

APRIL - JUNE 2026

# VILLAGE

QUARTERLY



INTEGRATIVE CARE

BROOKE HEYMAN, PSYCH ARNP



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

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

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



**VILLAGE MEDICINE SEATTLE**

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do you know the amazing village at your fingertips





# *A Letter From the Founder*

*Dr. Tara Shelby*

There is a question I have been sitting with lately—one that does not come from medicine, but speaks directly to what I believe is missing within it: Where is the “mother”? This is not a literal question. It is a way of naming something foundational that has quietly fallen out of modern systems of care.

In early human development, a child does not learn in isolation. A baby looks to a caregiver to understand the world—what matters, what is safe, what something means, where to direct attention. This process, often referred to as shared attention, is the origin of how we come to understand anything at all.

In this context, the “mother” represents something much broader than a person. It represents context, interpretation, attunement, judgment, and care. Without this layer, information can exist in abundance, but meaning does not fully form.

Before I founded Village Medicine, I trained as a homebirth midwife here in Seattle. That experience shaped how I understand medicine more than anything else in my career. Homebirth midwifery is practiced in real time, without the buffer of a hospital system. It requires clinical precision, but it also requires presence. You are constantly making decisions based not only on data, but on pattern recognition, relationship, and the subtle shifts happening in front of you.

In that setting, vital signs matter. Clinical thresholds matter. Safety matters deeply. And at the same time, you learn when to intervene and when to wait. You learn to track changes before they become measurable problems. You learn to stay attuned not only to physiology, but to the person experiencing it. You learn to hold steady attention in moments that are intense, vulnerable, and unpredictable. A midwife is not simply managing a process. She is interpreting a living system in relationship. That is what I mean by the “mother” function.

When I look at modern medicine, I see a system that has become extraordinarily skilled at gathering and processing information. We have access to advanced laboratory testing, imaging, diagnostic criteria, algorithms, protocols, and now increasingly powerful forms of artificial intelligence. These tools have improved safety and expanded what is possible in ways that are undeniable.

And yet, I continue to see patients who arrive with extensive workups, multiple diagnoses, and well-constructed treatment plans—and still feel unwell. Or, just as importantly, unseen.

This is not simply a gap in knowledge. It is a gap in meaning.

There is a difference between information and understanding. You can have normal labs and still feel unwell. You can have abnormal findings that do not clearly explain what is happening in your body. You can follow a treatment plan that is technically correct and still not improve in a meaningful way.

When care is driven primarily by data, without sufficient context, it becomes fragmented. It becomes protocol-driven. It becomes disconnected from the lived experience of the patient. The result is care that may be correct on paper, but incomplete in practice.

There is another layer to this that is equally important. The “mother” was never meant to exist in isolation.

Traditionally, care happened within a village—through multiple caregivers, shared responsibility, collective observation, and continuity over time. No single person was responsible for holding the entire picture. Care was distributed, but aligned.

At Village Medicine, when we use the word “village,” we are not using it as a metaphor. We are describing a structure. A coordinated clinical team. Providers who communicate with one another. A shared understanding of each patient’s full picture. A system where care is continuous rather than episodic.

This includes your primary provider, other clinicians within the practice, our front desk and support staff, the physical space we have built, and you—as the patient. You are not outside of this system. You are part of it.

There is also a dimension of care that is often left unspoken. In both midwifery and medicine, there is an aspect of healing that involves presence, meaning, and a patient’s internal experience of what is happening in their body. For some, this is spiritual. For others, it is simply the deeper question of what their body is asking of them.

This layer does not replace medical care. It sits alongside it. When it is ignored, patients often feel disconnected from their own healing process. When it is acknowledged, it can create clarity, engagement, and a stronger sense of agency.

At the same time, we are practicing within a larger healthcare system that is moving toward efficiency, automation, and scale. These shifts are understandable. They are responses to real pressures. But they come with a tradeoff. As systems become more efficient, they often become less interpretive. They can process information, but they do not inherently generate meaning.

At Village Medicine, we have made deliberate choices to structure care differently. We prioritize time for interpretation, space for collaboration, and continuity across visits. This reflects a core belief: that investing in depth upfront leads to more accurate care and more durable outcomes over time.

Our work is not only to gather information. It is to make sense of it—within the context of a whole person, within a coordinated system, and over time.

This model depends on partnership. The patients who tend to benefit most are those who come prepared, who maintain a clear and up-to-date understanding of their own health information, who share their history in detail, who track what their body is telling them, who ask questions, and who remain open to exploring root causes.

**“You are not a passive recipient of care.  
You are an active participant in a system designed to support you.”**

Technology will continue to evolve. Data will continue to expand. Our tools will become more sophisticated. These are not trends to resist.

But tools do not replace the foundational elements of care: context, judgment, relationship, and meaning.

The question “Where is the mother?” is ultimately asking:  
Where is the layer that makes information useful? And who is holding it?

In my training as a homebirth midwife in Seattle, that layer was never held by one person alone. It existed within a relational field—a small, focused village.

At Village Medicine, we are working to rebuild that structure in a modern clinical setting. Not as an idea, but as a practice.

Because healing was never meant to happen in isolation.



