

MINDFUL WELLNESS

massage & bodywork LLC

HOLISTICALLY CENTERED...ON YOU.

March 2014

## Speaking of...Mindful Wellness

### Breast Cancer Screening: Mammography vs. Thermography

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Dear Jacky,

I've been keeping very busy with the new service I've added to my practice, Medical Thermography. I've had several new and existing clients add this valuable service to their wellness routine. I hope you'll also consider this part of your wellness routine and book your Thermoscan appointment. 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've added a yummy and very good for you opportunity with [Dale Raw Foods](#). Dale is a fitness trainer and former martial artist with over 28 years experience in health and wellness. I've tried many of his raw foods, they are exceptional and very fresh. 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

## Essential Oil of the Month

### Ylang Ylang...

Da-Jung Jung, Jun-Youl Cha, Sung-Eun Kim, Il-



Gyu Ko, Yong-Seok Jee

Although the ylang ylang (YY)

aroma has been used as a general method for enhancing sedative effect, there was little report on the efficacy of YY on heart function using as measured by EKG. Therefore, identifying the effects of YY on blood pressure and heart rate is important in order to demonstrate the effectiveness of YY.

The aid of this study was to investigate the effects of YY on blood pressure and heart rate in healthy men. 29 men took part in this study. The subjects were randomly divided into 2 groups: YY group = 15 and the control group = 14. The results demonstrated that inhalation of YY significantly decreased the systolic and diastolic blood pressure. Inhalation of YY also significantly decreased the heart rate. The present results show a sedative effect of YY and this study provides some evidences for the usage of YY as a medicinal agent.

## Breast Cancer Screening: Mammography vs. Thermography

By Bruce H. Robinson, MD, FACS, MSOM (Hon)

The gold standard test for breast cancer screening in the medical clinics of Western medicine has been mammography for many years. The use of this diagnostic test, however, has always been encumbered with controversy. There have been vociferous opponents of mammography, as well as staunch proponents. It is a painful procedure that gives the patient a significant amount of radiation, which is itself carcinogenic. Adding further to the clouds hanging over mammography, there have been frequent changes made by medical prevention agencies as to when they recommend mammography should begin and how often it should be obtained. In the 1990s and in the first years of the present century, vast numbers of women in the U.S. were obtaining yearly mammography starting at age 40.

Two landmark events have occurred within the past five years that have impacted the controversy over mammography:

1. In 2009, the U.S. Preventive Services Task Force, as a result of an extensive study of the risks versus benefits of mammography, announced its new more stringent recommendations: to begin mammography at age 50, with an exam every two years, instead of every year, continuing up until age 74, then no further mammography after this age.

2. In mid-2013, the Cochrane Commission reported in the New England Journal of Medicine the results of their own highly impartial meta-analysis of the pros and cons of mammography. The Cochrane Commission is perhaps the most highly rated and most highly-respected scientific medical panel in this country, as well as throughout the world. Their study concluded that, due to recent improvements in breast cancer treatment, and the risks of false positives from mammographic breast cancer screening often leading to unnecessary treatment, they stated that "it therefore no longer seems reasonable to recommend breast cancer screening at any age."

[Click to read more about Breast Cancer Screening: Mammography vs. Thermography.](#)

## Benefits of a Stretching Program

Kim Nartker PTA Owner/Founder Stretch Physical Therapy and Total Wellness

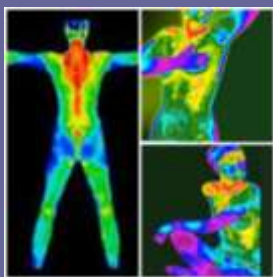
If you have experienced a massage, you can relate it to a relaxing, euphoric experience. People that receive a

This research was printed in the **Journal of Exercise Rehabilitation** 2013:9(2):250-255.

Taken from: ISHA's Aromatherapy Newsletter Offering a nationally recognized certification in clinical aromatherapy program.

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### Service of the Month



### Lymphatic Drainage

#### Strategies that Can Help Reduce Breast Inflammation:

If your thermographic image indicates that you have inflammation in an area of your breasts, what can you do about it?

Ideally, you'll want to work with an experienced integrative practitioner who can guide you and make recommendations for the most appropriate lifestyle changes, depending on your situation. For example, the following strategies may be helpful for clearing inflammation. Many, if not most of the strategies listed here also help reduce

massage frequently can see benefits that far exceed just relaxation. By adding a stretching routine to massage therapy a person can see benefits that far exceed relaxation.

Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and joint range of motion. Stretching activities are an important part of any exercise routine. They help warm the body up prior to activity thus decreasing the risk of injury as well as muscle soreness.

The benefits of stretching are many and have been proven through various studies over time. Stretching benefits people of all ages, and is intended for the young as well as the elderly population.

### The Benefits of Stretching

According to the Mayo Clinic, the top five benefits of stretching include:

- **Increased flexibility :** Flexible muscles can improve your daily performance. Flexibility tends to diminish as you get older, but you can regain and maintain it.
- **Improved circulation:** Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.
- **Better posture:** Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.
- **Stress relief:** Stretching relaxes tight, tense muscles that often accompany stress.
- **Enhanced coordination:** Maintaining the full range-of-motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.

