



December 2014

Speaking of...Mindful Wellness

Tis the season to enter Quiet...

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Essential Oil of the Month

Celebrate....



This cheerful blend spreads joy in abundance. A rich, uplifting synergy that is so

Dear Jacky,

It's a time for celebration and craziness. Whether your celebration is with a large group or quietly in a more intimate setting, please take time to celebrate you! Your wellness can be the greatest gift you can give yourself and loved ones. In this newsletter, we have a wonderful guest writer helping us see how taking time to "quietly" relax helps us to rejuvenate. It seems somewhat difficult during this crazy time of year to take those precious moments of quiet for yourself. Trying this even for a short period of time helps us feel better and be calmer.

Also in this newsletter you'll find last minute gift ideas, gift certificates and thoughtful recipes you can create as gifts. Create your own holiday atmosphere by diffusing your favorite essential oil. Most importantly celebrate you!

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

Tis the season to enter the Quiet...

Our lives are filled with busyness all year long. But despite our culture's drive to make this time of year even more hectic with holiday activities, the season of winter naturally creates a desire for less activity, restoration, and quietness.

Nature is filled with cycles. Day flows into night...a

delicious and heart-warming, it will turn your holidays into jolly days! It smells like Christmas - freshly cut evergreen branches and Christmas cookies. This aroma is likely to become a cherished holiday essential for you and your family.

- Add **Celebrate** to a diffuser, sprinkle it on your Christmas tree or wreath, place Celebrate-scented potpourri throughout the house, etc.
- Due to its high Orange and Cinnamon content, this blend is not recommended for use in body care or a bath.

Ingredients: Essential Oils of Orange, Cinnamon, Spruce, Patchouli, Clove.

Product of the Month



Blue or Pink Diffuser

Diffusing essential oils is, by far, one of the best ways to purify our home or work environment.

Cinnamon bark oil and **oregano oil** were tested by Weber State University, and were shown to kill

period of activity flows into a period of rest, and back again. The year follows the same pattern, with the bright summer being our time of



activity, and the darker days of winter providing the conditions for rest & quiet. When we attune ourselves to the natural cycle of the year, we have access to the gifts & opportunities that each season brings.

We are intuitively aware that without proper rest, our wellbeing suffers. Adequate sleep, meditation, and quiet solitary activities contribute to feelings of resourcefulness, positivity, and balance. Without it, our health begins to deteriorate very quickly. The spiritual practice of Sabbath, where one day a week is set aside and work is discouraged, is aligned with this very human need for regular "time apart". When you create time for your massage, you not only receive the benefit of the physical touch and attention; you reap the benefit of a serene, quiet, restful environment.

Because we are habitually busy, and can directly feel the stress this creates, most of us need to actively cultivate a habit of quietness. For some, it is a meditation practice; for others, journaling or reading in a quiet room. Even a quiet cup of tea in the afternoon to refresh our being makes a significant impact on our state of health. A walk in nature every day, even a short one, is a simple and powerful way to create a quieter spirit & enhance our wellbeing.

Many people find that an extended period of time away from responsibility & activity is a wonderful way to recharge their physical, spiritual, mental, and emotional batteries.

Each February for the last 17 years, I have invited a group of women to join me for the "Enter the Quiet" retreat at Hope Springs Institute, outside of Cincinnati. We gather for a weekend, using the practice of silence to bring ourselves into a time of reflection, freedom and rest. We practice being deeply present to ourselves, because the distraction of conversation and responsibilities are removed. For many, the idea of a silent retreat feels intimidating. "What on earth will I DO if I'm not talking?" But this is one of the gifts of the weekend: to let go of **doing**, and enjoy simply

100% of the airborne bacteria present when diffused into the atmosphere. (KID-Radio with Lance Richardson and Dr. Gary Young, ND, March 5, 1996) You can create a festive holiday spirit by using [Celebrate Essential Oil](#) in your diffuser.

Primary Benefits of Diffusing

- Transform your surroundings: Create a relaxing, spa-like atmosphere or instantly brighten the mood of your home or office.
- Eliminate odors: Remove lingering smells without resorting to synthetic air fresheners.

Protect your family's health: Safeguard... [Click to finish reading this very informative article.](#)

Find out more...



MonyUSA

Winter Smooth Hand Scrub

In a Ziploc bag, combine:

- 1/2 C white sugar
- 1/2 C brown sugar

being. After the retreat, participants consistently report feeling rested, nurtured, and restored. Many participants come every year, saying that they have come to desire the regular time away.