In Gratitude,

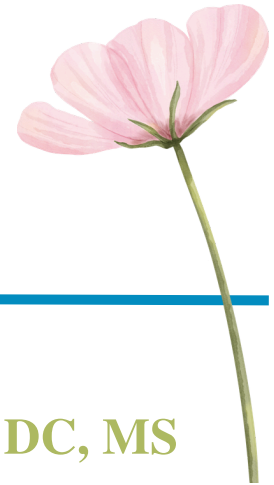
Dr. Tara Johnie Shelby  
Naturopathic Physician  
Founder & CEO, Village Medicine

*Dr. Tara J. Shelby*

This reflection was inspired by a piece I recently read by Abi Awomosu, which gave language to something I have been witnessing in medicine for years.

# MEET OUR NEWEST PROVIDERS

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Our ever growing team aims to complete your holistic care



## **DR. LAUREN AKLINSKI, DC, MS** **Chiropractic Physician**

We are thrilled to introduce the newest addition to the Village Medicine team, Dr. Lauren Aklinski, DC. With over 22 years of experience, she brings a profound perspective to chiropractic care. She believes the body possesses an innate intelligence and a natural desire to be well—sometimes, it just needs a gentle nudge or a restorative "reset."

She looks beyond the structural, understanding how metabolic factors like hormones, gut health, and food sensitivities impact how we move and feel. By combining hands-on support with internal wellness, she helps restore balance from the inside out.



## **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.

# SPRING 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.

Series billed through insurance plus a one time \$120 charge that covers:

- Whole30 book
- Biocidin detox kit



**MAY 12<sup>TH</sup> – JUNE 16<sup>TH</sup>**



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

lead by

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



*Your  
Spring Wellness Reset*

# HERBAL MEDICINE LEARN & CREATE

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.

IN-PERSON SESSIONS  
EVENINGS FROM 7-9 pm

**June 4<sup>th</sup>, Thursday**  
Bitters to Support Detox  
Pathways

## Leave the session with your own herbal creation!



Dive deeper into the world of bitters with Herbal Detox & Kitchen Medicine in an exploration of how herbs and food work together to support digestion and the body's natural detox pathways.

Learn how the liver, digestive system and elimination pathways work together to support natural detoxification and how specific herbs and foods can enhance these processes in a sustainable, everyday way.

Register now with our front desk staff

\*\*Group series billed through insurance

You'll leave with practical tools, Delicious recipes and inspiration to bring herbal medicine into your daily routine.

# COUPLES GROUP COURSE



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



Join us for a 4-week series 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

## Series - @Village Medicine

- Mondays, 7:00- 8:30 pm
  - future dates TBA

\*\*\*Series billed through insurance



# Spirituality Mind Body Medicine

*with Dr. Tiffany Jaramillo, ND, LAc*

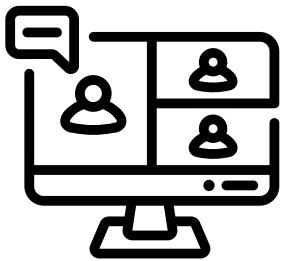
Spirituality Mind-Body Medicine group teaches the inextricable connection among our thoughts, sensations, feelings, and our mind, body, and spirit – between ourselves and the social and natural world in which we live.

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 23<sup>rd</sup>,
  - March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>,
  - April 6<sup>th</sup>, 13<sup>th</sup>,
  - (8 Week Series)



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

Future dates TBA - reach out if you want to be notified

— RECLAIMING HEALTH —  
A NATUROPATHIC PROGRAM FOR  
CANCER SURVIVORS



Dr. Meghan Zech ND, FABNO

FALL 2026



Dr. Tiffany Jaramillo ND, LAc

**Online** - Thursdays:

**Oct 1st, - Nov 19th**

(8 week series)

Time: 6-7:30pm PST

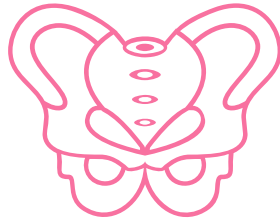
Location: Online Telemedicine Series

**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

# Awakening Divine Pleasure

with Dr. Ryan Simmons & Dr. Jen Daniels



In this 8-part series, you will have the opportunity to work in an intimate group to explore your pelvic bowl, awaken your root energy, and bring forth your deeply held pleasure potential.

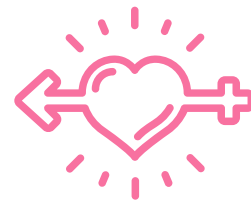
## You will learn:

- Why we don't know more about our own sexuality
- The anatomy and function of the pelvic bowl and arousal network
- Exercises for tuning in and turning up the heat
- How to integrate intimacy tools into your daily life



## This class is good for you if:

- You have low libido, and you know you should do something, but you don't know what
- Your sexual pleasure is dwindling due to hormonal or life changes
- You have painful or unsatisfying sex or can't have an orgasm
- You have ignored problems in your vulva, vagina, and pelvic bowl
- For a long time but are ready to relieve yourself from that burden
- Sex is the elephant in the room for you and your partner
- You want to begin healing from a boundary violation, such as sexual abuse, gynecological trauma, or birth trauma



\*\* Due to the specificity of the anatomical teachings in this workshop, it is for those assigned female at birth \*\*

