

MINDFUL  WELLNESS

massage & bodywork L.L.C.
HOLISTICALLY CENTERED...ON YOU.

September 2014

Speaking of...Mindful Wellness

Experience Healing...

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Essential Oil of the Month

Cypress....



Purifying, warming,

Dear Jacky,

How do you experience healing? One technique I frequently use is Healing Touch. I not only help my clients during a massage session but I'm happy to share techniques you can do in the comfort of your own home. I feel very strongly that Healing Touch helps to promote wellness, a compassionate energy and a more balanced state of being.

It's not too early to start thinking about breast health. During the month of October, Breast Health Awareness Month, I'm sharing a special discount. You can read and watch a video about the benefits of using thermography for your breast health.

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, a Thermography Scan, Body Brushing or using Guided Imagery.

Jacky

Experience Healing Touch for Your Health and Healing

What is Healing Touch?

Healing Touch is a compassionate energy therapy in which practitioners use their hands in a heart-centered and intentional way to support and facilitate your physical, emotional, mental and spiritual health and self-healing.

supports eliminating excessive fluids, concentration enhancing, reviving, restorative, comforting 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 1 ounce to an 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.

Healing Touch uses gentle, light or near-body touch to clear, balance, energize and support the human energy system in an effort to promote healing for the whole person: mind, body, spirit.



Healing Touch is a complementary, integrative energy therapy that can be used in conjunction with traditional therapies.

The goal of Healing Touch is to restore harmony and balance in the human energy system thus creating an optimal environment for the body's innate tendency for healing to occur.

What can you expect?

Healing Touch facilitates a deep sense of calm and relaxation as well as overall and specific responses for body-mind-spirit healing. You may feel nurtured and energized.

A Healing Touch session can be given anywhere, from a chair in a client's home to the bed in a hospital room.

The session is typically administered....

[Click here to read the rest of the article...](#)

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Healing Touch Self-Chakra



Self Chakra Connection

The Chakra Connection is a full body balancing technique that facilitates movement of energy from

- Add to a footbath, it will help control perspiration with its astringent and deodorant 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 about more benefits of Cypress Essential Oil...](#)

Service of the Month

Healing Touch Treatment

Healing Touch is an energy therapy done by trained practitioners, like myself, which helps to balance the mind, body and soul. It involves using the hands in a heart-centered way to improve, support and facilitate the physical, emotional, mental and spiritual health and self-healing.

During a Healing Touch session, very light or near-body non-invasive touch is

chakra to chakra by connecting the major and minor energy centers, and opening them to flow freely. The Chakra Connection was developed by W. Brugh Joy, M.D. and is referred to in his book Joys Way. Designed to connect, open and balance the energy centers and enhance the flow of energy in the body, it can be used alone or in combination with other energy techniques.

[Click here to see how you can use the self chakra technique...](#)

Researchers call attention to "overdiagnosis" risk in cancer screening

Story Highlights

- Researchers found that mammograms led 1 in 5 women to be overdiagnosed
- Overdiagnosis occurs when a screening exam finds a slow-growing, basically harmless cancer
- Women should consider the risks vs. the benefits of mammograms

New results from a long-running Canadian mammogram study are renewing the debate over the "overdiagnosis" of breast cancer, an issue that's often discussed by doctors but unfamiliar to many women, including some who get mammograms faithfully every year.

The study finds that 22% of women whose cancers were detected by mammograms were overdiagnosed -and subjected to unnecessary treatment- because their breast screenings found slow-growing cancers that would not have harmed them. In other words, without mammograms, one in five of these women would never have known they had breast cancer. They would not have gone through treatment, and they would have been just fine, authors say.

STORY:

[Double mastectomies can benefit some patients](#)

The study is the latest paper from the Canadian National Breast Screening Study, which has followed 89,000 women ages 40 to 59 since 1980. While research suggests that mammograms reduce the risk of dying from breast cancer by 15% to 25%, the

used to help release, stabilize, clear and invigorate the human energy system that surrounds or is within each of us, to promote self-healing.

Healing Touch is based on a heart-centered, caring relationship in which the practitioner and client come together energetically to facilitate the client's health and healing. (Healing Touch Program Definition)

What is the goal of Healing Touch?

[Find out more...](#)

Breast Firming Treatment...

Help your breasts appear firmer and more lifted.

by diluting

2 drops of Cypress Essential Oil

2 Tablespoons Witch Hazel

1 cup Cold Water

Spritz on your breast. The combination and properties of Cypress will cause the skin to contract and appear more firm.



Call for your Medical Thermography Appointment Today

Call or e-mail me with any questions you may have about Medical Thermography. You can

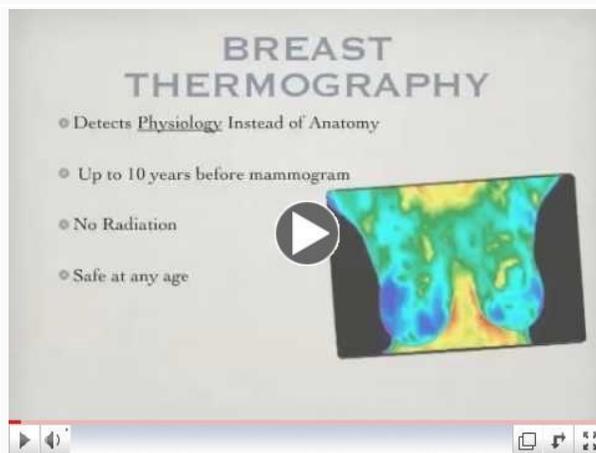
Canadian study has never found a benefit to the exams.

Doctors have debated the value of mammograms for years. The issue exploded in 2009, when a government advisory panel, the U.S. Preventive Services Task Force, recommended against routinely screening women in their 40s. While the task force didn't rule out mammograms in this age group, it did find that the risks could outweigh the benefits for many younger women, who have a lower risk of developing breast cancer.

Authors of the new paper, published in BMJ, formerly the British Medical Journal, calculated the rate of overdiagnosis statistically by comparing the number of cancers among screened and unscreened...

[Click here to continue reading "Researchers call attention to "overdiagnosis" risk in cancer screening".](#)

Breast Thermography



Breast Thermography

Breast Health Awareness is coming soon... book your screening in October and receive \$25 off!

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

Contact Us

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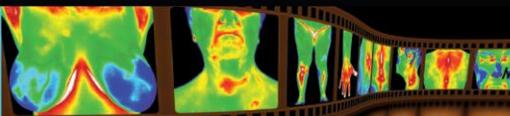


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Thermography offers:

Full Body Thermal Imaging
Breast Health Screening
Thyroid Screening
Lymphatic Congestion
Nervous System Disorders
Abdominal Inflammation
Vascular System Analysis
Neuromuscular Disorders
Muscular Disorders
Vascular Screening
Other Pathologies



Early Detection Is KEY!

Thermography detects breast abnormalities EARLIER than any other test!

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Clinical Thermography maps physiological patterns indicating both normal health and disease. Thermograms are interpreted by PACT accredited physicians. FDA cleared since 1982.

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October is Breast Health Awareness Month
Use this coupon to get
\$25.00 off a breast thermogram
booked in the month of October.

Give yourself or a loved one the gift of life.



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