I find that being in the mountains—especially taking in wide, open vistas—is deeply grounding and restorative.

When the weather doesn't cooperate, I'm also an avid fiction reader. Curling up with a good book is one of my favorite ways to unwind, and I'm always happy to receive new book recommendations.



Dr. Kristina Olson-Kuyper

Live Vibrantly: How IV NAD+ Therapy Can Reignite Your Spark

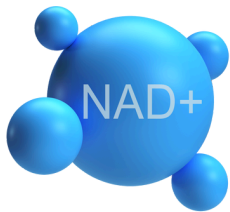
Dr. Paul Mischczyn



At Village Medicine, we believe that true health isn't just the absence of illness—it's **the freedom to forget about your health altogether**. It's about having the energy and vitality to be fully present in your life, to find joy in your relationships, your passions, and your pursuits. It's about feeling so good that your focus is on your family, friends, work, and the activities you love, not on managing nagging health concerns.

This **state of vibrant, joyous health** is not a passive state, but an active one. It's cultivated through mindful choices, like engaging in exercises you genuinely enjoy—be it skiing down a mountain, a competitive game of tennis, or a peaceful morning run. When you're having fun, you're contributing to your well-being without it feeling like a chore. This is the cornerstone of a sustainable, lifelong journey of health and wellness.

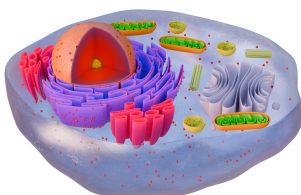
However, sometimes life gets in the way. Stress, aging, and environmental factors can deplete our natural reserves, leaving us feeling fatigued and bogged down. That's where innovative therapies can help reignite your inner spark. As part of our commitment to helping you live your most vibrant life, Village Medicine is thrilled to offer IV NAD+ therapy.



What is NAD+ and How Does It Work?

You can think of Nicotinamide Adenine Dinucleotide (NAD+) as your body's cellular currency for energy. It is a vital coenzyme found in every cell of your body and is fundamental to hundreds of essential biochemical reactions. NAD+ is the linchpin of your energy metabolism, playing a crucial role in converting the food you eat into the energy your body needs to function. It is also a key player in DNA repair, immune function, and the regulation of your body's internal clock.

As we age, our natural levels of NAD+ decline. This decline can contribute to many of the hallmark signs of aging, such as decreased energy, mental fog, and a slower metabolism. By replenishing your NAD+ levels intravenously, we can bypass the digestive system and deliver this powerful coenzyme directly to your cells, where it can get to work revitalizing your cellular health from the ground up.





The Power of Your Mitochondria

At the heart of NAD+'s restorative power are your mitochondria—the "powerhouses" of your cells. These tiny organelles are responsible for generating the majority of your body's energy. NAD+ is essential for healthy mitochondrial function. When your mitochondria are working optimally, your body's energy systems and detoxification pathways are enhanced, allowing you to move through life with greater ease and vitality.



The Benefits of IV NAD+ Therapy

IV NAD+ therapy can be a powerful tool in your journey toward joyous health. Some of the key benefits include:

- **Increased Energy Levels:** By boosting mitochondrial function, NAD+ can help combat fatigue and enhance your overall energy.
- **Improved Cognitive Function:** Many patients report sharper focus, improved memory, and greater mental clarity.
- **Enhanced Mood:** NAD+ can help to balance neurotransmitters, leading to an improved sense of well-being.
- **Support for Healthy Aging:** By aiding in DNA repair and reducing cellular damage, NAD+ is a cornerstone of regenerative medicine.
- **Boosted Metabolism:** NAD+ can play a role in supporting a healthy metabolic rate.

Your IV NAD+ Experience at Village Medicine

We understand that your time is precious. Your IV NAD+ therapy at Village Medicine is designed to be a "prescribed time to sit still"—a moment to pause, rejuvenate, and invest in your well-being. You'll relax in a comfortable reclining chair. It's the perfect opportunity to listen to a podcast, catch up on a book, meditate, or even get some productive work done if that's what helps you feel your best. Our goal is to provide a serene and restorative experience that leaves you feeling refreshed and ready to re-engage with your vibrant life.