## Class - Online

- Tuesdays, 6:30- 8:30 pm
  - March 10<sup>th</sup> - April 28th

Fall- next group in October 2026 - TBA

\*\*\* Series billed through insurance

## Session topics include:

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

# NEUROPLASTICITY

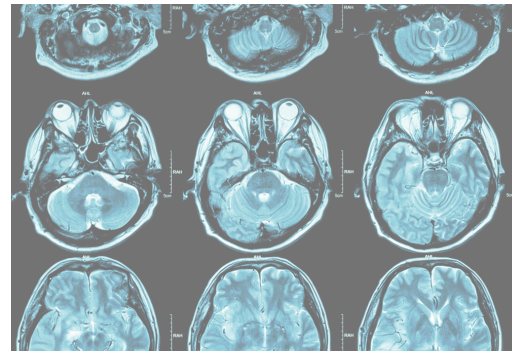
A holistic way to tackle entrenched habits and make sustainable life long changes



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



In this telemedicine series, you will have the opportunity to explore your own habitual behaviors and make sustainable changes in an intimate and confidential group setting. Through the use of lecture, guided visualization, breath work, and self-reflection you will build the insight and the skills to create agency in your life!



## SESSION TOPICS INCLUDE:

- The psychology and psychobiology around neuroplasticity and our ingrained behaviors
- The impact of the positive reinforcement process on our behavior
- The formation of early coping mechanisms through a lens of attachment theory
- An exploration of the motivations behind these old patterns
- Developing a structure for behavioral change and the creation of new habits

## YOU WILL LEARN:

- The neuroscience behind habits- and how to hack it to your advantage!
- Your motivations and where they come from
- Breath work exercises for centering your body
- How to optimize neuro-plasticity to rewire your mental pathways

## Group Series - Online

- Tuesdays, 6:30-7:30 pm
  - May 5<sup>th</sup> - May 26th



\*\*\* Group billed through insurance

# When Emotions Collide: Understanding the Beautiful Complexity of Human Feelings

by Brooke Heyman, PMHNP



Have you ever felt happy and sad at the same time? Or noticed that butterflies in your stomach could mean either nervousness or excitement? You're not alone and you're not confused. You're experiencing something beautifully human: the intersection of emotions.

## The Dance of Mixed Feelings

Think of emotions like colors on a painter's palette. When blue and yellow mix, you get green, something entirely new. Our emotions work similarly. When different feelings combine, they create rich, complex experiences that are often more accurate descriptions of what we're actually going through.

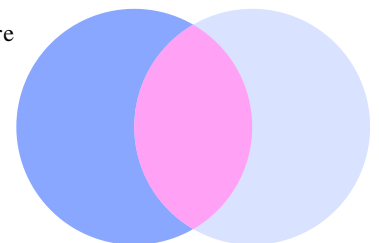
Consider nostalgia, that bittersweet feeling when you remember something precious from your past. It's not pure joy or pure sadness, but both dancing together. Or think about courage, which isn't the absence of fear, but rather confidence paired with vulnerability, creating the strength to move forward despite uncertainty.



## Why This Matters for Your Mental Health

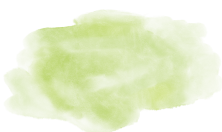
Understanding that emotions can overlap and combine is incredibly freeing. It means you're not "broken" if you feel multiple things at once. Conflicting emotions are normal, like feeling grateful yet envious, or hopeful yet doubtful. Complex feelings deserve acknowledgment, not judgment.

When we recognize these emotional intersections, we can be more compassionate with ourselves and others. That feeling of being intrigued when you're both scared and curious about something new? That's your psyche working perfectly, balancing caution with growth.



### Embracing Your Emotional Complexity

The next time you're feeling something that seems contradictory, pause and ask: "What emotions might be mixing here?" You might discover that your anxiety and excitement about a new opportunity is actually creating a sense of thrill, and that's not only okay, it's wonderful.



Take the powerful combination of hope and doubt, which creates what we call seeking. This happens all the time in real life. When you're considering therapy for the first time, you might feel hopeful about getting better while simultaneously doubting whether it will work for you. This creates a seeking energy, that drive to explore and find answers despite uncertainty.



**EXPLORATIONS IN EMOTIONAL GEOMETRY:  
INTERSECTIONS OF FEELING**

Understanding how foundational emotions blend to create new experiences.

Serenity Sadness  <b>POIGNANCY</b>	Awe Anxiety  <b>ANTICIPATION</b>	Guilt Forgiveness  <b>MENDING</b>
Gratitude Aspiration  <b>FLOURISHING</b>	Uncertainty Trust  <b>DEVOTION</b>	Fear Confident  <b>VALOR</b>
Perplexity Clarity  <b>INSIGHT</b>	Hope Doubt  <b>RESOLVE</b>	Nervousness Excitement  <b>ADVENTURE</b>

EMOTIONAL GEOMETRY PROJECT

If you're thinking about changing careers, you may hope for something more fulfilling while doubting your abilities. That mixture propels you into seeking mode, researching options, talking to people in different fields, and gradually building clarity.

In relationships, you might hope for deeper connection while doubting whether you're worthy of love. This creates a seeking behavior where you cautiously but persistently look for evidence that connection is possible.

