

MINDFUL  WELLNESS

*massage & bodywork* L.L.C.

HOLISTICALLY CENTERED...ON YOU.

November 2013

## Speaking of...Mindful Wellness

### What is Medical Thermography?

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**Essential Oil of the Month**

**Cypress....**

Purifying, warming, supports eliminating excessive fluids, concentration enhancing, reviving, restorative comforting

Dear Jacky,

I've had a very exciting few weeks learning about a new and valuable venture I'm launching. How many of you have every heard about Medical Thermography? This month I'll introduce you to the benefits Medical Thermography can add to your health and wellness.

I'll also re-introduce you to a therapy I've been incorporating for years - Aromatherapy. I'm always excited to add healing treatments to your sessions to help keep you on the road to wellness. More details can be found by visiting my website [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Having a problem or need assistance to feel better? Please ask me during a session or send me a note via e-mail or Facebook. I may be able to provide a simple solution using essential oils, Body Brushing or using Guided Imagery.

*Jacky*

### **What in the world is Medical Thermography?**

I'm very excited to share information to help you along your wellness journey. October, as many of you are aware, was Breast Cancer awareness month. Medical Thermography can be a great addition to your breast health.

### **What is Thermography?**

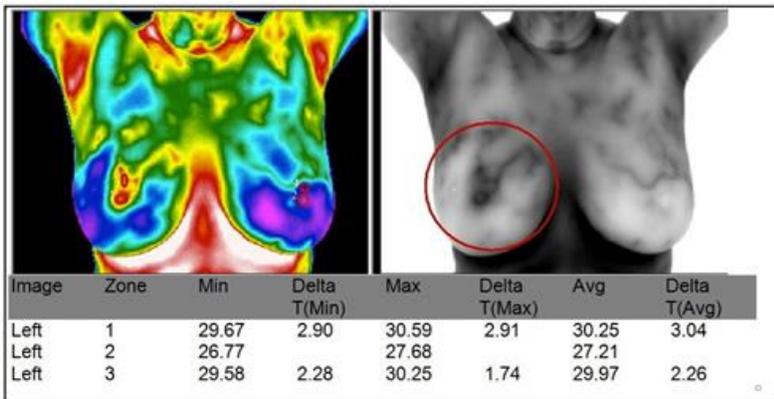
Thermography is a radiation-free, state-of-the-art

and protective. A great oil for times of grief and difficult transitions. Soothing and positive. Sweet, balsamic and spicy. This is a very pleasant Evergreen aroma, smoky, woody, dry and slightly nutty. How to use Cypress Essential Oil...

- Blend with Rose Essential Oil for a blend that assists in grieving and outgrowing sadness, and use in a diffuser.
- Use as a massage blend - add 9 drops to Jojoba.
- Dilute in your bath to help with arthritis, asthma, cellulite, heavy menstrual flow, and relief from menopause symptoms.
- Add to 1 ounce unscented body lotion to help with varicose veins, sweaty feet, rheumatism, and cellulite.
- Helps clear oily skin and congested acne prone skin. Add a drop to jojoba which acts as a natural moisturizer.
- Add to a footbath, it will help control perspiration with its astringent and deodorant

screening procedure that uses heat detection to locate areas of temperature differences in the body. Most pathological processes demonstrate a form of increased heat, and some neurological processes show excessive cold, or hypothermia. Breast disease can be detected by looking for areas of excessive or increasing heat that may indicate areas of angiogenesis, or increase of blood vessels supplied by a growing tumor.

Thermography has been used for breast cancer detection since 1956. It was cleared by the FDA in 1982 as an adjunctive procedure for breast cancer screening. There are over 800 published studies in peer-reviewed journals about thermography of the breast alone. Most of these articles show the success rate of breast thermography greater than 90%. A 2008 study at the New York Presbyterian Hospital in Cornell was published in the American Journal of Surgery showing a 97% sensitivity.



