

Speaking of...Mindful Wellness Finding Balance...

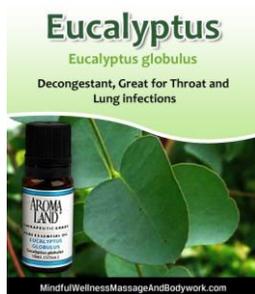
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Essential Oil of the Month



- Decongestant
- Great for Throat and Lung Infections

Eucalyptus is used for its support of the respiratory system, and it is a popular ingredient for cough and throat medicine and chest ointments.

Dear Jacky,

This month is all about creating "Balance." This can mean many things to different people. I know there are days when I need to create physical balance and other days I need to create emotional balance. In this issue you'll find stretching exercises to help you balance your body and essential oils to aid in creating emotional balance. Heck, there are days when I need both...

Learn more about the essential oils to help with balance offered and benefits of using the oils by visiting my website.

www.MindfulWellnessMassageandBodywork.com.

Thank you to many of my clients who have given testimonials about your essential oil home use. Are you having a problem or need a solution? Ask me which essential oil can help during your next appointment or send me a note on Facebook.

Jacky

Finding Balance in your Life

For older adults and seniors who want to stay healthy and independent, the [National Institutes of Health](http://www.nih.gov) (NIH) recommend four types of exercises:

- **Strength exercises** build older adult muscles and increase your metabolism, which helps to keep your weight and blood sugar in check.
- **Balance exercises** build leg muscles, and this helps to prevent falls. According to the NIH, U.S. hospitals have 300,000 admissions for broken hips each year, many of them seniors, and falling is often the cause of those fractures. If you are an older adult, balance exercises will help you avoid problems as you get older. And if you are a senior, **balance exercises** can help you stay independent by helping you avoid the disabilities that could result from falling.

Traditional folk medicine has used its cooling effect to ease feverish conditions. There is another historic reason why Eucalyptus is also commonly called "Fever tree." When the British colonists came to Australia, they found that planting Eucalyptus groves helped to keep insects and thereby contagious diseases at bay. Being highly water-hungry plants, the Eucalyptus trees also aided in drying out waterlogged, marshy soils, turning them into arable land, and reducing the breeding grounds for mosquitoes.

Therapeutic Uses:

- Asthma, Breathing and Bronchitis, Congestion, Coughing, Respiratory Issues - create a natural decongestant by diffusing several drops of Eucalyptus into the air.
- For those days when I've been talking way too much, I dilute 2 drops of Eucalyptus with a little Castor Oil and rub it on my throat.
- Are you suffering from a fever? Rub 3 - 4 drops of Eucalyptus Essential Oil on your chest or spine.
- This is one essential oil that's great for throat or lung infections. Try diluting with Castor oil to reap even more benefits.

- [Stretching exercises](#) can give you more freedom of movement, which will allow you to be more active during your senior years. [Stretching exercises](#) alone will not improve your endurance or strength.
- [Endurance exercises](#) are any activity-walking, jogging, swimming, biking, even raking leaves-that increases your heart rate and breathing for an extended period of time. Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time.

Source Ask.com

[Click here: 8 Exercises for Better Balance | SparkPeople](#)

Even more information: [Click here: Slide show: Balance exercises - MayoClinic.com](#)

Special Paraffin Bath Treatment

Try the Service of the Month...
The Paraffin Bath Treatment...for a low price!

This coupon entitles the holder to a special price for **The Paraffin Bath Treatment** added to your massage.

Low price of \$7.99!
Bring coupon with you at time of redemption.

Offer Expires: June 30, 2013

Essential Oils to help Balance your Life

Essential Oils that can help Balance your Life...

The natural properties found in essential oils produce an uplifting and soothing effect on emotions and the mind. Their properties can have an effect on emotional wellness by being calming and uplifting for a wide range of emotional imbalances. Essential oils are calming to the nervous system and have the power to reach deep into the psyche and to uplift the spirit and relax the mind because they affect the limbic system of the brain.

Orange: Can help instill a positive attitude, helps to dispel moodiness and irritability, provides emotional balance, ease tension and frustration.