Seeking is actually a beautiful emotional space to inhabit. It means you haven't given up (that's the hope part), but you're also being realistic about challenges (that's the doubt part). This combination keeps you moving forward while staying grounded. It's the engine of personal growth and discovery.

When you notice yourself experiencing this intersection of hope and doubt that creates seeking, celebrate it! You're not stuck or confused. You're actively growing and exploring. This is how we find new therapies that help, careers that fulfill us, and relationships that nourish us.

Remember: emotional complexity isn't a problem to solve, it's a sign of a rich, fully-functioning human experience.

# The Resurgence of Measles:

## What Seattle Families Need to Know

By Dr. Kristina Olson-Kuyper, ND



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

Across the globe and right here in the Pacific Northwest, we are seeing a trend that many healthcare providers hoped we had left in the past: the return of **measles**.

As of February 2026, the United States has already seen 1,136 confirmed cases. To put that in perspective, after only two months into the year, and have already reached nearly half of the total cases recorded in ALL of 2025. While King County currently maintains strong vaccination rates, we are seeing clusters in neighboring counties like Snohomish, Clark, Stevens, and Kittitas.

At **Village Medicine**, we believe in proactive health. Understanding why this is happening and knowing how to spot the signs is the best way to keep our community safe.



### Why is Measles Coming Back?

The resurgence is largely due to a dip in "herd immunity." To effectively stop measles from spreading, a community needs about a **95% vaccination rate**. Recently, global and local coverage has slipped to around 76%.

In an international hub like Seattle, people are constantly traveling. When immunity levels drop, the virus finds a foothold. As a Naturopathic Physician, I often talk with parents about "natural immunity." However, the risks associated with measles—including its ability to "erase" the immune system's memory of other diseases—make vaccination a vital tool for long-term health.

### How to Identify Measles: The "Three Cs"

Measles is much more than just a fever and a rash. It is a respiratory virus that can make children (and adults) feel significantly ill.

#### The primary symptoms include:

- **High Fever:** Often the first sign.
  - **The Three Cs:**
    1. **Cough**
    2. **Coryza** (A heavy, "faucet-like" runny nose)
    3. **Conjunctivitis** (Red, watery, inflamed eyes)
  - **Koplik Spots:** Small, pale white or bluish-gray spots that appear inside the mouth (on the inner cheek) before the rash starts.
  - **The Signature Rash:** Unlike other childhood rashes (like Roseola or Scarlet Fever), the measles rash typically starts at the **hairline or face** and travels downward to the rest of the body. It often looks "angry," deep red, and can be bumpy.
-

Why We Take It Seriously: The Long-Term Risks

Measles isn't just a week of discomfort; it can have lasting "sequela" or complications:

1. **Immune Amnesia:** Measles can actually "reset" a child's immune system, making them vulnerable to other illnesses they were previously protected against for months or even years.
2. **Encephalitis:** About 1 in 1,000 children with measles develops brain swelling, which can lead to permanent damage or hearing loss.
3. **SSPE:** A very rare but fatal central nervous system disease called *Subacute Sclerosing Panencephalitis* can develop 7 to 10 years after a person has recovered from measles.



Keeping Our Clinic Safe

Measles is incredibly contagious. If an infected person sits in a waiting room, the virus can live in the air for up to **two hours** after they leave.

To protect our newborn patients, elderly clients, and those with weakened immune systems, we ask for your help:

- **Call First:** If you or your child has a **fever** combined with a **new rash** and **cough**, please **do not walk directly into the clinic**.
- **Virtual Triage:** We may schedule a virtual visit first to assess the symptoms safely.
- **Screening:** Our front desk team may ask extra questions about recent travel and vaccination status during check-in to ensure we are triaging patients correctly.

Our Naturopathic Perspective

At Village Medicine, we meet our patients where they are. We understand there are many questions regarding vaccinations. However, the "real talk" is that we want to prevent the severe complications we are seeing in hospitals today. Vaccination is the most effective way to ensure your child doesn't have to suffer through the high fevers and potential long-term risks of this virus.

Stay safe, stay informed, and let's keep Seattle healthy.

Dr. Kristina Olson-Kuyper

**VILLAGE MEDICINE SEATTLE** CLINIC By Dr. Kristina Olson-Kuyper

## SPOT THE SIGNS OF MEASLES: PROTECT OUR COMMUNITY

**VACCINATION IS OUR BEST DEFENSE**

**HOW HERD IMMUNITY WORKS**

UNVACCINATED COMMUNITY: HIGHLY VACCINATED COMMUNITY

UNVACCINATED COMMUNITY: 95% VACCINATION RATE: VIRUS IS BLOCKED

### WATCH FOR THESE SIGNS

**HIGH FEVER** (The First Sign)

**RED, WATERY EYES** (Conjunctivitis)

**HEAVY, RUNNY NOSE** (Coryza)

**SMALL WHITE SPOTS INSIDE MOUTH** (Koplik Spots)

**THE MEASLES RASH** (Starts at hairline, moves down body)

**COUGH** (Can be persistent)

### MEASLES IS VERY CONTAGIOUS

VIRUS LIVES IN AIR FOR 2 HOURS

CALL BEFORE YOU VISIT THE CLINIC

### PREVENT SERIOUS RISKS

IMMUNE AMNESIA, BRAIN SWELLING, EAR INFECTIONS, LONG-TERM COMPLICATIONS

HAVE QUESTIONS? CALL VILLAGE MEDICINE AT 206-919-0175 OR VISIT VILLAGEMEDICINE.COM

# Advanced Regeneration

Understanding Exosomes: Nature's Tiny Messengers

Dr. Paul Mischyszyn, ND



Have you ever wondered how the cells in your body talk to each other? While humans use phones and emails, your body uses something much smaller and quite extraordinary: **Exosomes**.

