

JULY-SEPT 2026

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# VILLAGE

QUARTERLY

INTEGRATIVE CARE



DR. LAUREN AKLINKSI, DC, MS



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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# 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, PMHNP**

### **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.



# FALL FOUNDATIONAL CLEANSE

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



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

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

- Whole30 book
- Biocidin detox kit



**OCT 6<sup>TH</sup> – NOV 10<sup>TH</sup>**



5 weeks, online

**Tuesday evenings 7–8:30 PM**

lead by

**Jen Daniels, ND, ARNP**

*Your  
Fall Wellness Reset*



# 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
  - 4 weeks
  - future dates TBA

\*\*\*Series billed through insurance



# Spirituality Mind Body Medicine

*with Dr. Tiffany Jaramillo, ND, LAc*

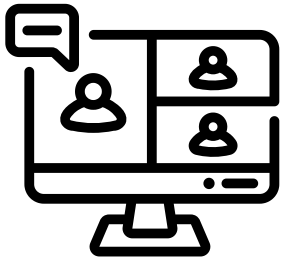
Spirituality Mind-Body Medicine group teaches the inextricable connection among our thoughts, sensations, feelings, and our mind, body, and spirit – between ourselves and the social and natural world in which we live.

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
  - Sept 28<sup>th</sup> - Nov 16<sup>th</sup>
  - (8 Week Series)

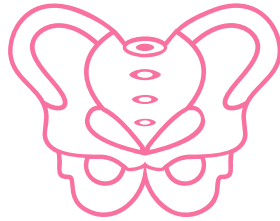
TIME: 6:00- 8:00 pm - LOCATION: Online (Telemedicine)





# Awakening Divine Pleasure

with Dr. Ryan Simmons & Dr. Jen Daniels



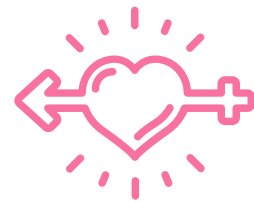
In this 8-part series, you will have the opportunity to work in an intimate group to explore your pelvic bowl, awaken your root energy, and bring forth your deeply held pleasure potential.

## 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

- **Thursday, 6:30- 8:30 pm**
- **Oct 1<sup>st</sup> - Nov 19th**

## Session topics include:

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

\*\*\* **Series billed through insurance**

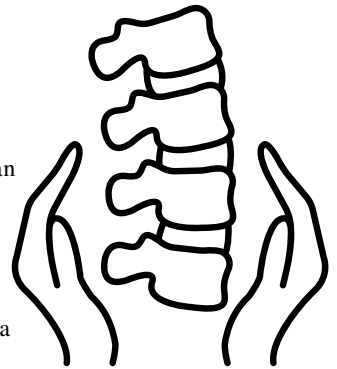
# Meet Village Medicine's Chiropractor Dr. Lauren Aklinski, DC, MS:



Get to know our new provider, Dr. Lauren Aklinski. We are excited our patients are able to have ease and access to a wonderfully caring chiropractor while getting seen at Village Medicine.

**Q: What did that first adjustment feel like, both physically and mentally, that made you realize this was your true calling?**

Interestingly, what drew me to chiropractic wasn't a search for pain relief or to recover from an injury, which tend to be the common reasons people go to see a chiropractor. Back in high school in the Midwest I wanted to pursue medical school because of an interest in health and science. No one around me went to a chiropractor, so I didn't consider it as an option yet. In college I had a friend that came from a family of chiropractors, and after some discussions about health being more than just the absence of disease, they suggested I try chiropractic as a more natural form of healthcare. That suggestion ended up redirecting my entire career.



**Q: What did that first adjustment feel like, both physically and mentally, that made you realize this was your true calling?**

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Out of all the chiropractors in Chicago, my first chiropractor turned out to be someone with a particularly holistic approach. During a gap year after college, I randomly found Dr. Tom O'Bryan through an employment ad, and his holistic approach made a real impression on me. Years later he became a leading voice on gluten sensitivity and autoimmune health, and has since written books on non-celiac gluten sensitivity and managing autoimmune conditions.

Going back to my first adjustment with him, I honestly remember laughing. It was such a novel sensation that it made me giddy. I wasn't in pain going in, so I wasn't expecting to notice anything dramatic, but I couldn't believe how light and connected to my own body I suddenly felt. Our brains are remarkably good at tuning out what's happening in our bodies. I thought I felt fine, until I felt better.