IV NAD+ can feel "buzzy" so we work with you to determine a low and slow dose to start. Also eating a proper meal and hydrating well before can mitigate side effects during the IV. That being said, these effects are very temporary and can go away within seconds after slowing down the IV.

After an IV NAD+ many report feeling *"like themselves again."* This is the goal, and often we are undoing years of toxic exposure, bad habits, poor diet, and lack of exercise, so an entire shift in health habits is important, but IV NAD+ can help restore the cellular health faster while lifestyle change takes place.

We invite you to learn more about how IV NAD+ therapy can be a part of your personalized path to joyous health.

To discover if this treatment is right for you, we encourage you to schedule a consultation. As the IV expert at Village Medicine, I'm ready to answer questions and build an IV plan with you, which is personalized to your health goals and needs.

Dr. Paul Miszczyszyn



BOOK RECOMMENDATIONS



Two Must-Read Books for Hormonal Harmony at Every Age By Dr. Misty Story



Hormones are powerful. They influence everything from our mood and energy levels to our monthly cycles and the significant transition into menopause. Yet, so many of us navigate these changes without a clear roadmap. As a naturopathic doctor at Village Medicine, I believe that understanding your body is the first step toward optimizing your health. That's why I frequently recommend two essential books that I consider invaluable guides for women at every stage of life.

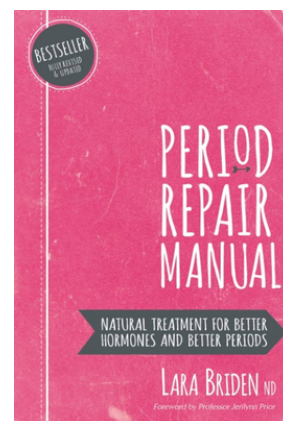
Whether you're a teen just beginning your menstrual journey, a woman looking to balance your hormones, or someone entering perimenopause and menopause, these books are for you. They are fantastic resources for both the general public and for doctors seeking to better understand what these life phases are really like.

These two books are written by the brilliant naturopathic doctor, **Lara Briden, ND**

These guides expertly break down the what, why, and how of female hormones. They explain what normal cycles and hormonal transitions look like, what symptoms might signal an imbalance, and what practical steps you can take to help shift your body into a healthier state.

For Your Reproductive Years:

- **Period Repair Manual**
 - This book is a game-changer for anyone with a menstrual cycle, from teens onward. It demystifies period problems and provides clear strategies for issues like PMS, heavy bleeding, and irregular cycles. It empowers you to understand the root cause of your symptoms and work toward naturally balanced cycles.



For Perimenopause and Menopause:

- **Hormone Repair Manual**
 - This is the essential handbook for navigating the transition into menopause. Dr. Briden offers practical advice on managing symptoms like hot flashes, mood shifts, and sleep disturbances. It provides a reassuring and science-backed approach to this significant phase of life, helping you feel your best through the change.



One of the most powerful aspects of these books is how they equip you to talk about your health. They give you the language and confidence to:

- *Talk to your doctor:* You'll learn how to describe your symptoms clearly and discuss your concerns effectively, leading to more productive appointments and better care.
- *Talk to your partner and family:* Hormonal health shouldn't be a taboo topic. These books help you explain what you're experiencing, fostering more understanding and support in your closest relationships as you move through different phases of your cycle and life.

At Village Medicine, we are dedicated to empowering you on your health journey. These books are wonderful tools to complement the personalized care you receive here in our Seattle clinic. Pick one up, and let's start the conversatio