Think of exosomes as the body's internal delivery service. They are tiny, natural "bubbles" (vesicles) released by your cells. Though they are microscopic—thousands of times smaller than the head of a pin—they carry a heavy load of important biological information like proteins and genetic instructions.

## What do Exosomes actually do?

Exosomes act like "text messages" sent from one cell to another. Their main jobs include:

- **Cell Signaling:** They help cells "talk" to each other to keep the body functioning smoothly.
- **Immune Support:** They can help coordinate the immune system, telling it when to ramp up or calm down.
- **Healing & Repair:** By carrying genetic material to specific areas, they can actually give "instructions" to damaged cells on how to repair themselves.

## Why are we excited about them in medicine?

Because exosomes are naturally made by the body, they are excellent at traveling through the system without being rejected. This makes them a fantastic tool for **targeted therapy**. These tiny messengers are able to deliver healing signals exactly where they are needed most.

## Methods Exosomes are Applied

**1. Through an IV (Intravenous)** This is the most common way to receive exosome therapy. When they are introduced into the bloodstream, they circulate through the body to help reduce inflammation. This is often used for patients dealing with **autoimmune disease, arthritis, or joint issues**, as it helps encourage tissues to regenerate and heal.

**2. Joint Injections** For those who suffer from injury, pain, and arthritis, exosomes can be used to stimulate regeneration through injections. These injections help trigger healing pathways to promote healing to regain mobility and function of a joint or ligament.

**3. Ocular Drops (For the Eyes)** For someone dealing with **Dry Eye Syndrome** or corneal issues, exosomes can be used in the form of specialized eye drops. These drops help improve the environment of the eye's surface and calm inflammation. Researchers are even looking into how they can help repair the retina through more specialized applications.



## The Bottom Line

Exosome therapy is a leading edge of "cell-free" medicine. It allows doctors to harness the healing power of cells without actually needing to transplant the cells themselves. It's a natural, targeted way to help the body do what it does best: **heal**.

At Village Medicine we strive to offer the best, cutting-edge services for our patient's needs.

# Is Your Gut "Overreacting"?

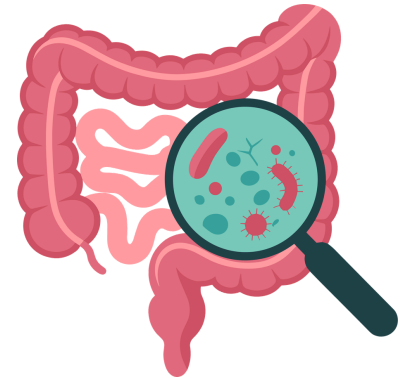
## Understanding Histamine, MCAS, and the Post-COVID Connection

Dr. Misty Story, ND



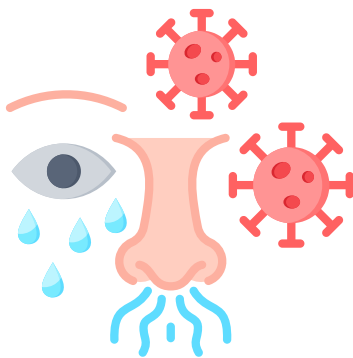
Have you ever felt like your body is allergic to everything—even when your allergy tests come back negative? Or perhaps you've been treated for SIBO multiple times, but the bloating and brain fog just won't stay away?

At Village Medicine, we are seeing a significant rise in patients struggling with complex "histamine" issues. Whether you've heard of Mast Cell Activation Syndrome (MCAS) or you're just tired of feeling itchy, anxious, and bloated, we want to help you connect the dots.



### The Clues: It's More Than Just a Stuffy Nose

Most people think of histamine as the reason for seasonal sniffles. But mast cells—the cells that release histamine—live everywhere, from your nose to your gut. When they become "hyper-reactive," the symptoms can show up in surprising ways:



- Digestive: Chronic bloating, gas, and loose stools (or persistent SIBO).
- Skin & Mouth: Rashes, hives, itchy ears, or an itchy throat after eating.
- Respiratory: A chronic cough or post-nasal drip that never goes away.
- Neurological: Sudden spikes in anxiety, panic attacks, or "brain fog."
- Structural: Heart palpitations, fainting (vasovagal episodes), or feeling "extra flexible" (hypermobility/EDS).

### The "Bucket" Theory: Why Now?

Think of your body's ability to handle histamine like a bucket. Your liver and gut work to "empty" that bucket every day. However, the bucket can overflow if:

Too much is going in: High-histamine foods or improperly stored leftovers (histamine levels actually increase in food the longer it sits in the fridge!).

The drain is clogged: Genetic factors, hormone imbalances, or a lack of healthy gut bacteria (dysbiosis) slow down detoxification.