In addition to chiropractic adjustments, Dr. O'Bryan had me try my first cleanse, and I was fascinated by these other ways to explore health. That experience showed me chiropractic was never just about the spine, it's about whole-body prevention. That's what pulled me away from a "treat the disease" mindset and toward helping people optimize their health before something goes wrong.

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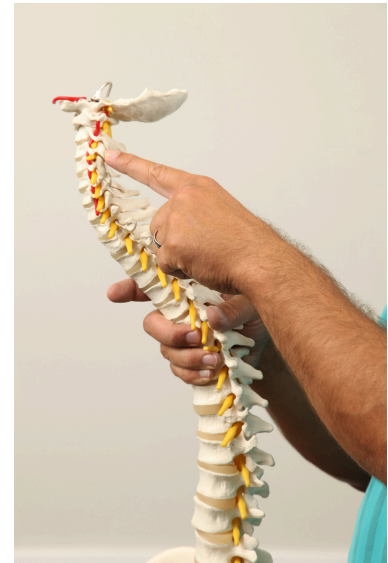
## Meet Dr. Lauren Aklinski: Village Medicine's First Chiropractor

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**Q: For someone who's never been to a chiropractor, or might be a little nervous about it, what actually is a chiropractic adjustment?**

Chiropractic adjusting is a form of physical medicine that primarily treats joints, the space where two bones connect, most often in the spine but also in extremities like knees, shoulders, and wrists. They also affect soft tissues like muscles (aiding muscle pain and tension) and the way the nervous system communicates (helping to alleviate pain and improve balance). We're still learning, since new information continues to emerge from chiropractic research.

Whether a patient comes in to see me for pain, limited mobility, or even to improve their posture, I go through a careful assessment to identify which joints are irritated (or not moving properly) prior to doing any adjustment. Those joints can be part of an abnormal movement pattern that either influences, or results from, injury or symptoms like stiffness, tension, and pain. A chiropractic adjustment, or joint manipulation, is a carefully and specifically-directed thrust, movement, or pressure, into a joint using my hands in order to correct its motion or position. For patients that need or want something more subtle, it can also be done using an instrument adjusting tool like an Activator, or by placing wedges called pelvic blocks under the hips.



Manual, hands-on adjustments can produce a "pop" sensation or sound, which isn't a bone cracking, it's the sound of an air bubble releasing as the pressure in the joint space changes. I also use techniques that don't make the joint pop at all, like the Activator I just mentioned, or movements from the table called a "drop-table" adjustment.

**Q: What's a common misconception about chiropractic care?**

That we just "crack backs", you have to be in a lot of pain to need chiropractic, and that adjustments are scary. In reality, an adjustment doesn't just affect the joint, we're still learning about the many ways it can change the body's physiology. Not every patient is adjusted the same way or with the same type of adjustment. While there are a lot of videos online that can look dangerous, hands-on "manual" adjustments don't use excessive force, they're designed to move a joint within its normal physiologic range of motion.



Outside of a chiropractic adjustment, sometimes the most useful thing I can offer is education, exercises and stretches, or a referral to another provider. I also spend real time listening and completing a thorough physical exam before deciding on any treatment. After an exam, I always explain what type of adjustment I recommend and what to expect, so there are no surprises. I want to understand why a problem started and how it's affecting your life, not just where it hurts, and what type of treatment you'll be most comfortable with to get the best results.

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**Q: How do you describe what an adjustment actually does for the nervous system and overall well-being?**

This is where the research has moved a long way in recent years. For a long time, people pictured a "pinched nerve" getting un-pinched, or a "bone out of place" getting put back "in place" after an adjustment, and we've since learned that's not quite how it works. Chiropractic researchers like Dr. Heidi Haavik are instead discovering that chiropractic adjustments influence something called neuroplasticity within our nervous system. I'll address this more in detail in the next question for those that are interested in the science behind chiropractic.

An adjustment actually has several different effects on the body: it restores normal motion to a joint that's gotten stuck; it improves overall alignment and balance so that forces get distributed evenly through your body instead of wearing down one area; and neurologically, it sharpens a sense called proprioception and the two-way signaling between your spine and brain. All of these effects are important for pain and mobility, and for helping your whole musculoskeletal system function the way it's supposed to.