Dr. Misty Story

Deeper Healing: Exploring Electroacupuncture

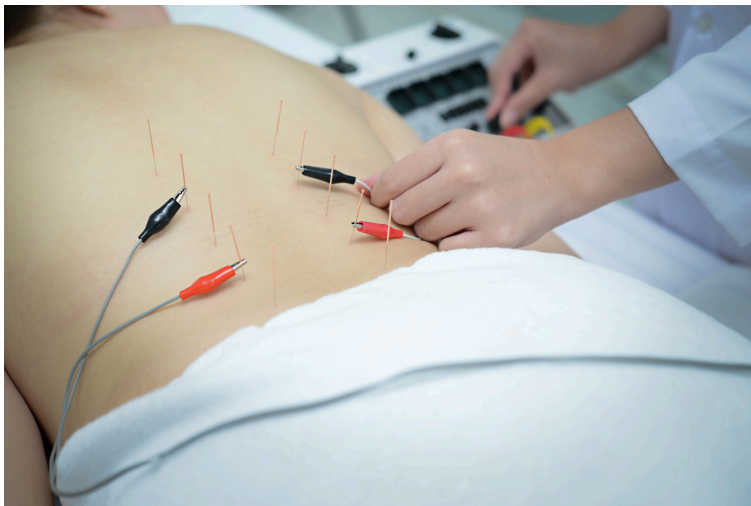
By Dr. Tiffany Jaramillo, ND, LAc



At Village Medicine in Seattle, we're always seeking effective ways to support your journey to wellness. You may have heard about electroacupuncture and wondered what it is and if it could help you. While the idea of combining needles with electricity might sound intimidating at first, electroacupuncture is a safe, well-researched therapy that can offer significant benefits, particularly for pain and a growing range of other conditions. Let's explore this powerful modality and how it works.

What is Electroacupuncture? More Than Just Needles

Electroacupuncture builds upon the foundation of traditional acupuncture, where fine needles are inserted at specific points on the body to stimulate healing. In electroacupuncture, a small, gentle electrical current is passed between pairs of these needles. This current enhances the therapeutic effects of traditional acupuncture, often leading to more significant and faster results.

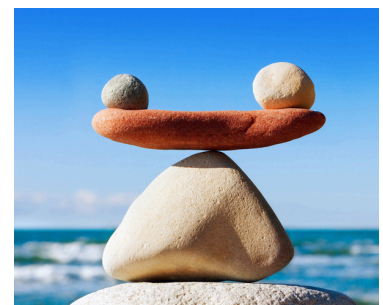
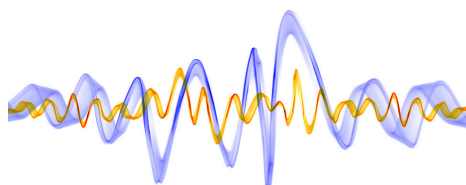


You might wonder if it's like a TENS (Transcutaneous Electrical Nerve Stimulation) unit. While both use electrical currents, a TENS unit delivers stimulation superficially through pads on the skin. Electroacupuncture, on the other hand, uses the acupuncture needles to conduct the current deeper into the tissues, directly stimulating the acupuncture points and channels with greater precision.

The Science of Healing: Entrainment and Frequency

The magic of electroacupuncture lies in a concept called entrainment. Every cell and tissue in your body has a natural vibrational frequency. When these frequencies are disrupted by injury, illness, or stress, symptoms can arise.

Electroacupuncture introduces specific, controlled frequencies through the needles, encouraging the body's tissues to "entrain" or synchronize with these healing frequencies. This helps to restore balance and promote the body's innate healing capabilities.



Conditions That Can Benefit from Electroacupuncture

While electroacupuncture is renowned for its effectiveness in pain management – often outperforming manual acupuncture for acute pain and even helping with opioid-medicated pain – its applications are broad:

- Acute and Chronic Pain: Back pain, neck pain, joint pain, nerve pain, post-surgical pain.
- Digestive Disorders: SIBO (Small Intestinal Bacterial Overgrowth), IBS, constipation, diarrhea, poor motility.
- Neurological Conditions: Stroke recovery (aphasia, motor control), support for cognitive impairment.
- Mental-Emotional Health: Substance abuse recovery, support for ADHD, depression (with specific protocols and caution).
- Pelvic Health: Erectile dysfunction (by increasing blood flow and strengthening nerves), pelvic prolapse.
- And more: The research continues to expand!