Bergamot: Can be relaxing, yet also uplifting. Relieves nervous depression and anxiety. Encourages release of pent-up feelings, which if not released can lead to emotional distress such as insomnia, anxiety, mood swings, and depression. Bergamot helps to impart feelings of relaxation

Service of the Month



Paraffin Bath

- Soothes tired, achy hands
- Helps with arthritis pain

Sore, aching muscles and joints get quick relief with the TherabathPRO Paraffin Hot Wax Bath. It provides one of the most effective methods of applying heat therapy and delivering fast, drug-free relief of painful arthritis, bursitis and chronic joint inflammation. Penetrating paraffin wax heat therapy relaxes sore, tired muscles, relieves stiffness and muscle spasms. In addition, hot paraffin wax therapy stimulates circulation as well as moisturizing and nourishing dry skin. It also delivers temporary relief from minor pain and softens hands and feet. The unit automatically maintains a medically prescribed temperature. The unit's inner hot wax bath tank comfortably accommodates hands, wrist, feet (up to men's size 14), ankles and elbows.

Be sure to add this Service to your next session!

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Licensed Massage Therapist Healing Touch
Certified Practitioner
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and letting go. It can also help with addictive behavior.

Chamomile: Can help to relieve any kind of nervous stress and help ease feelings of frustration and resentment. Its warm fragrance can leave you with a sense of satisfaction.

Eucalyptus: Traditionally used for decongestion and breathing, this oil can also help to give a more positive outlook and revive the spirits. It can help give relief if you are feeling "boxed in" or constricted by your personal situation and can help dispel the negative emotions connected to those situations.

Frankincense: Its most important action is to help the nervous system. Because it has the ability to both relax and revitalize. It is excellent for treating nervous exhaustion and nervous tension. It is wonderful for treating depression because it can help in uplifting the mood. It can also help when there are feelings of distraction or overwhelming thoughts.

Geranium: Helps release negative memories and eases nervous tension. It balances the emotions, lifts the spirit, and fosters peace, well-being, and hope.

Ginger: Can relieve feelings of tension, frustration, irritability and moodiness. It can help reduce appetite, especially helpful for "stress eaters" who eat as a means of dealing with difficult emotions.

Lavender: Helpful to calm and stabilize, release pent-up energy. Can also relieve feelings of hysteria and panic and ease nervous tension. May also calm nervous anxiety that results in shyness or embarrassment. It is very calming and relaxing and excellent for inducing a restful night's sleep.

Lemon: Calms, lightens moods, eases worry, and helps a mind bogged down with decisions, obstacles and burdens. May also encourage security and trust. As with other citrus oils, its crisp clean aroma is very uplifting.

Ants, Insects, Mice, Itching no more

We had a problem with ants around our cat food dishes on the floor all winter. We feed our cats in one of our bathrooms and put their dishes on the shower stall floor. We were having ants come out of the drain! Yuck!

I knew that whatever I was going to use had to be safe for my kitties, so I came up with this recipe that has worked with 100% results. Not one ant since!!

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I mixed a few drops of [peppermint](#), [rosemary](#), [tea tree](#), and [lavender](#) in a handful of castor oil. I poured this mixture into my hand and then spread it all over the opening of the shower drain. I just leave it on until it's time to clean the shower stall. Then I reapply it. That's it!

For along base boards I use this same essential oil combination (without the [castor oil](#)) in a 4 ounce bottle to keep the ants away. 10 drops each.

I use this same formula when outside in the garden. We get those biting deer flies. Peppermint is an awesome oil to repel bugs.

Summer is a time for being outside exposed to the sun, bugs & poison ivy. I have heard of great success using the following recipe for those who have been in poison ivy.

[Poison Ivy/Bug Bite Remedy](#)

5 drops lavender
3 drops [Roman chamomile](#)
1 drop [geranium](#)

Combine three drops of this blend with one teaspoon of jojoba and apply externally as needed.

Itching: Apply a drop of peppermint oil topically on unbroken skin to stop itching.

[Keeping Insects Out of the Pantry](#)

If you're not thrilled about ants, and mouse droppings in your food pantry try using Peppermint essential oil!

Here's how to do it...

Put 3 - 6 drops of your peppermint essential oil on a cotton ball, place it in a corner on the shelf of the cabinet.

If you have a large walk-in pantry you will want to use several drops and/or more cotton balls.

Reapply the peppermint when necessary.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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