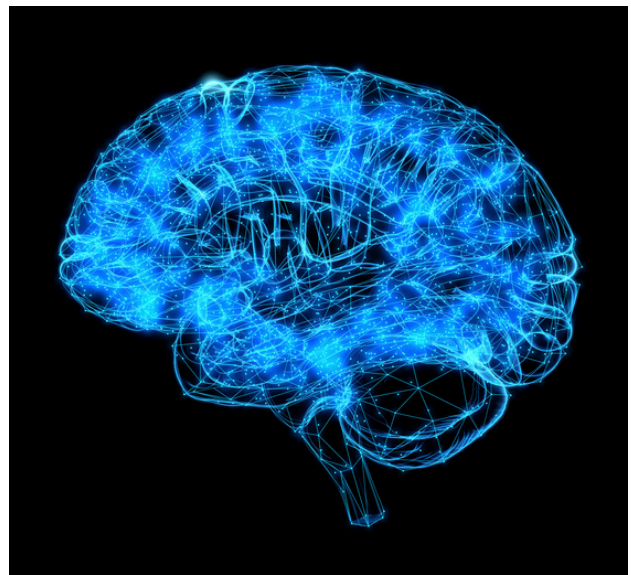
**Q: Can we nerd out on proprioception and neuroplasticity for another second?**

Let's look at the normal feedback loop between your brain and spine, so we can better understand what happens when things go awry. We know that your brain normally sends signals downstream telling your spine to move or stabilize, while thousands of tiny sensors in your spinal joints and muscles, called proprioceptors, send signals back up, reporting position, movement, and load. That upstream information is how your brain knows where your spine is in space (called proprioception).

When the small joints between your vertebrae (called facet joints) get stiff or stop moving normally (what chiropractors call a joint motion dysfunction or subluxation) those upstream signals become less accurate. Over time, the brain starts misreading or amplifying sensory signals, which can show up as pain, stiffness, muscle guarding, or a general sense of being less coordinated (a pattern researchers call mechanical hypersensitivity). A chiropractic adjustment is a precise stretch to that facet joint, which restimulates those sensors and restores clearer, more accurate signaling to the brain.

Every movement, every injury, and every experience shapes how your nervous system functions. Research suggests chiropractic adjustments may influence neuroplasticity by improving the quality of sensory information traveling from the spine to the brain. Neuroplasticity is the process of your brain constantly adapting. Better information gives the brain the opportunity to build a more accurate "map" of the body, which may contribute to improved movement, coordination, and pain regulation. Scientists are still learning exactly how these changes translate into long-term clinical benefits, but the evidence that spinal manipulation affects brain function keeps growing.

Neuroplasticity can work against you if those adaptations go the wrong way, or, once accurate signaling is restored, work for you, and we're learning chiropractic plays a role in tipping that balance in the right direction.



## Meet Dr. Lauren Aklinski: Village Medicine's First Chiropractor

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### **Q: What conditions do you treat, and how do you know when it's time to see a chiropractor?**

It's not just about back pain, though that's certainly common, especially the tech neck, shoulder tension, and posture concerns I see from Seattle's desk- and device-heavy lifestyle. I also treat headaches, TMJ, and injuries from car or work accidents, along with the general aches that build up over years of sitting. Beyond that, I see a lot of patients navigating big physical transitions: pregnancy and postpartum recovery, or wanting to stay strong and mobile as they age. I'm certified in the Webster Technique, a specialized approach for optimizing pelvic alignment during pregnancy, and chiropractic can also help manage pain from arthritis. And I love working with people who've "tried everything" and were told there's nothing more to do, there usually is.

As for timing, you don't have to wait until it's severe. If pain or stiffness is keeping you from gardening, sleeping comfortably, exercising, or getting down on the floor with your kids or grandkids, that's usually a sign it's worth coming in. And plenty of my patients keep seeing me even once they feel good, coming in monthly or seasonally for a preventive tune-up to stay ahead of problems before they start.

### **Q: What if I'm hypermobile?**

I often treat hypermobile patients, some who simply have naturally loose joints, others diagnosed with Ehlers-Danlos Syndrome (EDS). For these patients, I use low-force adjustments aimed at restoring proprioception and reducing pain, rather than stretching the joint further, and I'm careful never to over-adjust. Joint stabilization is usually the real key, so I'll build in stability exercises or refer out to a physical therapist who can co-treat alongside me.



