



May 2014

Speaking of...Mindful Wellness

Walk the Walk to exercise and maybe lose a little weight....

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Essential Oil of the Month

Oregano....



Strong immune system supporter and great for the

Dear Jacky,

Oh boy, oh boy...this issue is a doozy. We just finished celebrating the start of summer and commemorating those who have served our country.

With the unofficial kick-off to the summer season, you'll find this issue is filled with walking tips, help to keep those pesky ants away from your picnic and ways you can spot health concerns early.

More details and wellness tips you can easily add to your routine can be found by visiting 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

Walk the Walk to exercise and maybe lose a little weight

A doctor recently told me that one of the most important things you can do for your health is to get moving. One of the simplest and inexpensive ways to do this is walking. Yes, even for people with chronic illnesses this is a wonderful way to get your blood pumping.

A lot of us live our lives like penned animals. Built to move, too often we put ourselves in a cage. We have bodies designed for racing across the savannas, but we live a lifestyle designed for migrating from the bed to the breakfast table; to the car seat; to the office chair; to the restaurant booth; to the living room couch and back to the bed.

It was not always this way. Not long ago in the United States, a man who worked on a farm did the equivalent of 15 miles of

digestive system and coughs. Very peppery and spicy, hot and temperamental. Much like the fresh culinary herb; heavy, rich and very powerful/pungent.

How to use [Oregonio Essential Oil](#)

- For cooking applications please use in Olive Oil, or make your own by blending up to 2% (18 drops per 1oz. of product) Oregonio Oil with Canola, Grapeseed or Olive Oil. Use this oil in salad dressings, sauces and savory dishes.
- Purify the air by diffusing 2 drops of Oregonio for 4 - 6 hours
- Remove ticks and chiggers mix one drop of Oregonio with one drop of water. Rub or spray on tick. The phenols in Oregonio will usually cause the tick to release.
- Treat boil or skin infection. Dilute 2 - 3 drops of Oregonio with the same amount of water and apply to the infected area 3 - 6 times per day. Note, Oregonio is a "hot" essential oil and should not be applied undiluted to the skin.
- Ease chronic pain by applying 1 - 2 drops of Oregonio on a warm compress to the area.
- Help for a sore throat. Add 1 drop of Oregonio to a 32

jogging every day; and his wife did the equivalent of 7 miles of jogging.

Today, our daily obligations of work and home keep us tied to our chairs, and if we want exercise, we have to seek it out.

In fact, health experts insist that obesity problem is probably caused at least as much by lack of physical activity as by eating too much. Hence, it is important that people need to move around.

However, that does not mean that a lap or two around the old high school track will offset a daily dose of donuts. Exercise alone is not very efficient, experts say. They contend that if you just exercise and do not change your diet, you may be able to prevent weight gain or even lose a few pounds for a while.

Nevertheless, it is not something that you are likely to sustain unless exercise is part of an overall program. The more regularly you exercise, the easier it is to maintain your weight. Here is what to do every day to make sure that you get the exercise you need.

1. Get quality Zzzs.

Make sure that you get adequate sleep. Good sleep habits are conducive to exercise, experts point out. If you feel worn out during the day, you are less likely to get much physical activity during the day.

In addition, there is evidence that people who are tired tend to eat more, using food as a substance for the rest they need.

2. Walk the walk.

It is probably the easiest exercise program of all. In fact, it may be all you ever have to do, according to some professional advices of some health experts.

Gradually build up to at least 30 minutes of brisk walking five times a week. Brisk walks themselves have health and psychological benefits that are well worth the while.

3. Walk the treadmill.

When the weather is bad, you might not feel like going outdoors. But if you have a treadmill in the television room, you can catch up on your favorite shows while you are doing your daily good turn for your weight-maintenance plan.

Most of us watch television anyway, and indoor exercise equipment enables anyone to turn a sedentary activity into a healthy walk.

4. Seize the time.

Excuses aside, lack of time is certainly a limiting factor in most lifestyles. That is why health experts suggest a basic guideline for

oz glass of water and drink. Or, rub 1 drop of diluted Oregano to your throat.

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

Service of the Month



Aqua Chi

Aqua Chi Footbath, as believed in Reflexology, each of your feet is actually a channel, or conduit, through which your body attempts to cleanse itself of toxic wastes and heavy metals that build up in many parts of your body. The detox water footbath uses brass and stainless steel electrodes to cleanse, balance and enhance your bio-energy. This energy is the electro-magnetic force stored within the body and utilized by our cells. Chinese medicine refers to this energy as the "chi."

Common Uses

- * To increase both physical and mental energy, vitality, and stamina
- * To purge or detoxify the body of toxins, chemicals

incorporating exercise into your schedule.