Different frequencies target different conditions and physiological responses:



Delta Waves (approx. 0.5-4 Hz): This is a frequently used range, especially for promoting digestive health. For instance, a 2-4 Hz frequency can help regulate peristalsis (the muscular contractions that move food through your digestive tract). If you're struggling with constipation, your natural rhythm might be too slow; if it's diarrhea, it might be too fast. Electroacupuncture aims to retrain the enteric nervous system and smooth muscles to a balanced rhythm. This frequency also mirrors processes that occur during deep sleep, aiding in cellular repair, reducing inflammation, and decreasing pain. (Due to its role in promoting cell growth and blood vessel formation (angiogenesis), it's used with caution and generally avoided in active cancer).



Theta Waves (approx. 4-8 Hz): Associated with the threshold of sleep, creativity, and dreaming, this range shows promise for supporting cognitive function, including conditions like dementia and Alzheimer's disease.



Alpha Waves (approx. 8-15 Hz): This is the frequency of meditative states, calm focus, and higher executive function. It can be particularly helpful for individuals working through substance abuse recovery, helping to shift perspective and support life transitions (often applied via points on the ear, which is considered a microsystem of the whole body). It's also an option for ADHD, though caution is used with individuals sensitive to auditory stimuli. For stroke recovery, targeting areas related to aphasia or motor-sensory impairment with alpha waves can be like "electric meditation."



Beta Waves (approx. 15-30 Hz): This is our normal waking state of alertness. Specific frequencies around the 15-16 Hz mark (on the cusp of Alpha) may be beneficial for autism and ADHD.



Gamma (approx. 30-85 Hz) & Hyper Gamma Waves (approx. 85-125 Hz): Higher frequencies like Hyper Gamma (around 100 Hz) may be used for conditions such as treatment-resistant depression or to help patients titrate on or off antidepressant medications. However, this requires careful monitoring, as overstimulation can potentially lead to serotonin syndrome. The practitioner selects the appropriate waveform (continuous, discontinuous, or mixed) and frequency based on your specific condition and treatment goals. Sometimes, if your body becomes accustomed to a particular frequency after several treatments (similar to how one might develop tolerance to a medication), the waveform or frequency may be adjusted to continue promoting progress.

What to Expect During Your Session at Village Medicine

Many patients are pleasantly surprised by how comfortable electroacupuncture can be.

Sensation: You might feel a mild pulsing, tingling, tapping, or buzzing at the needle site. It should not be painful or feel like an electric shock. The goal is for you to feel a sensation but still be able to relax, perhaps even take a light nap during the treatment.

Duration and Frequency:

Sessions typically last between 20 to 30 minutes once the needles and stimulation are set. For optimal results, a series of treatments is usually recommended. A common starting point is weekly sessions for 6 weeks, though some conditions may benefit from twice-weekly sessions initially, or require a longer course of treatment depending on the chronicity and severity of the condition. For example, some deep-seated digestive issues might take 12 weeks or more to show significant improvement.



Is Electroacupuncture Right for You? Important Considerations

Electroacupuncture can be a powerful tool for many, but it's not suitable for everyone.

It's generally not recommended for individuals with:

- Pacemakers (due to risk of electrical interference)
- Active cancer (due to the potential for angiogenesis and ATP up-regulation with certain frequencies)
- Seizure disorders or chronic, persistent migraines (as certain frequencies, especially on the scalp or ears, could be a trigger)
- Pregnancy

Additionally, practitioners avoid crossing the cerebellum or medulla (parts of the brainstem) with the electrical current. If you're experiencing an acute flare-up of a condition like colitis with significant diarrhea, **your practitioner may wait until the flare subsides** before applying motility-focused protocols.

The best way to determine if electroacupuncture is a good fit for you is to [schedule a consultation with one of our experienced practitioners at Village Medicine](#). We can discuss your health concerns, assess your individual needs, and develop a personalized treatment plan.



Alternatives for the Needle-Wary

If you're interested in the benefits of frequency-based healing but are hesitant about needles, **Acutonics** is another wonderful therapy we offer. Acutonics uses precision-calibrated tuning forks applied to acupuncture points to transmit healing sound vibrations, working on similar principles of entrainment. This can be an excellent option for children, highly sensitive individuals, or as a gentle introduction to energy-based therapies.