### **Q: With a Master's in Human Nutrition alongside your Doctorate, how does that shape the way you approach pain, and did it influence your decision to join Village?**

I never assume that alleviating pain just boils down to a chiropractic adjustment. Everyone responds differently to chiropractic care, so I spend the first few visits simply observing what changes, and what doesn't. If symptoms don't respond enough, or they improve but keep recurring, I know something more is at play, and I start looking more broadly. I've traced plantar fasciitis and chronic low back pain back to a dairy allergy, watched hypothyroidism show up as muscle pain and tightness, and seen estrogen deficiency during perimenopause associated with frozen shoulder.

Catching those factors and seeing the whole picture can be hard to do working alone, it really takes a team. That's a big part of why I wanted to join Village: it's an integrative, collaborative setting where I can refer to and work directly with our primary care and specialist providers, so patients get care from every angle instead of just mine.

That mindset has a lot in common with our naturopathic doctors here at Village, who take a similar deep dive into how your hormones and other systems are functioning. We're both looking to understand what's actually breaking down, not just treat the symptom in front of us.

### **Q: What's one thing you wish every patient knew?**

Whether you've had pain for two weeks or twenty years, you don't have to figure it out alone. Chiropractic works with your body to relieve physical stress and help it heal and function better. I think of it as a reset: we all get off track sometimes and need support to stay well, not a magic fix that makes everything disappear in one visit. If the root cause is still there, weak hips, poor posture, whatever it is, one adjustment won't make it disappear for good, which is why we usually work together over a series of visits, a bit like working out, until the changes really take hold. My goal is to help you understand what's actually causing your symptoms, build a plan that fits your life, and get you back to doing the things you enjoy.



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*You can request to schedule with Dr. Aklinski on our website, through the patient portal, or through the front desk.*

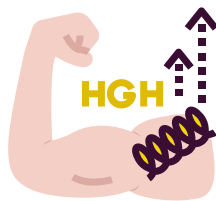
# Peptides: Boosting Your Vitality Naturally: Sermorelin & Natural Growth Hormone Support

Dr. Paul Mischyszyn, ND



When it comes to maintaining our energy, muscle strength, and overall vitality as we age, hormones play a starring role. One hormone that gets a lot of attention is **Human Growth Hormone (HGH)**. Produced by the pituitary gland (a tiny, pea-sized gland at the base of your brain), HGH is essential for cell repair, muscle growth, metabolism, and recovery.

If people are looking to support the body's vibrant aging process, some have likely heard of the peptide **Sermorelin**. Sermorelin is a bioidentical compound—meaning it perfectly matches the molecules the body already makes—designed to gently stimulate the pituitary gland to produce and release its own natural HGH.



Whether someone is currently exploring Sermorelin therapy or simply want to maximize the body's inherent potential, there are highly effective, completely natural lifestyle shifts and targeted supplements people can use to boost growth hormone levels.



Here are the top three natural ways to optimize HGH production.

## 1. Targeted Amino Acid Supplements

Amino acids are the building blocks of protein, but certain specific ones act as chemical messengers in the body. When taken strategically before a workout or right before bedtime, these amino acids can temporarily turn off somatostatin—the hormone responsible for putting the brakes on growth hormone production.

- **L-Arginine & L-Lysine:** When combined, taking 1.5 to 3 grams of these amino acids has been shown to significantly boost short-term HGH levels.
- **Glutamine:** Even small doses of this common amino acid can trigger a temporary spike in natural HGH output.
- **GABA** (Gamma-Aminobutyric Acid): GABA is a calming neurotransmitter. While it helps soothe the nervous system, supplementing with it also improves deep sleep quality, which directly translates to higher natural HGH release.

ARGININE

LYSINE

GLUTAMINE

GABA



# Sun Smart Families:

## Protecting Your Skin for a Healthier Future

By Dr. Kristina Olson-Kuyper, ND



Summer in the Pacific Northwest means beach days, backyard barbecues, hikes, and long evenings outdoors. Sunshine is wonderful for our mood and helps our bodies make vitamin D, but too much ultraviolet (UV) radiation can cause lasting damage to our skin.

The good news? Most skin cancers are preventable, and many of the habits that protect your skin start in childhood.

