

## Speaking of...Mindful Wellness

### Upside down benefits???

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#### Essential Oil of the Month



#### Roman Chamomile

Relaxing, soothes aching muscles, calms the nerves without being a sedative (great for kids!), very gentle oil for many skin conditions, digestive problems and stress. Great skincare properties, soothing irritation and balancing the skin's functions. Its mildness, as well as its proven effectiveness makes it a universal remedy, even in baby care.

Some say that **Roman Chamomile** is better for relaxing applications and as a remedy for ailments of the body.

#### Client Testimonial:

*I am a firm believer of using essential oils in castor oil to relieve pain. I have chronic neck and shoulder pain. Sometimes, I can hardly sleep because of the pain.*

*So, I use a few drops of 2 essential oils (one for muscle pain and one for inflammation) in castor oil.*

*I use either lemongrass and roman chamomile, or I also use jasmine and lavender.*

*I use this at bedtime on my affected areas. I also benefit from the aromatherapy from the*

Dear,

Believe it or not, sometimes, feeling a little upside down can have its benefits. What does that really mean? In the craziness of life, you may feel like you're constantly living upside down, never really feeling as if you can get your feet firmly grounded to finish what you've started. Taking a few deep breaths is one way to help calm the mind and keep you grounded. But, being upside down really can provide benefits for your mind and body.

This month, in addition, to introducing **Inversion Therapy** to my practice, you'll find more ways to help calm and soothe your mind and body. Read more to find out about this new Service. Find more ideas to feel better by visiting my website.

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com). Ask me about the new service during your next appointment or send me a note on Facebook.

*Jacky*

### Help turn your upside down world right side up with Inversion Therapy...

Inversion Therapy uses gravity to relieve pressure that many normal everyday activities put on our back. This downward force helps to elongate the spine by increasing the space between the vertebrae, relieving the pressure on discs, ligaments and nerve roots. Less pressure means less back pain. Less pain is only one of the benefits of Inversion Therapy. Some of the other benefits include:

- Stretches your muscles
- Decompresses the spine
- Improves circulation
- Relieves stress
- Reduce back pain
- Helps maintain physical fitness

Let's take a closer look at how Inversion Therapy can help improve your health:

#### Stretches your Muscles

Combined with a therapeutic massage or simply inverting without a massage, Inversion Therapy helps to stretch tight, overworked muscles. Gravity and your body's natural weight are used to create a downward force - a natural form of traction on your back.



essential oils throughout the night. When I get up in the morning, I feel like a new person. I am not stiff and the pain is usually completely gone. Also, when I injured my knee, I used the essential oils in castor oil on my knee. It made a big difference in being able to walk almost pain free.

### Service of the Month



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This month it's all about turning things upside-right in an upside-down world.

Although, with this new therapy, you may find yourself temporarily upside down. Inversion Therapy uses gravity to relieve pressure that many normal everyday activities put on our back. Gravity and your body's natural weight are used to create a downward force - a natural form of traction on your back. This helps to elongate the spine by increasing the space between the vertebrae, relieving the pressure on discs, ligaments and nerve roots. Less pressure means less back pain. Less pain is only one of the benefits on inversion therapy some of the other benefits include: Stretches your muscles, improves circulation, relieves stress, and reduces back pain.

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### Improves Circulation

In essence, your lymph system is stimulated while inverted. This helps to allow the lymph glands to start or increase the release of toxic waste stored in your system. Allowing this waste to be eliminated through improved circulation will help you feel more energetic and healthy.

### Relieves Stress

We all know about the harmful effects stress causes on our bodies such as tense muscles, increased heart rate and headaches. Inversion Therapy helps you relieve stress by stretching your muscles and giving your body a chance to slow down even if it's only for a few minutes.

### Reduce Back Pain

Although there are many causes of back pain such as everyday activities, actions that are too strenuous for your physical level, or poor posture, Inversion Therapy has been shown to provide temporary pain relief. As you're inverted, gravity helps relieve pressure on your nerves and spinal discs to temporarily reduce back pain.

### Helps maintain physical fitness

Workouts are beneficial for overall health, but continued impact can cause some form of compression on the spine. Continued intense muscle activities can also create a build up of lactic acid, which can cause tension in the muscles. Athletes prone to this type of discomfort can use Inversion Therapy for relief from stiffness or muscle spasms after a workout. Inverting the body helps flush the lactic acid from the muscle while stretching it at the same time.

If you're unsure if you're a candidate for Inversion Therapy [click here](#) for Cautions and Considerations.

Improve your well being through the use of Inversion Therapy, you'll see how much better your mind and body feel!

Comments, suggestions or questions are always welcome.

[Here's to Healthy Habits,](#)

*Jacky*

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