

February 2014

## Speaking of...Mindful Wellness

### Balance your Hormones and Reduce Your Risk of Breast Cancer...

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#### Essential Oil of the Month

##### Clary Sage....

Enhances one's ability to dream and is very calming and stress relieving. Visualizing, spiritually connecting, centering.

It is great to balance extremes of emotion and restore inner tranquility.

Recent medical data indicates it naturally raises estrogen and progesterone levels.

Mellow, warm, herbaceous/ hay-like, with a musky/ amber note. Important ingredient of Eau de Cologne

Dear Jacky,

I shared with you last month how excited I am to add a new service to my practice, Medical Thermography. I've already had several new and existing clients book their first or base line Thermoscan. I hope you'll also consider this part of your wellness routine. This is a safe, no radiation, no contact alternative to mammograms. But, don't think an alternative to a mammogram is the only use for this technology. A Thermoscan also detects other concerns such as infection, early signs of tumor growth throughout your body, inflammation, and muscular disorders, so it's beneficial for both men and women.

I also want to thank Jen Beck as for her great article "Balance Your Hormones and Reduce Your Risks of Breast Cancer." Jen is absolutely correct that an ounce of prevention is better than a pound of cure. Read all about how you can help prevent cancer through a healthy diet and how results of a thermoscan can help you improve your health. 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, Thermography Scan, Body Brushing or using Guided Imagery.

Jacky

#### Balance Your Hormones and Reduce Your Risks of Breast Cancer



An ounce of prevention is better than a pound of cure. This is a phrase most of us have heard many, many times in our lives. It is especially true when it comes to breast cancer. Cancer risks have been linked directly to our lifestyle choices. Thus when we make healthier choices on a daily basis, we have the ability to decrease our risks. Although early detection is key in beating cancer

## How to use Clary Sage Essential Oil:

- For acne (yes, even adult acne), mix 10 drops of oil in small spray bottle and mist your face several times a day. Keep away from eyes.
- Diffuse 2-3 drops to keep that calming "Ahh" feeling in your room and lower anxiety.
- Hormonal imbalance - try using a hot compress over the abdomen. Use two drops each of bergamot, lavender and clary sage. Can also use this combination in your [Castor Oil pack](#) to help relieve menstrual cramps.
- Feeling exhausted place a drop of clary sage on a cotton ball and inhale. The aromatherapy benefits help calm your mind.
- Did you know? Fear can cause the blood vessels to tighten, restricting the amount of oxygen and nutrients that can reach the cells. Calm fear by diffusing clary sage or adding to a carrier oil like jojoba.

[Click to read more](#)

once we have it, it does not have much to do with preventing it.

For decades now we have been preached to about getting mammograms every year from the age of 40 to aid in early detection. However there has been very little public discussion about the potential harm in getting a mammogram each year. The National Cancer Institute of the NIH says this about it: "Radiation exposure.



Mammograms require very small doses of radiation. The risk of harm from this radiation exposure is extremely low, but repeated x-rays have the potential to cause cancer. The benefits of mammography, however, nearly always outweigh the potential harm from the radiation exposure. Nevertheless, women should talk with their health care providers about the need for each x-ray. In addition, they should always let their health care provider and the x-ray technician know if there is any possibility that they are pregnant, because radiation can harm a growing fetus."

There are other ways to look for potential damage and breast cancer without the harmful radiation that can potentially raise our risks of developing cancer like a mammogram can. Personally I would opt for having a thermography scan done that does not use radiation, but instead uses heat and looks at the vascular system. This double scan provides images read by a thermologist trained to look for regularities. If there were something of a concern I would then go to an Integrative Medicine doc to discuss my concerns, knowing that they will take more of a holistic approach.

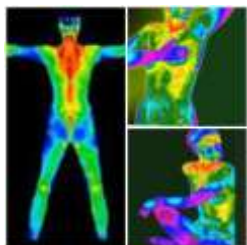
One of the most impactful things you can do to dramatically decrease your risks of cancer is to get and keep your hormones in check.