### Why Sun Protection Matters Early in Life: Your skin remembers every sunburn.

Research shows that UV damage accumulates over a lifetime, and even a few blistering sunburns during childhood or adolescence can significantly increase the risk of developing skin cancer later in life. A 2025 cohort study of over 44,000 people found that each additional blistering sunburn before age 15 raised melanoma risk by roughly 3% — and that risk held regardless of eye color, hair color, or other sun-sensitivity traits.

Children's skin is especially vulnerable because it is thinner and more sensitive than adult skin. Protecting your child's skin now can dramatically lower their risk of developing:

- Basal cell carcinoma (the most common skin cancer)
- Squamous cell carcinoma
- Melanoma (the deadliest form of skin cancer)

Think of sun protection like brushing teeth or wearing seat belts — a simple habit that provides lifelong benefits.



### How to Protect Your Family's Skin:

**Seek Shade:** Whenever possible, limit direct sun exposure between 10:00 AM and 4:00 PM, when UV rays are strongest.

**Wear Protective Clothing:** Clothing is one of the most effective — and lowest-toxicity — forms of sun protection, since it requires no chemical absorption at all. Consider:

- Wide-brimmed hats
- Sunglasses with UV protection
- Long-sleeved rash guards for swimming
- Lightweight UPF clothing

### Protect Babies

Both the FDA and American Academy of Pediatrics recommend keeping babies under 6 months out of direct sunlight whenever possible — their skin is thinner, absorbs more of what's applied to it, and their sweat glands aren't yet mature enough to regulate heat well. Shade, a stroller canopy, and lightweight protective clothing are the first line of defense.

If sun exposure truly can't be avoided, a small amount of a mineral sunscreen (zinc oxide or titanium dioxide) can be applied to exposed areas like the face and hands — check with your pediatrician first, since infants are more prone to skin irritation from any topical product.



## Understanding Sunscreen: Which Type Is Best?

### Mineral (Physical) Sunscreens:

- Active ingredients: Zinc oxide and titanium dioxide

How they work: Sit on top of the skin and reflect/scatter UV rays, rather than being absorbed into it.

#### Pros:

- Broad-spectrum protection against UVA and UVB rays
- Less likely to irritate sensitive skin
- Good choice for children and people with eczema
- Begin working immediately after application
- The only two sunscreen active ingredients the FDA currently recognizes as GRASE (Generally Recognized As Safe and Effective)
- Minimal to no systemic absorption
- Considered the least environmentally impactful option

#### Cons:

- May leave a white or gray cast, though newer "sheer" formulations have reduced this
- Can feel thicker or greasier
- Sometimes more expensive
- Best for: Babies, children, sensitive skin, eczema-prone skin, and anyone prioritizing a lower-toxicity option.



### Chemical Sunscreens

Common ingredients: Avobenzone, octinoxate, octisalate, oxybenzone, homosalate, octocrylene, and others.

How they work: Absorb UV rays and convert them into heat.

A note on regulatory status: the FDA has not determined these 12 chemical filters to be unsafe — but it also hasn't confirmed GRASE status for any of them. The agency has requested additional long-term safety data, largely because these ingredients are measurably absorbed into the bloodstream (well above the FDA's threshold of concern with regular use) and have been detected in breast milk, urine, and blood plasma. A 2022 National Toxicology Program study of oxybenzone in rats did not find evidence of reproductive or hormonal effects, but the European Commission's 2025 review flagged octinoxate as an endocrine-active substance warranting a concentration limit. The evidence is mixed and evolving rather than settled.

#### Pros:

- Lightweight and easy to apply
- Usually rub in clear (no white cast)
- Often more water resistant
- Popular for sports and everyday use

#### Cons:

- Can irritate sensitive skin
- Oxybenzone and octinoxate are banned in Hawaii, Key West, and several other locations due to coral reef and marine ecosystem damage
- Systemically absorbed at levels the FDA has flagged for further study
- Need to be applied about 15 minutes before sun exposure to be effective
- Best for: Older children, teens, and adults who prefer a lighter feel and don't have particular sensitivity or environmental concerns.



Bemotrizinol

Worth watching:

- In June 2026, the FDA granted GRASE status to a new chemical filter, **bemotrizinol** — the first new sunscreen active ingredient approved in the U.S. in over 20 years, and the first chemical filter ever to receive that designation. Early data show minimal systemic absorption and a favorable safety profile, with approval down to 6 months of age.



