



MINDFUL WELLNESS



massage & bodywork L.L.C.

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January 2015

Speaking of...Mindful Wellness


What Makes You Smile?

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Essential Oil of the
Month

Grapefruit...



Grapefruit has long been considered a helpful food for

Dear Jacky,

What makes you smile? Or, even better what makes you laugh? I read a poem recently that it costs nothing to smile and it brightens so many lives. As we start the penny- pinching-after-the-holiday-resolutions, isn't it nice to have something that's so easy and FREE? Think about it the next time you're out or even alone to show those pearly whites with a big grin. You may surprise yourself with the joy you'll spread. Read all about the health benefits laughter brings and some surprising facts you may not know about laughter. Have a chuckle on me, it's the least I can do to help you smile just a little more.

Also in this newsletter, you'll see ideas to detoxify through a heavenly bath, yummy smoothie recipes and helpful ways to detoxify your lymph system.

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

10 Things You May Not Know About Laughter...

If you want to communicate with someone from across the globe who speaks a different language, all you have

weight loss. It is a refreshing, satisfying snack one can enjoy with no concern over calories. Grapefruit oil can also be used as an appetite suppressant, when mixed with drinking water, put on the tongue, or simply inhaled. Stimulating and refreshing, uplifting and

nourishing positive emotions. Grapefruit's aroma inspires and clears the mind. Grapefruit is...

- Uplifting and Refreshing
- Superb Lymphatic Support

Citrus oils help to eliminate emotional confusion and increase one's sense of humor and well-being. It is also said to help with acne, digestion, fluid retention, and disorders of the liver, kidneys, vascular, and lymphatic systems. It has also been used to assist in drug withdrawal. Grapefruit oil can help dissolve fat and has been used to address cellulite.

Its fragrance is mood elevating and has been used as an anti-depressant. It has also been applied for migraine headaches, premenstrual tension, fatigue, and jet lag.

How to Use Grapefruit Essential Oil

- Grapefruit essential oil can be used in cooking, beverages, internally as a supplement (2-3 drops

to do is laugh. Laughter is a form of communication that's universally recognized, which suggests it has deep importance to humankind.

It's thought that laughter may have occurred before humans could speak as a playful way for mothers and infants to communicate, as a form of play vocalization, or to strengthen group bonds. Even today our brains are wired to prime us to smile or laugh when we hear others laughing.

Yet, laughter is a largely involuntary response; it's not generally something you can force yourself to do. Instead, laughter is thought to be triggered by mechanisms in your brain and impacts breathing patterns, facial expressions, and even the muscles in your arms and legs.

It plays a role in your health, too, and has many quirks and mysteries that make it one of the most fascinating physical reactions that a human (and certain other species) can make.

10 Fascinating Facts About Laughter

Professor Sophie Scott, a neuroscientist and stand-up comic, put together these surprising facts about laughter.

1. Rats Laugh When They're Tickled

Rats laugh when they're tickled, and the more they play together, the more they laugh. Psychologist Jack Panksepp first observed laughing rats in the 1990s; he needed special equipment to hear it, as rats' laughs are very high pitched.

2. You're More Likely to Laugh Around Others - Not Because of Jokes

If you're laughing, you're far more likely to be surrounded by others, according to research by laughter expert Dr. Robert Provine. The critical laughter trigger for most people is another person, not a joke or funny movie.

After observing 1,200 people laughing in their natural environments, Dr. Provine and his team found that laughter followed jokes only about 10-20 percent of the time. Social laughter occurs 30 times more frequently than solitary laughter.

In most cases, the laughter followed a banal comment or only slightly humorous one, which signals that the person is more important than the material in triggering laughter.

3. Your Brain Can Detect Fake Laughter

Professor Scott's research has shown that your brain can tell the difference between real or staged laughter. When

- in a glass of water), diffused, or applied topically (a couple drops mixed with 1 teaspoon of a carrier such as jojoba.)
- Use a few drops in a diffuser to freshen the aroma climate of your home. Sniff directly from the bottle to curb appetite.
- Add 10 drops of Grapefruit essential oil to 1oz. of unscented body care product to help with toning treatments; add to shower gel and gently brush the areas you want to firm before rinsing, or add to lotion or massage oil for a stimulating massage. Do this after you your Lymphatic Body Brush Treatment.