If this kind of experience calls to you, I welcome you to join us for an upcoming retreat. A "women only" weekend happens the 2nd weekend of February, and we are now offering a weekend for all in the autumn as well.

By Mary Manera, Retreat Coordinator

Email me at marygrace372@me.com if you would like to receive more information. You can read more about the next retreat and register at <http://www.hopespringsinstitute.org/quiet.html>.

Save 10%

Diffuser

Fine print.... Enter coupon code Diffuser10 at checkout. Offer is available on-line and in-store on the purchase of a blue or pink MonyUSA [diffuser](#) . Discount will be applied before shipping and taxes. Coupon expires January 31, 2015.

Offer Expires: January 31, 2015

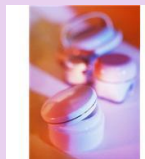
Why Mammography Screening is being abolished in Switzerland

Whether breast cancer screening does more harm than good has been debated extensively. Earlier this year the Swiss Medical Board published a report recommending that no new systematic mammography screening programs be introduced. Here is how and why they came to this conclusion.

The Swiss Medical Board is part of an independent health technology assessment initiative in Switzerland. In 2013 they were asked to review the current mammography screening program. The team of experts on the board included amongst others a medical ethicist, a clinical epidemiologist, a pharmacologist, an oncologic surgeon, a nurse scientist, a lawyer, and a health economist.

"Systematic mammography screening" is the term generally used to describe the serial radiological examination of women within the framework of a screening program whereby all women in a specific age group are invited to an X-ray examination of their breasts which is not conducted by a doctor. At the time the country had in place a comprehensive screening program which was offered to all women

- 1 tsp. [Jojoba](#)
- 1/3 C olive oil
- 10 drops [Lavender essential oil](#) or other topical essential oil of your choice



Seal bag and knead to mix ingredients. Pour contents into an 8 oz. mason jar and

wrap with a festive bow. This makes a thoughtful, homemade hostess gift.

Body Scrub...

With the holidays ahead, what better gift than the gift of better wellness??? I suggest using this scrub after you dry skin brush. The scrub and a body brush kit make a very thoughtful gift for teachers, friends and loved ones. You can package this wonderful scrub in a mason jar or small salve jar. I suggest [dry skin brushing](#) before showering and then using this scrub.

Body Scrub

- 1 cup Himalayan salt or mineral salt with no additives
- 1 teaspoon [Jojoba](#) or Olive Oil
- 10 drops of your favorite [essential oil](#) or blend
- Stir with a fork and place in small attractive glass jars, tied with pretty ribbons

To use, gently rub a little on skin and leave on for a few minutes if possible before rinsing off. I often get into the shower and wash, then turn the water off while applying scrub. Then I shampoo my hair

aged from 50 to 69.

The board spend twelve months reviewing all available evidence and its implications. They reported becoming "increasingly concerned" about the widely believed notion that mammograms were safe and capable of saving lives. They said "As we embarked on the project, we were aware of the controversies that have surrounded mammography screening for the past 10 to 15 years. When we reviewed the available evidence and contemplated its implications in detail, however, we became increasingly concerned."

In fact they concluded that statistics clearly indicated that mammograms appeared to be preventing only 1 death per 1,000 women screened, and actually caused harm to many more. Their thorough review left them no choice but to recommend that "no new systematic mammography screening programs be introduced, and that a time limit should be placed on existing programs."

The report was made public at the start of 2014 wherein they advised that the quality of mammography screening should be evaluated and every woman should be informed, in a "clear and balanced" way, about the benefits in addition to the potential harms of screening.(i)

The subject of whether breast cancer screening in women with no symptoms has been questioned by many industry experts over the years and this revelation from the Swiss seems to prove that it no longer makes sense.

Two members of the Swiss Medical Board's expert panel went on to expand on their research and the reasons which led to their conclusion in an article in New England Journal of Medicine...

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Severe Inflammation

This young patient has severe inflammation in the mouth that follows the lymphatic system on the right side and accumulates in the liver region. Thermography can track lifestyle changes that will help prevent oral bacteria from leaking into other regions.

while the body scrub is soaking into my skin before the final rinse. Leaves skin feeling WONDERFUL!!!



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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](#)

513-505-0594
Jennifer Concannon
Marketing and Customer Relations Manager
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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