### Spray Sunscreens:

#### Pros:

- Convenient for active children
- Easy to reapply

#### Cons:

- Easy to miss spots
- Difficult to know if enough has been applied
- Should not be sprayed directly onto the face
- Avoid inhaling the spray

*Tip: Spray into your hands first and then apply.*



### Stick Sunscreens

#### Pros:

- Great for the face, ears, and nose
- Easy to carry
- Less messy

#### Cons:

- Can be difficult to apply evenly over larger areas

### What SPF Should I Choose?

For most families:

- Choose SPF 30 or higher.
- Use a broad-spectrum sunscreen that protects against both UVA and UVB rays.
- Reapply every two hours and after swimming or sweating.
- No sunscreen blocks 100% of UV rays. Sunscreen works best when combined with shade and protective clothing.



### How Much Sunscreen Should You Use?

- Most people do not apply enough.
- Adults need about one ounce (a shot-glass amount) to cover the entire body.

#### Don't forget:

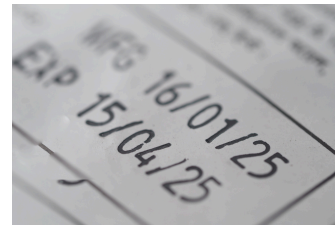
- Ears
- Lips
- Back of the neck
- Tops of feet
- Scalp & hair part
- Hands





### Check Your Sunscreen Before You Use It

Sunscreen does not last forever. Most sunscreens have an expiration date printed on the bottle, and the active ingredients can become less effective over time. Heat can also damage sunscreen. Leaving it in a hot car, beach bag, or direct sunlight for long periods can cause the ingredients to break down, even before the expiration date.



Before using sunscreen:

- Check the expiration date.
- Replace sunscreen that has expired.
- Throw it away if it has changed color, separated, become grainy, or developed an unusual smell.
- Store sunscreen in a cool, shaded place whenever possible.

Using expired or heat-damaged sunscreen may provide much less protection than the SPF listed on the bottle, increasing your risk of sunburn and long-term skin damage.



### When Should I Worry About a Mole or Spot?

Remember the ABCDEs of melanoma:

- A — Asymmetry: One half looks different from the other.
- B — Border: Edges are irregular, ragged, or blurry.
- C — Color: Multiple colors or uneven coloring.
- D — Diameter: Larger than 6 millimeters (about the size of a pencil eraser).
- E — Evolving: Any spot that is changing in size, shape, color, or symptoms.

### Schedule an appointment if you notice:

- A new mole that looks different from your other moles ("the ugly duckling")
- A sore that does not heal within several weeks
- A spot that bleeds easily
- Persistent itching, pain, or tenderness
- A rapidly growing bump
- A scaly patch that does not go away
- A mole that suddenly changes appearance

Early detection of skin cancer can be lifesaving.

### My Bottom Line

Protecting your skin isn't about avoiding the outdoors — it's about enjoying the sunshine safely so you can continue making memories in the sun for years to come.

The habits we teach our children today can help protect their skin for decades to come.

*Dr. Kristina Olson-Kuyper*



### Dr. Kristina's Favorite Sun-Safe Tips

1. Make sunscreen part of your morning routine.
2. The best sunscreen is the one you'll actually use.
3. Apply sunscreen before you head outside.
4. Reapply every two hours and after swimming or sweating.
5. Wear hats, sunglasses, and UPF clothing whenever possible.
6. Don't forget the sneaky spots: ears, lips, scalp, hands, and feet.
7. Keep a "Sun Kit" in your beach bag.
8. Teach children early that sun protection is self-care.
9. Remember that a tan is still skin damage.
10. Make skin checks a family habit.
11. Check your sunscreen every season — sunscreen expires, and heat can deactivate some of its protective ingredients.
12. When possible, reach for mineral sunscreen first — it's the best-studied, least-absorbed option, especially for kids.



## 2. Strategic Exercise and Nutrition

Daily lifestyle choices have the single largest impact on how the body regulates and releases growth hormone.

- **High-Intensity Strength Training:** Pushing muscles through intense resistance training or high-intensity aerobic exercise is one of the most powerful natural triggers for an HGH release.
- **Intermittent Fasting:** Growth hormone and insulin have an inverse relationship. When insulin is high, HGH drops. Because intermittent fasting keeps insulin levels low and stable for longer periods, studies show it can lead to a major increase in baseline HGH.
- **Reduce Your Sugar Intake:** Consuming refined sugars and simple carbohydrates causes rapid spikes in blood insulin, which directly diminishes the body's growth hormone activity. Keeping sugar in check keeps the hormone pathways clear.