[Click to read more about the benefits of Grapefruit Essential Oil.](#)

Product of the Month



Lymphatic Body Brush Kits

you hear staged, or deliberate, laughter, it prompts more activity in your brain's anterior medial prefrontal cortex, which helps you understand other people's emotions.

This suggests your brain automatically goes to work deciphering why someone is deliberately laughing.

4. Laughter Is Contagious

The saying "laugh and the whole world laughs with you" is more than just an expression: laughter really is contagious. The sound of laughter triggers regions in the premotor cortical region of your brain, which is involved in moving your facial muscles to correspond with sound and prepare to join in.

5. Jokes Are Funnier if You Know the Comedian

Familiarity is a key part of humor and laughter, and research shows people find jokes told by famous comedians to be funnier than the same joke told by someone they're not familiar with.

6. Laughing Burns Calories

Laughing raises both your energy expenditure and heart rate by about 10 percent to 20 percent. This means you could burn about 10-40 calories by laughing for 10 to 15 minutes. While this sounds good in theory, you'd have to laugh solidly for an hour or more for this calorie burning to have any meaningful effect.

7. Laughing Is Good for Your Relationships

Research shows that couples who use laughter and smile when discussing a touchy subject feel better in the immediacy and report higher levels of satisfaction in their relationship. They also tend to stay together longer.

8. Laughter Requires Timing

Laughter has a distinctive pattern. It rarely occurs in the middle of a sentence. Instead, laughter tends to occur at the end of sentences or during a break in speech, which suggests language is given the priority. According to Dr. Provine

"The occurrence of speaker laughter at the end of phrases suggests that a neurologically based process governs the placement of laughter in speech.

Different brain regions are involved in the expression of cognitively oriented speech and the more emotion-laden vocalization of laughter."

Comedians also use the natural tendency for laughter to grow and fade to their advantage, and will leave spaces at the end of a sentence for the audience to fill in with laughter.

9. Laughter Is Attractive

Research by Dr. Provine found that women laugh 126 percent more than men in cross-gender conversations,

It has been called many things: Dry Brushing, Skin Brushing, Body Brushing, Exfoliation Brushing, Lymphatic Brushing, to name a few. As the names suggests, the technique involves lightly brushing the surface of the skin order to improve or enhance health.

You'll find this [handy kit](#) contains everything you'll need:

1. Long Handled Body Brush - made of natural boar bristle
2. Bath Strap - made of vegetable fiber
3. Gentle Exfoliating Face Brush - made of natural boar bristle
4. Exfoliating Gloves - These gloves are specially woven to gently and efficiently exfoliate layers of dead skin and impurities from the body's surface.
5. Lymphatic Body Brushing & Skin Exfoliation Instructions
6. Handy Reuseable Tote Bag

[Click to read more and for printable dry skin brushing instructions.](#) Or you can watch Part I of the video series I created about Dry Skin Brushing.



with men preferring to be the one prompting the laughter.

In a review of more than 3,700 newspaper personal ads, Dr. Provine revealed that women were 62 percent more likely to mention laughter, including seeking a mate with a sense of humor, while men were more likely to offer humor in their ads.

10. Some Things Can Make Virtually Everyone Laugh While there's no one joke that makes everyone laugh, Professor Scott found that one of the best tools for making people laugh in her lab is a clip of people trying not to laugh in a situation where it would be highly inappropriate to do so.

Laughter Is Good for Your Memory Too

Researchers at California's Loma Linda University looked into the role that humor can have on your health. They broke 20 older adults into two groups - one that watched funny videos and one that sat silently for 20 minutes. Before and after the session, both groups took a short-term memory test...

The humor group showed significantly more improvement on the test,

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

By Dr. Mercola

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10%

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Fine print.... Enter coupon code Lymphatic10 at checkout. Offer is available on-line and in-store on the purchase of a Lymphatic Body Brush Kit. Discount will be applied before shipping and taxes. Coupon expires February 28, 2015.