Take the Next Step Towards Enhanced Healing

Electroacupuncture offers a sophisticated, evidence-informed approach to stimulating your body's natural healing abilities. If you're in the Seattle area and curious about how this therapy could help you manage pain, improve digestive health, support cognitive function, or address other health concerns, we invite you to reach out.

To learn more about electroacupuncture, schedule your consultation with one of our LAc practitioners. Let us help you unlock a deeper level of healing.

Dr. Tiffany Jaramillo

Medical GYM at Village Medicine

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

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

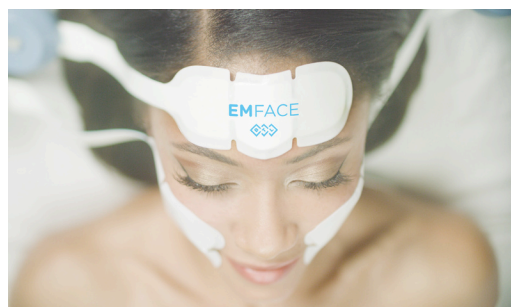
We always prioritize overall well-being over body-shaming and weight obsession. Our goal is to help you live a longer, healthier, and more fulfilling life.

Our Medical Gym offers more than just aesthetic improvements. Using non-invasive, scientifically proven technologies, we enhance muscle growth, boost metabolism, remove visceral fat, decrease back pain, rebuild the pelvic floor, and more. Our state-of-the-art devices use pulsed magnetic fields and radiofrequency to stimulate muscle growth and break down toxic fat cells, preventing chronic disease and reducing total toxic body burden.

Our gym provides a supportive environment where you can achieve wellness goals under the guidance of experienced healthcare professionals.

Contact our staff for a consultation with one of our physicians to see how it could work best for you.

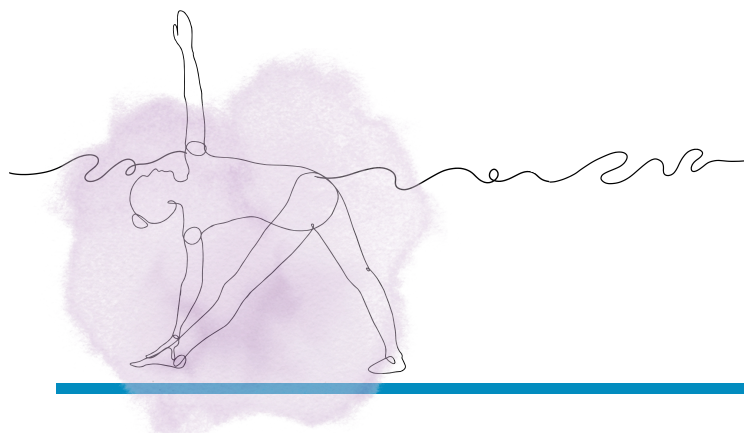
EMface



EMsculpt NEO



EMsella Pelvic Chair



Elevate Your Fitness Journey

Medical Gym Membership



EMsella Pelvic Chair
EMface
EMsculpt NEO

Introducing the ultimate fusion of cutting-edge technology and personalized fitness: the Medical Gym Membership! Gain unprecedented access to state-of-the-art treatments such as EMsculpt NEO, EMsella, and EMface, meticulously crafted to sculpt and strengthen your muscles like never before.

With our monthly membership, not only do you enjoy enhanced access to these revolutionary machine treatments at a reduced cost, but you also unlock benefits designed to amplify your results. Our goal is simple: to empower you to achieve peak performance and jumpstart your fitness goals with unparalleled strength-building capabilities.

Experience a transformation beyond the ordinary as you bid farewell to back pain, reduce fall risk, enhance core strength, and melt away abdominal visceral fat. Our comprehensive approach doesn't just deliver short-term gains—it lays the **foundation for long-term prevention** of chronic metabolic diseases, ensuring your well-being for years to come.

As a valued member, indulge in complimentary perks including:

- competitive pricing per device use session
- a body composition scan (low-dose DEXA)
- Village water bottle and tote bag
- a free bottle of high-quality protein powder
- a protein shaker bottle to fuel your workouts.
- Plus, savor the added bonus of a protein scoop provided at each gym session for optimal post-workout recovery.

