

January 2013

## Speaking of...Mindful Wellness

### Gentle Ways to Detox...

 Forward to a Friend

#### Special Offer



#### Special Price for a limited time!

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Mindful  
Wellness.**



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Learn even more about  
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Pack by viewing the  
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*Fine print....*

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Dear Jacky,

How many times have we heard advertisements for the New Year, New You? I don't know about you, but I kind of like the same me. Well, maybe just a few improved tweaks to me someday. People are always looking for the "magic bullet" to get there quickly. What happened to just taking it a little slow and enjoying each day. Certainly, there are some days that are better than others, but appreciate each one. Enjoy the cold, clouds, sunshine, smile. Take a little time to simply relax.

This month, you'll find ways to detoxify your air and body to keep you strong & healthy. Find more ideas to feel better by visiting my website.

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

I'm delighted to bring you so many suggestions to help you create something special for your friends and loved ones.

*Jacky*

### Gentle Ways to Detox...

When your mind is drained, your body aches and your energy levels are close to zero, it can be time to detox the body.

Imagine yourself having clearer skin, a sharper mind, revitalized energy, a stronger immune system and feeling healthy inside and out - - these are the things that you can enjoy by undergoing a detoxification program.

Detoxification basically means blood cleansing through eliminating impurities from the blood in the liver, through kidneys, lungs, intestines, lymph and skin. Finding Gentle Ways to Detox the Body will help improve your immune system and help you feel better.

#### Take the first step to Detox the Body

First, you have to reduce toxins in your body. Try to cut down on or eliminate the following: cigarettes, alcohol,

available on-line and in-store on the purchase of Castor Oil. Discount will be applied before shipping and taxes. Coupon expires February 28, 2013.

### Service of the Month



It's all about detoxifying this month. During the month of February you can add a [Castor Oil Pack](#) to your massage session for only \$6.99.

Clinical evidence now confirms that castor oil packs improve eliminations, assimilations, lymphatic circulation, and even the production of certain T-cells. If your body absorbs nutrients, eliminates wastes, filters toxins, and bolsters the immune system more effectively; you are going to be a healthier person overall. During the session, castor oil and heat are applied over the abdominal area. Often times, the addition of essential oils that could benefit your specific requirements are also added.

**Just mention this ad to request the addition of the Castor Oil Treatment for only \$6.99.**

This offer valid from February 1 - 28, 2013.

#### **Client Testimonial**

Jacky, just wanted to thank you so much for the [Purifying Essential Oil](#) blend that you added to my Castor Oil pack during my last session with you.

coffee, eating foods with saturated fats and refined sugars (cola and ketchup contain a lot). These act as toxins in your body and as a hindrance to your healing processes.

Gentler way to detox the body:

Here are gentler and safer ways to detox your body that you can try as part your routine.

### Change in eating habits to detox the body

Consider focusing on fresh fruits and vegetables instead of packaged and fast foods which are high in fats and sugar into your daily routine to maintain balanced health. Enjoy drinking healthy [Party Water](#) to help detox your body.

### Detox the Body in a Sauna

The sauna is widely used by many cultures as a regular part of detox. It is a great method of removing ([Read more Gentle Ways to Detox...](#))

### Create your own Natural Air Freshener

During the winter months, especially this year, there is a higher amount of air pollution and bacteria in the air. As we're seeing the high increase of cold and flu disease this year, I thought I'd pass along some suggestions to naturally cleanse your environment using essential oils. Essential oils are very powerful antioxidants. By using essential oils you may detoxify the cells and blood in your body helping you to feel better. The anti-viral, anti-bacterial, and antiseptic properties of essential oils, along with the negative ions and oxygenating molecules which are released when essential oils are diffused all help to reduce bacteria in the air.

Essential Oils Recommended for Air Purification:

Singles: cypress, eucalyptus, fir, grapefruit, lavender, lemon ([read my new article on lemon](#)), and rosemary.

Blends: Breathe Well, Detoxifying, Purifying and Citrus Fresh.

Experiencing the physical and psychological benefits of aromatherapy diffusion in your home is amazing and you may wish that you had started doing this much sooner.

I like to use any of these Essential Oils to improve the Indoor Air Quality. These essential oils also help with...

[Lemon](#) - Reduces Stress, Immune Stimulant

[Peppermint](#) - Mental Clarity, Settles Stomach, Curbs Appetite

[Cypress](#) - Hormonal Balance

[Lavender](#) - Emotional Balance, Skin/Hair, Reduce Stress

[Chamomile](#) - Muscle Pain, Emotional Balance, Reduce Stress

[Rosemary](#) - Mental Clarity, Boost Alertness

[Clary Sage](#) - Naturally raises estrogen & progesterone levels

[Thyme](#) - Antiviral

[Grapefruit](#) - Helps with depression, fat dissolving

It really loosened up the congestion in my chest and helped open up my breathing. After having the flu, it definitely made a profound difference quickly. The best part is I can that I can share this remedy with others.. Thank you for all you do for me and others.

Sincerely, Lynn W.

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**Bergamot** - Helps with insomnia, cold sores  
**Jasmine** - Anxiety, skin problems  
**Frankincense** - Muscle Relaxation, Cancer  
**Balsam Fir** - Fatigue, Sinus Infections  
**Breathe Well** - Relieves congestion  
**Citrus** - Enhanced cleaning  
**Detoxifying** - Soothing, calming  
**Purifying** - Nurturing

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

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