Offer Expires: February 28, 2015

Contemporary Evaluation of Thermal Breast Screening

Anthony Piana, DC Alexander Sepper, MD, PhD

Background

Breast cancer is one of the major problems of modern oncology, and has certainly received the most attention. The World Health Organization (WHO) estimates that by 2030 there will be 26.4 million new cases of breast cancer annually worldwide, and 17 million people will die from this terrible disease.

Breast cancer is frequently found in women predominantly between the ages of 32-38 years old who are pregnant or have just given birth. According to

Mindful Wellness How to Dry Skin Body Brush Part I

Strawberry-Grapefruit Detox Smoothie

- 1 grapefruit, peeled and deseeded (Or, you can substitute 2 - 4 drops of Grapefruit Essential Oil)
- 10 medium strawberries
- 1 banana, peeled
- 2 cups baby spinach
- 1/2 cup milk (I like almond milk)

Start by adding the liquid to your blender followed by the soft fruit. Add the greens to your blender last. Blend on high for 30 seconds or until the smoothie is creamy.

Detox Bath ...

Thank you for the recipe
Dianne Raoch

This is a great time of year to consider a detox bath. Enjoy :)

- One cup epsom salts
- One cup sea salt
- One cup baking soda
- 10 to 20 drops of your favorite essential oil
- Options: Add powdered milk, ground herbs, crushed rose petals that are dried, and so on. Mix all together and store in a glass container.

Add 1/2 cup of mixture under running bath water. Oh, this sounds heavenly.

statistics, breast cancer occurs 1 in 3000 pregnancy cases. About 3% of all cases are diagnosed during pregnancy, and 25% are seen in women less than 45 years of age. It is these women who currently do not have a method of annual screening, and in turn leave behind young families when they die. Adding a valid method of screening for these mothers will allow for a greater survival rate as well as a decrease in overall healthcare expenses. Early detection of breast cancer implies earlier treatment, therefore saving more lives, which the current system of conventional screening mammography has not achieved.

Earlier diagnosis will aid in decreasing the cost of overall healthcare in several areas. First, the number of full radical mastectomies will be reduced and more lumpectomies will be performed. This will cut down on the cost of not only the hospitalization stay, but the time of disability. There would be less reconstructive procedures required as breast integrity can be maintained. Finally, the need for costly chemotherapy could be lessened in the absence of lymph node involvement.

The FDA officially cleared thermography in 1982 as an adjunctive method for the diagnosis of breast cancer. Thermography is a complementary method of the screening process for breast cancer with no contact and allows for multiple screenings of women at any age, including pregnant women. The level of development of thermographic engineering is currently very high. This level in technology allows for mobility to serve remote locations with the added benefit of less cost. The information displayed in the images and user-friendly systems are far superior to previous medical thermographic equipment. The No Touch Breast System developers of the thermographic technology have recently been recognized for their work by the Government with a \$900,000 grant to continue development.

This discussion establishes that thermography has its own niche in the methods of diagnosing breast cancer when used as an adjunct to mammography, and can improve the efficacy of such a diagnosis.

Brief History of Medical Thermography

The science of medical thermology was first published in 1956 with an analysis of 26 breast cancer cases by Dr. Robert Lawson

[Click to continue reading....](#)

New Year's little secret tip...

Most of you already know this secret tip for possible early



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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detection that may save your life and ideally it's used as prevention. Today, schedule your first or your follow up medical thermography screening if you have not already. There are a lot of people out there who don't know about this extremely valuable screening tool. Share this secret with them. Don't let thermography be a secret in 2015! Schedule your Thermogram today!

"Take a leap of faith and begin this wondrous new year by believing. Believe in yourself. And believe that there is a loving Source - a Sower of Dreams - just waiting to be asked to help you make your dreams come true." -- Sarah Ban Breathnach, author

Give the Gift of Life to Your Valentine



Thermography Gift certificates make the perfect gift of life for your Valentine.

[Click here to purchase an Instant Gift Certificate.](#)

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