Don't settle for mediocrity when you can embark on a transformative fitness journey with the Medical Gym Membership. Join us today and unlock the door to a stronger, healthier, and more vibrant you!

Call our front desk to set up your membership consultation.



“it doesn't just deliver short-term gains—it lays the foundation for long-term prevention”

EMsella Pelvic Chair

EMSELLA technology revolutionizes intimate health and wellness. It is a completely non-invasive option for strengthening pelvic floor muscles.

Who can benefit from Emsella?

Emsella is a revolutionary non-surgical pelvic floor therapy with substantial benefits for both men and women. It uses highly focused magnetic energy to strengthen the entirety of the pelvic floor musculature.

Emsella is a natural and pain-free remedy to treat urinary incontinence and enhance sexual pleasure.

Whether you male or female, humans worldwide have experienced profound mental and physical benefits from pelvic floor therapy, including:

- Significant Improvement in Bladder Control
- Enhanced Confidence
- Reduced Stress and Anxiety
- Increased Penile Rigidity and Hardness
- Improved Ability to Obtain and Maintain an Erection
- Increased Time until Ejaculation
- Improved Quality of Life
- Improvement in Bladder Control
- Improve Pelvic tone to Reduce Back Pain



Muscle mass is lost as we age, which can lead to a slow progression of urine loss with coughing, sneezing, etc. Also, after giving birth, urinary incontinence is common, but does not need to be the norm thanks to Emsella.

EMSELLA utilizes electromagnetic energy to deliver 11,000 muscle contractions to the pelvic floor in a single session. These contractions re-educate the layer of muscles that support the pelvic organs and span the bottom of the pelvis. Strong pelvic floor muscles gives you control over your bladder and bowel. Weak pelvic floor muscles mean your internal organs are not fully supported and you may have difficulty controlling the release of urine. The treatment also increases blood flow to the area with is extremely beneficial in sexual health.



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



EMsculpt NEO

Emsculpt Neo is a non-invasive treatment that simultaneously combines Radio-frequency heat and HIFEM magnetic technology in one procedure to **reduce fat and build muscle**.

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

100% of muscle fibers are activated, compared to the 30% we can activate while working out. The fat cells are slowly removed from the body and the strained muscle fibers initiate a growth process. This results in fat elimination and muscle building.

At Village Medicine we have used the different applicators for different regions to accomplish the following goals:

- Diastasis: closing the separation of the rectus abdominal muscles
- Significantly decrease back pain
- Decrease overall fall/fracture risk
- Eliminate visceral fat including supporting fatty liver
- Raise lean muscle and total metabolic rate (BMR)
- Rehabilitation of limbs after fractures
- Improve balance and coordination

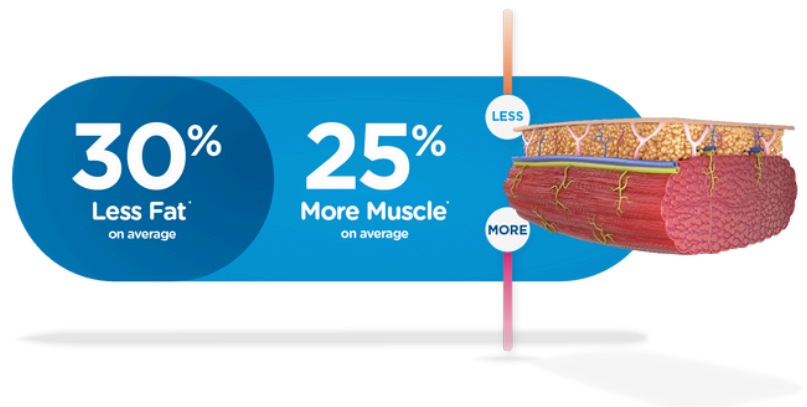
High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

Magnetic pulses contract the muscle to strengthen muscles, and stimulate new muscle fiber growth. 20,000 contractions occur each EMsculpt Neo session.

Radio Frequency - HEAT:

Heat applied during treatment leads to fat cell destruction, and increases circulation for better muscle growth.

All the places we can use the Emsculpt



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

MUSCLE - STRENGTH - STABILITY

EMface

Facial Fitness for a fresh YOU appearance .