### Proper Stretching Technique

It is essential to practice proper stretching techniques. Doing so will allow you to avoid any unnecessary injury. Tips to proper stretching technique include the following:

- **Hold each stretch for at least 30 seconds** It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds - and up to 60 seconds for a really tight muscle or problem area. That can seem like a long time, so wear a

chronic inflammation throughout your body:

- Balancing your hormone levels
- Optimizing your vitamin D levels
- Lymphatic massage
- Lymphatic drainage [Boost Your Health with Lymphatic Drainage](#) (April 1, 2006)

While you can do lymphatic massage on yourself, if you have a high-risk Thermogram, you'd be wise to see a therapist trained in lymphatic drainage.

I am trained in lymphatic drainage and have been providing this service for years. Ask me about [Lymphatic Body Brushing](#) and watch my [You Tube on Body Brushing](#).

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



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.

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watch or keep an eye on the clock to make sure you're holding your stretches long enough. For most of your muscle groups, if you hold the stretches for at least 30 seconds, you'll need to do each stretch only once.

- **Don't bounce**  
Bouncing as you stretch does not help to lengthen the muscles.
- **Focus on a pain-free stretch**  
Begin with a gentle stretch, don't push the stretch into pain. Take a deep breath in and blow it out slowing while stretching. Be sure to relax during stretching, if tension is present during a stretch it does not allow the muscle to relax.
- **Relax and breathe freely**
- Don't hold your breath while you're stretching
- **Stretch both sides**  
When you are stretching both sides pay attention to each stretch to ensure both sides have equal movement. If one side is tighter, this could be an indication that you are at risk for injury.
- **Perform stretching a minimal of 2 times per week:** PTA

Here are some basic stretches to get you started on a stretching program. By adding these to your daily activities you will be able to maintain longer benefits between massage visits. If you should have any questions about flexibility or injury prevention, you can contact Kim at Stretch Physical Therapy & Total Wellness.

Visit our website for more stretching ideas [http://stretchphysicaltherapy.com/library\\_exercise\\_62](http://stretchphysicaltherapy.com/library_exercise_62).

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[Stretch Physical Therapy & Total Wellness](#) was founded to offer solutions for clients that have pain and for those who seek more individualized treatment sessions. We provide one on one treatment with a focus on manual therapy. Our detailed evaluation is used to find the root cause of the problem. Treatment is focused on healing techniques and education to help you understand how to maintain a pain free lifestyle while enjoying all the activities you desire. We are the only Physical Therapy Clinic that offers a continuum of care after therapy to include: Zumba, Yoga, Boot Camp and Senior Fall Prevention Programs. We also offer yearly Fitness Tests that will help you focus on the correct exercises based on your health needs and our Personal Trainers have 4 year degrees. We accept most insurances. Call today for more information, 513-874-8800.

Kim Nartker, Owner of [Stretch Physical Therapy & Total Wellness](#)

I have worked in the field of Physical Therapy for 15

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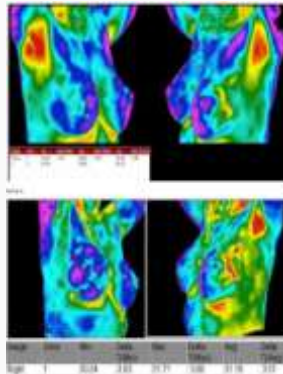
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years! Through the years patients have always said that I should open a clinic that offers a more personal approach to healing. I lost my mother 10 years ago to a massive heart attack. She struggled with weight and never found a person that would educate her on her health and how to exercise properly. I teamed up with a great Nutrition Consultant and hired a Team of employees that offer solutions not just another exercise. We pride ourselves on education to help everyone no matter how complicated the case. I am originally from Plains Ga. My family still resides in Ga. I am married and have 2 children and a new grandchild. In my spare time I enjoy training my Wheaton Terrier, boating and spending time with close friends and family. Hope to see you soon!

**Abnormal Findings warrant further clinical correlation**



PACT certified Thermologists recommend a follow up screening in 3 months, 6 months or 12 months from your baseline screening. The time frame is determined by any abnormal findings in your baseline screening, your history and your concerns. Review your report to see when you should follow up.

[Click on the image to gain a better understanding of your report.](#)

These images show us the importance of a 6 month follow up. You can see the hot spot on the left breast increased from 1.86 degrees C delta T to 3.51 in a 6 month time period. When we see abnormal findings, it's very important to follow all the recommendations in your report to best utilize this safe screening tool, Medical Thermography. When someone shows abnormal findings in the follow up screening, 1 of 3 things will happen. The abnormal findings will increase in heat (warrants further anatomical testing), the abnormal findings will stay the same (probably hormonal or toxicity in the body) or the abnormal finding will decrease in temperature (most likely, you followed the recommendations and decreased your abnormal findings).



*Ylang Ylang Tropical Spa Coconut Milk Bath*

This delectably scented bath milk is

skin-nourishing, emotionally uplifting and sensually evocative of a tropical spa.

**Ingredients:**

- 8 ounces fresh, unsweetened coconut milk \*
- 5 drops [ylang ylang essential oil](#)
- 10 drops [orange essential oil](#)

**Directions:**

1. Measure oils into coconut milk, mix thoroughly and pour into running bath.
2. Immerse yourself in your tub full of bliss!

*\* do not use sweetened condensed milk*

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\$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: April 30, 2014**

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

Jacky Groenewegen , LMT, BCTMB, HTCP, GIT, CCA  
Mindful Wellness Massage & Bodywork, LLC