Thermography is used for general breast health assessment. As toxins and excessive hormones create increased heat in the breast, monitoring of these heat patterns is an excellent way to promote wellness and see the response to various health approaches and treatments.

But, please don't think this is only to help improve your breast health. Thermography can be used to see heat sources throughout your body.

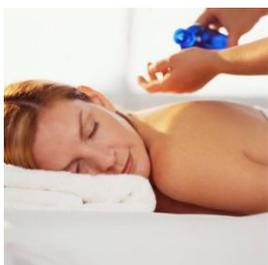
Click on the link to view the very informative [video about Medical Thermography by Christine Northrup](#).

It's important for you to do a monthly breast exam. [Click here to print a handy "How To" guide](#).

- properties.
- Use diluted on a cold compress, it is very effective for a nosebleed.
- Cypress helps to calm the mind and dispel anger. When you're agitated add a few drops to your diffuser.

[Click to read more...](#)

### Service of the Month



#### Aromatherapy Treatment

Aromatherapy can be defined as using naturally extracted essential oils from plants to balance, harmonize and promote the health of body, mind and spirit. Essential oils are volatile, highly concentrated plant extracts derived from leaves, bark, roots, seeds, resins and flowers. Holistically speaking, aromatherapy can be used as both a preventative approach as well as an active treatment during acute and chronic stages of illness or "dis"-ease. In an aromatherapy session, the essential oils can either be



### Call for your Medical Thermography Appointment Today

Call or e-mail me with any questions you may have about Medical Thermography. You can also [view additional information by clicking here...](#) You'll find many of your questions may already be answered.

#### *Cold Massage to firm Breast*

1 Paper Cup filled with water, place in freezer until water is frozen.

Massage breasts with ice while taking a warm bath. Take the frozen cup and tear off the top so you have a nice paper wrap around the ice. Continue massaging your breast with the ice. If the ice feels too cold, you can splash your breast with cold water. After you're finished with the ice treatment, create your own massage using jojoba and 2 drops of [Cypress Essential Oil](#). The combination of the essential oil massage and the ice treatment will help lift and firm your breast. An extra bonus for those of you who want your breasts to appear larger.

#### **BREAST TONING MASSAGE OIL**

- [Geranium](#) - 8 drops
- [Lemongrass](#) - 10 drops
- [Clary-sage](#) - 5 drops
- Add to 1 - 2 ounces of [jojoba](#) and massage in a small amount as needed.

*This recipe is great to soothe sore breasts...*

#### **SORE BREAST SOOTHING MASSAGE OIL**

- [Chamomile Roman](#) - 10 drops
- [Geranium](#)- 5 drops
- [Lavender](#) - 10 drops
- Add to 1 - 2 ounces of [jojoba](#) and gently massage in a small amount as needed.

diffused into the air or they can be mixed with a carrier oil like jojoba to be massaged into the skin. Aromatherapy should not be confused with fragrances or perfume oils. Fragrances are often made from chemicals and lack the therapeutic properties of essential oils.

[Click to read more benefits of aromatherapy.](#)

### *Release "Locked up Anger"*

This wonderful blend helps release locked up anger...

- 4 Drops [Lavender Essential Oil](#)
- 3 Drops [Geranium Essential Oil](#)
- 3 Drops [Rosewood Essential Oil](#)
- 3 Drops [Rosemary Essential Oil](#)
- 2 Drops [Tangerine Essential Oil](#)
- 2 Drops [Clary Sage](#)
- 1 Drop [Roman Chamomile](#)
- 1 oz [Jojoba](#)

Mix essential oils with a carrier oil like Jojoba or [Castor Oil](#). Apply to back of neck, wrist, and heart.

### *Common Cold*

- Combine with 2 tablespoons [Jojoba](#) or [Castor Oil](#)
- 2 drops [Tea Tree Essential Oil](#)
- 1 drop [Lemon Essential Oil](#)
- 2 drops [Eucalyptus Essential Oil](#)
- 2 drops [Oregano Essential Oil](#)

Massage a little of the blend on neck and chest.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

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