


Speaking of...Mindful Wellness Mammography vs Thermography Screenings....

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Essential Oil of the Month

Lemon....



The effect of lemon inhalation aromatherapy on nausea and vomiting of pregnancy: a

Dear Jacky,

I am always excited to introduce you to new and cutting edge holistic options for your overall wellness health. Well, this month you'll see a nice comparison showing how Thermography stacks up side by side to traditional testing methods. I'll also re-introduce you to Aqua Chi. There have been many recent studies showing the health benefits you can receive from an Aqua Chi Detox Foot bath.

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

Mammography vs Thermography Screenings

Thermography advocates have long supported a collaborative approach. The American College of Clinical Thermography describes thermography as "an adjunct to the appropriate use of mammography," not a competitor. The ACCT website states, "thermography has the ability to identify patients at the highest risk and actually increase the effective usage of mammographic imaging procedures." Thermography has the ability to pick up thermal findings, changes in the skin that are due to early breast cancer, that can be found years before it's visible on a mammogram. Women under age 50 have denser breast tissue, which makes it more difficult for mammograms to detect abnormalities. Breast cancers are particularly aggressive and grow significantly faster in younger women.

CHECK OUT HOW THEY COMPARE:

**double-blinded,
randomized,
controlled clinical trial**

**Taken from the June
2014 ISHA newsletter.**

Abstract

BACKGROUND:

Nausea and vomiting of pregnancy are amongst the most common complaints that effects on both the physical and mental conditions of the pregnant women. Due to the increasing tendency of women to use herbal medications during pregnancy, the effect of lemon inhalation aromatherapy on nausea and vomiting of pregnancy was investigated in this study.

OBJECTIVES:

The aim of this study was to determine the effect of lemon inhalation aromatherapy on nausea and vomiting during pregnancy.

**MATERIALS AND
METHODS:**

This was a randomized clinical trial in which 100 pregnant women with nausea and vomiting who had eligibility criteria were randomly divided into intervention and control groups based on four- and six-random block sampling method. Lemon essential oil and placebo were given to the intervention and control groups, respectively, to inhale it as soon as they felt nausea. The nausea, vomiting, and retch intensity were investigated 24 hours before and during the four days of treatment

MAMMOGRAPHY	THERMOGRAPHY
Uses x-rays to produce an image of the breast. Areas with abnormalities need to be dense enough to be seen. However, if too dense, interpretation may be difficult.	Uses infrared imaging technology to detect heat and vascular activity. Heat is compiled into a computerized image for analysis.
Focuses on structural imaging and has the ability to locate an area of suspicious tissue.	Focuses on physiologic changes, changes in temperatures and vascular activity that could indicate abnormal activity in an area of the breast.
Early detection method, when breast tissue abnormality becomes evident.	Early detection method, when abnormal vascular patterns and temperature changes are detected, generally much earlier than tissue abnormality is visible.
Cannot diagnose cancer. Can detect some tumors in the pre-invasive stage.	Cannot diagnose cancer. May provide the first signal that changes are occurring in the breast tissue.
For most women with private insurance, annual mammography screenings are covered without copayments or deductibles, but it's important to contact the mammogram facility and your insurance carrier to confirm insurance coverage. Also, Medicare pays for annual screening for all female beneficiaries who are age 40 or older.	Generally not covered by health insurance plans. Some plans may offer some out-of network coverage, but you should check with your plan administrator first. Thermography screenings are eligible expenses for health care flexible spending accounts and Health Savings Accounts. The cost of breast thermography screening averages \$250.

About AquaChi Detox Foot Bath

Imagine a treatment where there are no pills, no drugs and no pain. Imagine a treatment that uses an energy so natural it doesn't cause side effects. Imagine a treatment that uses a living energy, life force energy,

by means of PUQE-24 (24-hour Pregnancy Unique Quantification of Emesis).
RESULTS:

There was a statistically significant difference between the two groups in the mean scores of nausea and vomiting on the second and fourth days ($P = 0.017$ and $P = 0.039$, respectively). The means of nausea and vomiting intensity in the second and fourth days in the intervention group were significantly lower than the control group. In addition, in intragroup comparison with ANOVA with repeated measures, the nausea and vomiting mean in the five intervals, showed a statistically significant difference in each group ($P < 0.001$ and $P = 0.049$, respectively).

CONCLUSIONS:

Lemon scent can be effective in reducing nausea and vomiting of pregnancy.

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

Service of the Month



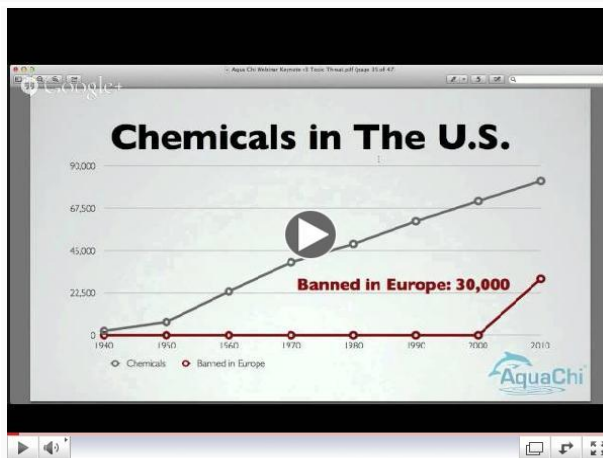
Aqua Chi

Aqua Chi Footbath, as believed in Reflexology, each of your feet is actually

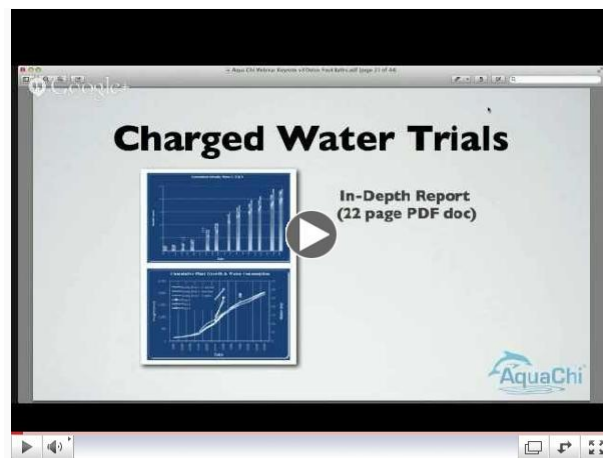
an energy described by the ancient Chinese as Chi.

The knowledge of the treatment of Chi has been around since the beginning of medicine yet has never really been understood until more recent times. This treatment we have termed as Aqua-Chi. Aqua meaning water and Chi meaning living energy or life force.

[Click to learn more about the benefits of Aqua Chi.](#)



Getting Clear of Toxins



About Detox Foot Baths

Sunscreen & Bug Spray...

Keep bugs away and protect your skin from sun with this mixture.

Add to a [spray bottle](#)

- 25 drops [Lemongrass Essential Oil](#)
- 25 drops [Citronella Essential Oil](#)
- 30 drops [Tea Tree Essential Oil](#)
- 30 drops [Peppermint Essential Oil](#)
- 30 drops [Myrrh Essential Oil](#)
- 4 ounces [Jojoba](#)

Shake together.

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



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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

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