Get as much exercise as you can that feels good without letting it interfere with your work or family life. If you need to, remind yourself that you are preventing many health problems when you prevent weight gain; and keeping your health is a gift to your family as well as yourself.

How to avoid Breast Cancer



1. Don't wait for 'something' to show up on a Mammogram.
2. It is more than likely that, unless you live on a different planet, realize that you have become toxic.
3. Our bodies mirror our toxic world.
4. Toxicity has changed the normal cell environment.
5. You must restore the cell environment to normal.

By addressing these five areas, you can increase your chances of avoiding Breast Cancer. The Cancer rate is a measure of toxicity affecting us in our modern world. Since the industrial revolution began exposing the population to new and non-biodegradable toxins, poisons, and contaminants, we have been visited by an epidemic of new diseases. These modern diseases all share a unique and identifying common characteristic. At the onset of these cellular malfunctions, there is no fever. This failure to produce a fever is the cardinal sign of poisoning.

We have witnessed the failure of medicine in correcting these conditions. Medicines are themselves poisonous and toxic. It is simply not possible to cure a disease that is being caused by one poison by adding another. For over a century, as the research identifies, we have failed to correctly diagnose the cause of these conditions.

We have entered a new realm of health care in which the primary focus is detoxification and restoration. Cancer is not a disease in the classical sense, not an infection, but rather is the correct cellular adaptation to an altered, acidic, de-oxygenated environment. Cancer cells are where cancer cells are, for the same reason that the goose is in the cornfield, the mice is in the grain, the bee is in the flower, and the rat is in the dump; their food is there.

All of life can be understood in observing how Nature sets her table and invites her guests to dine. If we wish to un-invite cancer cells from our bodies, it is necessary to remove the food that only the cancer cell is metabolically-equipped to consume. We must stop thinking about cancer as a cellular 'mutiny against reason' and adopt the perspective that cancer is indeed correct.

If one wishes to avoid the 'curse' of cancer, the most-needed component is awareness. It is absolutely critical to know the status of the cellular environment. The most-accurate and safest way to learn how the body is adapting to our modern toxic environment is to take the temperature. Because as the cells

radiation, pollution, synthetics, and other foreign material that have clogged up the body's systems of elimination.



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513-382-3132

Jacky Groenewegen
Licensed Massage Therapist, Certified
Thermographic Technician,
Healing Touch Certified Practitioner
Guided Imagery Therapist
Certified Clinical Aromatherapist
Board Certified in Therapeutic Massage
& Bodywork
[e-mail Jacky](#)

513-497-0689
Jennifer Concannon
Marketing and Customer Relations
Manager
[e-mail Jen](#)

begin to transform from a metabolic process by which they consume their food with oxygen to the altered process by which they consume their food without oxygen, they signal that metabolic transformation by an increase in heat.

Using modern methods of temperature-taking, it is possible to observe, measure, and monitor, the body's adaptation to its toxic load. The cause of modern epidemics is toxicity. Cancer is but a name given to the adaptation that is claiming lives at an alarming rate. To properly address the cause of this condition, it is necessary to monitor the increasing temperatures that signal the change in cellular respiration from aerobic to anaerobic.

In a tremendous breakthrough in the case of Breast Cancer, the process of cancer can be seen as it begins. This point of detection can be a decade before the process is mature enough to have produced 'something' that shows up on a Mammogram. Science has not yet developed this early detection for other organs, but the fact that the breast has such a rich blood and lymph supply and is so easily imaged, means that the cancer signaling process can most often be clearly observed. By taking the temperature of the breast with modern infrared imaging equipment, it is now possible for women and men to know how their body is responding to the toxicity of our modern environment.

Assigning a known value to the cellular adaptation to toxicity, enables people to address the conditions that drive the cellular environment and allows them to avoid the curse of cancer. This is done by altering and controlling their lifestyle. It is possible to know your cancer risk and lower that risk.

In addition, Thermography, or 'heat writing' is sensitive to the difference between the 'normal' lump, bump, cyst, fibroid, or calcification of detoxification and the further adaptation of cancer. Many breasts are saved due to this wonderful breakthrough. This early detection therapy is safe for everyone. There is no touching, no compression, no contact. The images are recorded from six feet away. There is no radiation and no danger.

To take the first step in avoiding Cancer or for more information, see [my web page](#) or you may contact Breast Thermography International. The website is: www.btiscan.com

By Dr. Anthony Piana

Ants of my...

Turn ants away with this mixture.

Add to a [spray bottle](#)

- 1/4 cup water
- 1/4 cup carrier oil like [Jojoba](#) (to keep the water from evaporating)
- 20 drops of [Peppermint](#) or [Lemongrass](#) Essential Oil

Spray area infected with ants. Or, if you see ants in your kitchen

wipe down your counter tops with water and Peppermint.

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\$10

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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