The system is stressed: We are finding that Post-COVID Syndrome acts like a "reset" for the immune system, often leaving mast cells in a state of high alert and causing the bucket to overflow constantly.

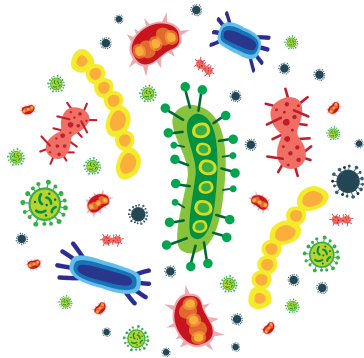


A New Approach to Healing

At Village Medicine, we don't believe in endless restrictive diets or repetitive treatments that don't stick. We look at the whole person through a three-step lens:

**1. Calming the Storm**

Before we dive into deep gut repair, we have to lower the "heat." This often involves using antihistamines or mast cell stabilizers to give your nervous system a break and stop the immediate symptoms like itching and anxiety.



**2. Cleaning the House (The Microbiome)**

We investigate the "why." Is there an overgrowth like SIBO? Is your microbiome "extinct" of the good bugs that signal your organs to function? Using advanced testing, like the IBS Smart Test, we can see if your body is actually making antibodies against its own gut lining.

**3. Advanced Recovery (TPE)**

For our most complex cases—those who have suffered for years or are struggling with severe Post-COVID symptoms—we discuss advanced options like Therapeutic Plasma Exchange (TPE). This helps "clear the slate" of the antibodies and inflammatory markers that keep the body stuck in a cycle of illness.

**A Note on Food Fear:** Many of our patients come to us afraid to eat more than five things. We want to move you away from food fear. Often, it isn't the food itself, but how it's prepped or how full your "histamine bucket" is that day.

We're Here to Listen

If your identity has become your diagnosis, it's time for a different conversation. Whether it's connecting the dots between your hypermobility and your gut, or finally addressing the anxiety that won't quit, we're ready to help you get your life back.

Are you ready to empty your bucket?



Dr. Misty Story

# The Estrobolome, Gut Microbiome, & the Connection to our Skin

By Dr. Tiffany Jaramillo, ND, LAc



The connection between the gut microbiome, the estrobolome, hormonal signaling, and inflammatory skin disease is increasingly framed within the broader concept of the gut- skin axis, a bidirectional network linking microbial metabolism, immune function, and endocrine pathways.

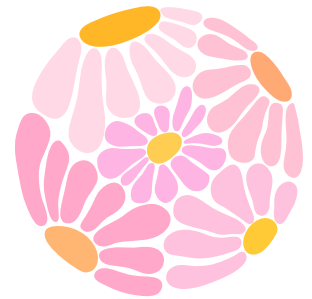


## Gut microbiome and the gut- skin axis

The gut microbiome plays a central role in regulating systemic inflammation, immune tolerance, and metabolic signaling. Disruptions (dysbiosis) can promote inflammatory skin conditions such as acne, rosacea, and atopic dermatitis (eczema).

Mechanistically, gut microbes produce metabolites (e.g., short-chain fatty acids) that influence:

- intestinal barrier integrity
- systemic cytokine levels
- skin immune responses



Loss of microbial diversity or barrier dysfunction can lead to increased circulating endotoxins and inflammation, which are implicated in acne, rosacea, and eczema pathogenesis.

## Estrobolome and hormonal modulation

A key subset of the gut microbiome is the **estrobolome** that consists of bacteria capable of metabolizing estrogens via enzymes such as  $\beta$ - glucuronidase. This regulates the balance between active and inactive estrogen in circulation.

Dysbiosis can therefore alter:

- estrogen levels (via impaired deconjugation/recycling)
- androgen & estrogen balance
- downstream sebum production and inflammation



These hormonal shifts are particularly relevant in:

- **acne** (androgen-driven sebum and keratinocyte proliferation)
- **rosacea and eczema**, where estrogen signaling influences vascular and immune responses

## mTOR pathway as a central integrator

The **mTOR (mechanistic target of rapamycin) pathway** acts as a nutrient- and hormone-sensitive signaling hub linking microbiome activity to skin physiology.

- Gut microbial metabolites can regulate mTOR signaling, affecting lipid synthesis, cell growth, and inflammation.
- Overactivation of mTORC1 is strongly implicated in acne pathogenesis.
- Dysbiosis may amplify mTOR signaling through metabolic and inflammatory feedback loops.

Thus, the microbiome- mTOR axis provides a mechanistic bridge between diet, hormones, and skin disease.