## 3. Deep Sleep and Stress Management

The body doesn't release growth hormone in a steady trickle throughout the day; instead, it releases it in sudden bursts or "pulses."

- **Optimize Sleep:** The largest, most important pulse of HGH happens while we are in deep, slow-wave sleep. If someone's sleep is cut short or constantly interrupted, they miss out on this prime recovery window. Ideally we get 7 to 8 hours of high-quality sleep each night.
- **Manage Stress Levels:** Chronic stress keeps the body flooded with cortisol, often called the "stress hormone." High levels of cortisol act as a direct blocker to both HGH and testosterone production. Prioritizing mindfulness, breathwork, or winding down at night is a critical component of hormone health.



Supporting the endocrine system is all about creating the right internal environment for the body to thrive. Small, daily changes to how people eat, move, sleep, and supplement can yield profound benefits for long-term health and vitality.

If you are curious about how Sermorelin or personalized natural hormone therapies can support your energy and wellness goals, reach out to us at Village Medicine Seattle to schedule a consultation.



**A Note on Safety:** Every body is beautifully unique. Because supplements & lifestyle changes directly impact your endocrine pathways, it is always best to work alongside a medical professional. Always consult a healthcare provider before starting any new supplement regimen to ensure it aligns with your specific health profile and goals. This article is not medical advice.

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*Dr. Paul Mischczyn, ND*

# Why Smart Couples Keep Having the Same Fight

By Erin Brower, LMHC



Most couples don't come to therapy because they don't love each other. They come because they keep having the same argument over and over again. One partner says, "You never listen." The other says, "Nothing I do is ever enough." One pursues. One withdraws. One gets louder. One gets quieter. Eventually both partners become convinced that the problem is the other person. In reality, the problem is usually the cycle.

## **Your Brain Was Built for Survival, Not Relationships**

Human beings are wired to seek connection. From infancy onward, our nervous systems learn whether relationships are safe, predictable, and emotionally available.

When relationships feel threatened, our brains don't become more logical—they become more protective.

Some people pursue. They talk more, explain more, protest more, and seek reassurance.

Others withdraw. They shut down, become defensive, get quiet, or focus on solving the problem instead of feeling it.

Neither response is wrong.

Both are attempts to survive emotional pain.

The challenge is that one person's protection often becomes the other person's trigger.

The more one partner pursues, the more the other withdraws.

The more one withdraws, the more the other pursues.

Before long, the couple is fighting each other instead of fighting the cycle.





### The Story Beneath the Argument

Most couples believe they're arguing about chores, money, sex, parenting, or communication. Usually they're not.

Underneath those disagreements are deeper questions:

- Am I important to you?
- Can I rely on you?
- Do I matter?
- Am I alone?
- Am I enough?



When those questions feel threatened, our nervous systems react quickly and often automatically.

The partner who appears angry may actually be afraid.

The partner who appears detached may actually feel inadequate.

The partner who seems controlling may actually feel overwhelmed.

Learning to identify the softer emotion underneath the protective reaction is often the first step toward change.

### Why Insight Isn't Enough

Many couples understand their patterns intellectually. They can explain exactly why they react the way they do. Yet they continue repeating the cycle.

This is because relationships are governed not only by conscious thought but by neural pathways built through repetition.

The good news is that the brain remains changeable throughout life.

This concept, known as neuroplasticity, means that new relational experiences can literally create new pathways in the brain.

Every time a couple interrupts an old cycle and responds differently, they strengthen a new pattern.

Every moment of emotional attunement becomes practice.

Every repair becomes repetition.

Every vulnerable conversation becomes a chance for the nervous system to learn that connection can be safe.

### What Healthy Couples Do Differently

Research consistently shows that healthy couples are not couples who never struggle.

They are couples who know how to repair.

They are able to:

- Identify their triggers
- Recognize their negative cycle
- Validate emotions without necessarily agreeing
- Stay connected during conflict
- Take responsibility for their part
- Return after ruptures and reconnect

Most importantly, they learn to see each other as allies rather than adversaries.

Instead of asking, "Who's right?"

They begin asking, "What is happening between us?"



### The Goal Isn't Perfection

The goal of a healthy relationship is not to eliminate conflict.