EMface is the first and only therapy that works on the framework of your face from the inside out. EMface combines pulsed magnetic fields and radiofrequency to address both muscle tone and skin texture in the facial area. This innovative treatment acts as a facial workout, restoring muscle definition and improving skin elasticity, resulting in you looking like you! EMface is a safe and effective alternative to traditional facial rejuvenation treatments such as Botox, fillers, and surgery. The treatment is painless and requires no downtime, allowing you to return to your daily activities immediately after.



HIFES: High Intensity Focused Electrical Stimulation, - Muscle Stimulation

HIFES selectively contracts facial muscles for better facial contouring and a defined jawline. The elevator muscles of the face are stimulated to lift and rebuild muscle tone of the face. With more muscle tone, the facial plane is tighter and lifted; this results in a lift of the skin of the eyebrows, cheeks, jawline and neck.

Radio Frequency (RF) - Heat: Synchronized RF heats the dermis to stimulate collagen and elastin production



In 9 clinical Studies, 4 Treatments of Emface has been proven to demonstrate:

Wrinkle reduction by 37%
Increase Muscle Tone by 30%
More Lift: 23%

How does this compare to other face options?

When it comes to enhancing facial aesthetics, EMFace offers a revolutionary alternative to traditional methods like surgical facelifts, Botox, and fillers. Unlike invasive surgeries, EMFace harnesses advanced technology to stimulate muscle growth and sculpt facial contours naturally.

EMFace is a safer and non-invasive option, and with a gradual and natural change to how you look with zero down time.

With EMFace, individuals can achieve natural-looking enhancements that harmonize with their facial features, providing a refreshed and youthful appearance without the risks and expenses associated with traditional cosmetic procedures.

MEET OUR AMAZING PROVIDERS

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

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



Dr. Paul Mischyszyn, ND Naturopathic Specialty Physician

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

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

Erin Brower, LMHC Individual & Couples Counseling

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





Dr. Jen Daniels, ND, ARNP

Family Nurse Practitioner, Naturopathic Physician

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

Dr. Meghan Zech, ND, FABNO

Naturopathic Physician, Integrative Oncology

Meghan provides integrative support and side effect management for cancer and those in cancer survivorship, heart health, metabolic issues such as diabetes or fatty liver, gut health, menopausal symptoms, osteoporosis/osteopenia, anxiety and depression, insomnia, and fatigue.

Meet with Dr. Zech to work on optimizing overall health or to decrease risk for chronic health issues such cardiovascular disease, diabetes or cancer.



Dr. Misty Story, ND

Naturopathic Physician, Digestive Health

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

CONTACT US

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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

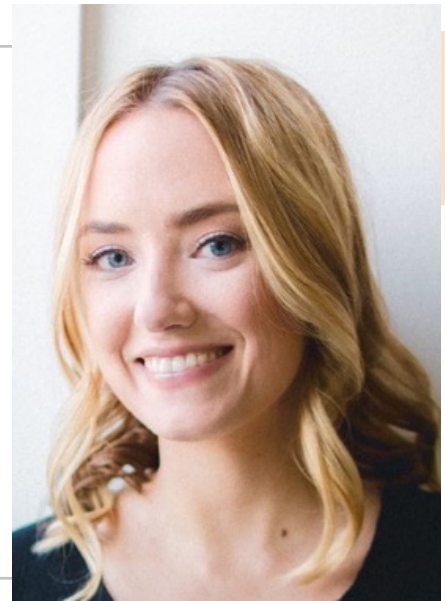
Naturopathic Doctor, Licensed Acupuncturist

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.

Dr. Atoosa Kourosh, MD, MPH, RYT

Allergy & Immunology, TPE expert

Dr. Atoosa believes that the best physicians serve as ambassadors of health who empower patients to navigate advanced medical pathways. She works in relational-based collaboration with individuals to determine if Therapeutic Plasmapheresis (TPE) is the right fit for their specific needs, providing dedicated case management throughout the entire process. Her goal is to ensure patients remain active, informed participants as they embark on this transformative chapter of their healing journey.



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