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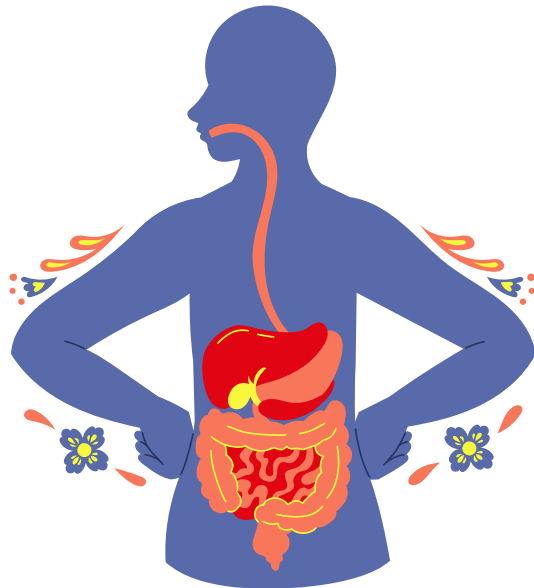


### Evidence from randomized controlled trials (RCTs)

Although much of the field remains mechanistic and observational, several RCTs support a causal role of the gut microbiome in skin disease:

- A **randomized controlled trial in rosacea (2024)** showed that probiotic supplementation following antibiotics significantly improved clinical outcomes and modulated gut–skin microbial interactions.
- Earlier RCTs in acne and atopic dermatitis have demonstrated that oral probiotics can:
  - reduce inflammatory lesion counts
  - improve skin barrier function
  - decrease systemic inflammatory markers

These trials collectively support the idea that modifying the gut microbiome can influence dermatologic disease severity.



### Integration: a unified model

The current evidence supports a multi-layered model:

1. **Gut dysbiosis** leads to altered microbial metabolites and increased gut permeability
2. **Estrobolome disruption** impairs estrogen metabolism resulting in hormonal imbalance
3. **Hormonal + metabolic signaling** leads to activation of pathways like mTOR
4. **Immune dysregulation** causes systemic and cutaneous inflammation
5. **Clinical expression** is seen as acne, rosacea, eczema

To summarize, the interplay between the gut microbiome, estrobolome, and host signaling pathways (especially mTOR) provides a biologically plausible framework linking internal microbial ecology to external skin disease. While RCT evidence particularly with probiotics and various herbs & nutraceuticals is growing, more targeted trials are needed to clarify causality, strain specificity, and long- term therapeutic strategies.

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Dr. Tiffany Jaramillo

# Spring Nettle Pesto : Recipe

By Dr. Meghan Zech, ND, FABNO



Spring in the Pacific Northwest brings many welcome shifts — the return of light, fresh green growth and the start of nettle season. And with nettle season comes one of my favorite wild foods: nettle pesto.

Stinging nettle (*Urtica dioica*) is one of our core medicinal plants here in the region. Many people first meet nettle through its sting. The plant is covered in tiny hair-like structures that inject compounds like histamine and formic acid into the skin when touched. Interestingly, formic acid is the same acid ants use when they sting.

Beneath that protective layer, however, is a deeply nourishing and therapeutically valuable plant.



Nettle is a plant we use in different ways throughout the year — the roots, seeds and leaves each have their place. The focus in early spring is all about the leaves. The young tops are rich in chlorophyll, iron, calcium, magnesium, vitamins A and C and a wide range of anti-inflammatory and mineralizing compounds.

This is also where nettle shines as a seasonal ally. After a winter of heavier foods, less movement and slower rhythms, the body is ready for a shift. Spring greens, including nettles, support that transition beautifully. They gently stimulate liver function, support natural detoxification pathways and help replenish the minerals that heavier, less varied foods of traditional winter diets tend to deplete.

It's one of those elegant overlaps between traditional herbal wisdom and modern physiology: the plants that emerge in early spring are exactly the ones that support the processes our bodies are naturally moving toward. A "spring cleanse" can be as simple as incorporating these fresh, wild, nutrient-dense foods.

Nettle pesto is one of my favorite ways to do that.



## FORAGING & HARVESTING

Nettles grow readily in disturbed soils, along riverbanks, trail edges and in shaded, damp woodland environments.

If you plan to harvest them yourself, keep these guidelines in mind:

- **Wear gloves** (thicker gloves are best) and consider long sleeves
- Harvest plants **no taller than knee height** — once they mature, nettles shift their energy toward reproduction, sending compounds into the leaves that you don't want to eat
- Focus on the **top 4-6 inches** of the plant — the youngest, most tender growth
- Use scissors or garden shears rather than pulling by hand so as not to pull the roots and kill the plant
- Harvest from **clean areas**, away from roadsides or sprayed land

You can also often find fresh nettles seasonally at local farmers markets or stores like PCC or Whole Foods.

# SPRING NETTLE PESTO

## Ingredients

- 2–3 packed cups fresh nettle leaves (stems removed)
- 2–3 cloves garlic
- ½ cup olive oil, plus more to taste
- juice of one lemon
- ⅓ cup pine nuts, almonds or walnuts
- ½ cup parmesan (or ½ cup raw cashews for vegan)
- Salt to taste



## Method

1. Once harvested, remove the leaves from the stems (wear gloves for this part!)
2. Some people prefer to blanch nettles briefly to neutralize the sting, but blending them fully does this as well, so it's optional.
3. Add leaves to a food processor or blender with garlic, nuts and parmesan (or cashews).
4. Pulse while drizzling in olive oil until you reach your preferred consistency
5. Add salt to taste.