So let's talk about the small things we can do today to stabilize our hormones and decrease our risks of developing breast cancer.

Ready? First things first. We need to take a good close look at our diet. Ask yourself this:

- Is it filled with a lot of carbohydrates?
- Do you eat a lot of junk foods?
- Do you consume any Trans fats and high Fructose Corn Syrup?
- Do you eat processed vegetable oils like soybean, cottonseed, corn and canola oils?
- How many stimulants do you consume throughout the day?
- Do you eat soy?
- If you answered yes to any of these questions, it is not something to beat yourself up about. It simply means that there is room for improvement in your diet.

## Service of the Month



### Thermography

#### 10 Reasons to have a Thermoscan

1. Detect cancer early!
2. NO radiation
3. Painless - NO compression, NO contact
4. Convenient, Fast, & Easy
5. Start at 20 Years old
6. Detect areas against the chest wall and axilla that can be missed on mammogram.
7. Check lumps and positive findings found on a mammogram for heat activity
8. Follow-up as frequent as needed without risk of exposure
9. Few false positive findings, therefore less biopsies and worry
10. Because we offer them right here in West Chester, Ohio!

[Click here for more information about Thermography.](#)

There are a few keys that we need to implement in our diet to maintain the delicate balance of our hormones. [Click to find out how...](#)



Thank you Jen Beck for this wonderful article.

As a Registered Nutrition Consultant and CEO of Advanced Wellness, Jen Beck blows the lid off of healthy myths that keep you stuck on the diet and exercise rollercoaster. She turbocharges your transformation with real strategies that work for permanent, lasting weight loss and energy gain...without gimmicks, tricks or fads.

Jen is a Registered Nutrition Consultant with a certification from the School of Nutritional Sciences in California and a Certified Corporate Health Coach from the United States Wellness Chamber.

She is dedicated to helping you understand what it takes to create true health-not just the absence of sickness, but true vibrant, energetic, aliveness.

Through her work at Advanced Wellness, Jen has helped hundreds of women get off the diet roller coaster by learning how to eat for their specific Metabolic Design instead of grasping at every fad diet that comes along. Her simple and powerful system teaches busy women how to plan their food and how to implement those plans despite the roadblocks that inevitably appear. The result? Weight loss, lower risk of disease, and elimination of the need for medications--plus greatly increased energy and vitality.

Today Jen spends her time speaking, writing, developing the Advanced Wellness Coaching organization, and personally coaching a handful of clients. She is available to provide keynotes, lunch & learns as well as full-scale wellness programs for corporations.

For more information visit [www.AdvancedWellnessCoaching.com](http://www.AdvancedWellnessCoaching.com) or you can schedule your complimentary 30 minute Health Breakthrough Session by calling 513-407-5775 or emailing [jennifer@advancedwellnesscoaching.com](mailto:jennifer@advancedwellnesscoaching.com).

Save

\$10

### Off Your Thermogram

.... includes consultation and screening.

Save \$10.00 off your scan for every friend or family member that you refer. No limit to how many people you refer.

Offer Expires: March 31, 2014



## 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.

[Click Here to Purchase an Instant Massage or Thermography Gift Certificate](#)



### *Make your own hair care blend...*

Make your own hair care blend, combining [Clary Sage](#) with [Rosemary](#), [Jasmine](#), [Patchouli](#) and [Lavender](#) according to your liking. Add to unscented shampoo or conditioner (5-10 drops per 1oz. of product), or apply 1 drop to your hairbrush to rejuvenate and naturally scent hair and scalp.

### *Breast Toning Massage Oil*

- 8 Drops of [Geranium Essential Oil](#)
- 10 Drops of [Lemongrass Essential Oil](#)
- 5 Drops of [Clary-sage Essential Oil](#)

Add to 1 - 2 ounces of [jojoba](#) and massage. Only a small amount is needed. This is also great to soothe sore breasts...

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

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