The goal is to create enough emotional safety that conflict no longer feels like a threat to the relationship itself.

When couples understand attachment, emotional regulation, and the neuroscience of connection, they stop viewing themselves or their partners as broken.

Instead, they begin to recognize that many of their struggles are understandable adaptations that once helped them survive.

And once we understand a pattern, we can begin to change it.

The strongest relationships are not built by avoiding pain.

They are built by learning how to find each other again after pain inevitably occurs.

That is the work of healthy love.

*Erin Brower, LMHC*

# Medical GYM at Village Medicine

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

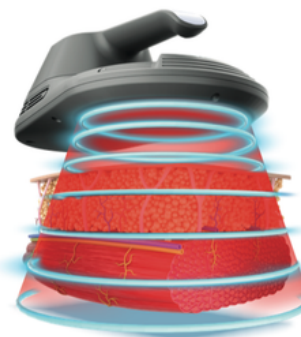
At Village, we empower our community with comprehensive and preventative healthcare solutions.

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.



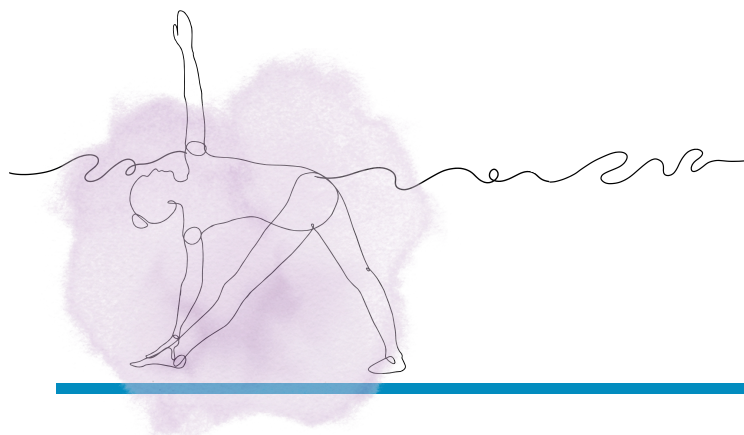
RF

HIFEM+

## 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

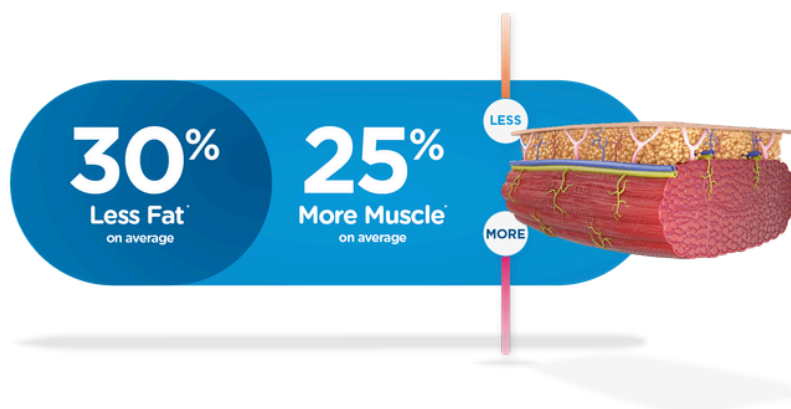
## High Intensity Focused Electro-Magnetic Pulses - for Muscle Contraction

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**

# MUSCLE - STRENGTH - STABILITY

# 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**

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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

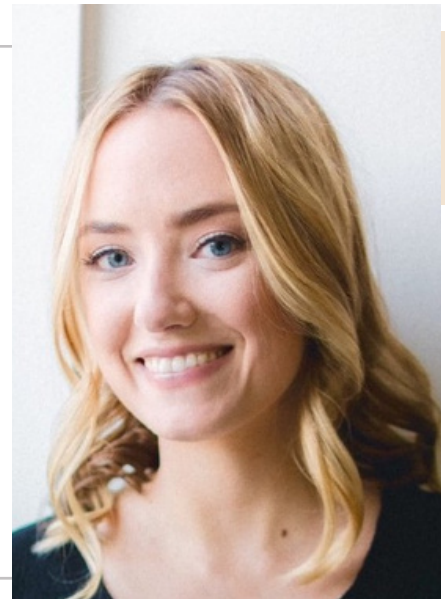
### **Chiropractic Physician**

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.

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## 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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