*Makes about 1 cup. Ready in 15 minutes*

*Store in a jar in the fridge with a thin layer of olive oil on top — keeps well for up to a week.*

*Or freeze in an ice cube tray.*

*Use it anywhere you'd use basil pesto: tossed with pasta, spread on toast, stirred into eggs or dolloped on roasted vegetables.*

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*Dr. Meghan Zech*

## Medical GYM at Village Medicine

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

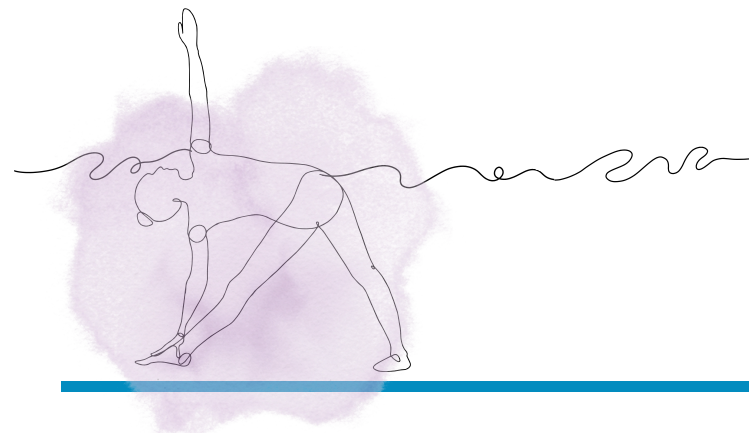
At Village, we empower our community with comprehensive and preventative healthcare solutions.

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.



### EMsculpt NEO



### EMsella Pelvic Chair



*Elevate Your Fitness Journey*

# Medical Gym Membership



EMsella Pelvic Chair  
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 and EMsella, 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.

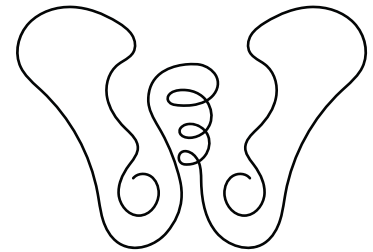
EMsella is a natural and pain-free remedy to treat urinary incontinence and enhance sexual pleasure.

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

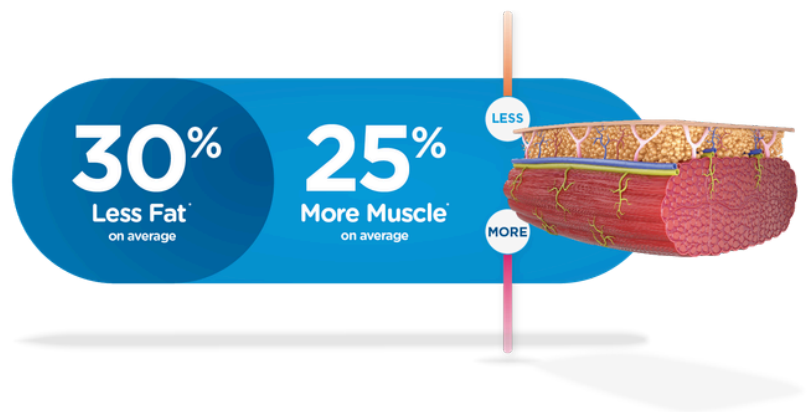
### High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

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

# 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 is a naturopathic physician trained in preventative and sustainable medicine with a focus on IV therapy and regenerative injections. He utilizes in-depth lab testing and thorough health assessments to help patients replace unhealthy habits with tools that promote long-term wellness. His approach emphasizes the connection between biomedical health and overall quality of life, striving to help individuals restore their energy and mobility to support a vibrant, active lifestyle.

## 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**

5600 14th Ave NW  
Seattle, WA, 98107

206.919.0175

[www.villagemedicineseattle.com](http://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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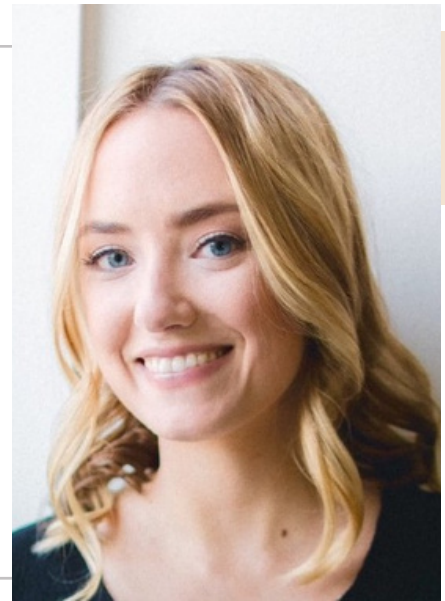


## Dr. Lauren Aklinski, DC, MS **Chiropractic Physician**

Lauren is a chiropractor with over two decades of clinical experience who believes the body has an innate intelligence and desire to be well. She utilizes thoughtful, hands-on chiropractic care to restore balance, improve movement, and support the body's natural healing processes. Her integrative approach considers both structural and metabolic factors, such as autoimmune conditions and hormonal imbalances, while emphasizing patient education and individualized care to promote long-term resilience and health.

## 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.



## Dr. Julieann Murella, ND, LAC

### **Naturopathic Doctor, Licensed Acupuncturist**

Julieann is a naturopathic physician and licensed acupuncturist trained in combining Eastern and Western medicine to address the root cause of disease. Her approach emphasizes patient education and the foundations of health—including diet, sleep, and stress management—to support the emotional, physical, and spiritual needs of her patients.

She is specializing in pain, regenerative medicine, acupuncture, IV therapy, naturopathic care, women's health, and GI.

## 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.



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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.

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