

MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

March 2015

Speaking of...Mindful Wellness

How can Massage help your Heart?

Subscribe

Click on the Subscribe Button to start automatically receiving our newsletter filled with therapeutic wellness information to help your mind and body feel better.

Like me on Facebook 

Like me on Facebook to receive short therapeutic wellness tips to help your mind and body feel better.

Click Here to Purchase an Instant Massage or Thermography Gift Certificate

 Forward to a Friend

Essential Oil of the Month

Marioram....

Dear Jacky,

Oh, it is so nice that spring weather is filling the air. I love seeing the greener grass and blue skies. I know many of us are ready to say goodbye to Old Man Winter this year. Use the change of season to make a healthy change in your routine. Help your heart by filling the longer daylight hours with a walk outside. Or, better yet find out how a massage can help your heart-health! Massage and movement are two ways to help with your cardiovascular health and Marjoram, the essential oil of the month, also offers heart-healthy benefits.

Also in this newsletter, find out how referring a friend for a thermoscan will earn you credit toward your scan. Plus, you'll find out how using our featured product of the month, Trigger Point Pillow can ease shoulder pain and so much more.

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

Tax season is upon us, what are you using your return for? Some people go on vacation, go out to a fancy dinner or buy that new digital device that they "need"! We suggest that you prioritize your health and schedule a medical thermography screening that is possible early cancer detection and ideally prevention. Use your report as your health check list. See what areas you need to improve on now to hopefully, stay well or become a healthier





Warming, comforting, calming; sedative in larger doses. Great for internal turmoil, irritability and hysteria. Creates peace of mind and heals emotional wounds. Typically used to aid the cardiovascular system as well as for bone and muscle health. If using topically, dilute with jojoba or coconut oil. How to use Marjoram

- Works well when used with the Trigger Point Pillow to relieve neck pain. I rub 4 - 5 drops diluted in Jojoba on my tired shoulders, then I sit back with the heated pillow to soothe my achy neck & shoulders.
- Adding just 5 drops to a warm bath brings welcome stimulation to sore, stiff

you!

Call (513) 382-3132 or [email](#) me to get yours scheduled!

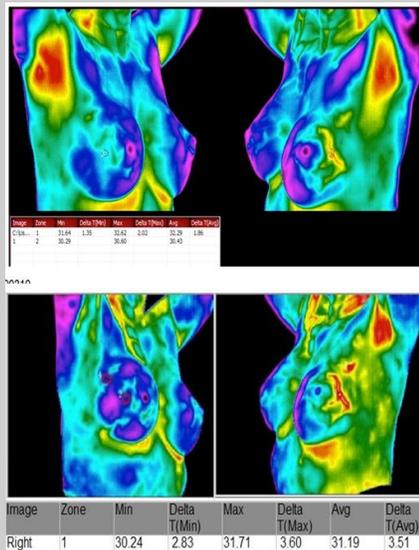
Referral program:

It's very basic. You refer 1 person and you'll receive \$25 off your next screening (it can even be your first screening!). There's no limit. Have your screening paid for with our referral program today! Tell anyone that you send to us to mention your name and we'll adjust your total accordingly. Previous screenings not included.

Behind on your follow up screening? Don't delay! The recommendations are for your benefit. Pull out your report to make sure you are up to date on your follow up scan!

The first set of images (scan A) show cancer advancing and the second set (scan B) is what we want to see when a woman is proactive with lifestyle changes.

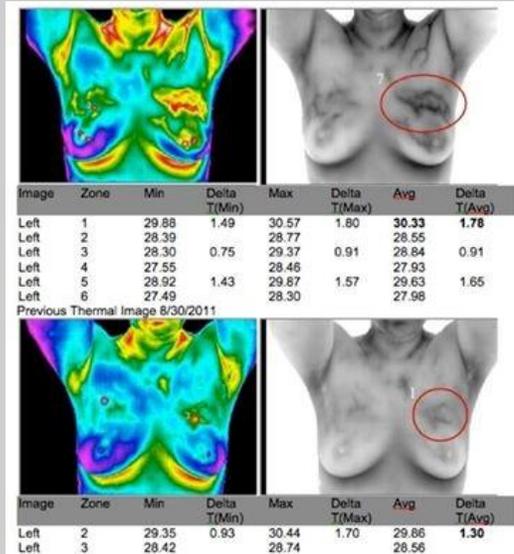
Scan A, baseline is the top two images and the follow up are the bottom 2.



Scan B, baseline are the top two images and the bottom 2 are the follow up.

and overworked muscles and will put you to sleep like a baby. In order to prevent the oils from floating on the surface, blend the Essential Oil with some Half & Half, honey, or vinegar before adding it to the water.

- Blend with a Carrier Oil, such as Olive, Canola or Grapeseed Oil; a 5% dilution works great. Use this oil in salad dressings, sauces and savory dishes.
- Singers and speakers have valued Marjoram's ability to preserve the health of their voices. Try making your own Marjoram honey by adding 3-6 drops - according to your liking - to 1oz of



Patients are having a portion of their Breast Thermography Screenings paid for!

The United Breast Cancer Foundation has a pay it forward program for Women AND Men!

Visit <http://www.ubcf.info/breast-screening> and fill out an application so that they can begin the approval process. It is a pay it forward process. Donate \$5 and submit your application. The application will appear after you donate \$5. Make sure you fill out both the donation section and the application. It only covers part or all of the breast portion of the exam.

Save
10%

Large Trigger Point Pillow

Fine print.... Enter coupon code Pillow10 at checkout. Offer is available on-line and in-store on the purchase of a Jojoba. Discount will be applied before shipping and taxes. Coupon expires April 30, 2015.

Offer Expires: April 30, 2015

How Can Massage Help your Heart?

February and March bring many articles, ideas, marathons etc. all to help improve your heart health. As Americans, heart disease is one of the leading causes of death. So what are you doing to make positive changes in your lifestyle to improve your heart health? That may be a harsh question to ask but you have the power to positively influence your health. There are many ways; some easier than others, to help with cardiovascular disease - don't smoke, get regular exercise, and eat a healthy diet especially a heart friendly diet. But one thing you may not think about helping your heart is getting a regular massage.

honey. Add the honey to a steaming hot cup of tea, and enjoy.

- Arthritis (Rheumatoid) - rub 4 - 5 drops on area of concern
- Bone Health - rub 4-5 drops on complete muscle region pertaining to area of concern
- Depression and High Blood Pressure - rub on bottoms of feet or diffuse into the air
- Infections - apply to area twice the size of the area of concern 2 - 3 times a day
- Joints - rub 4 - 5 drops on area of concern at least twice a day
- Muscle Fatigue - rub 4 - 5 drops on area of concern (full length of muscle or muscle

You may be thinking, I can't afford a regular massage. Well look at the bigger picture, it may just change your mind... In the March 2011 issue of the publication *Circulation*, the American Heart Association editorial board stated that cardiovascular disease is the leading cause of death in the United States and is responsible for 17 percent of national health expenditures. They also projected that costs in the U.S. from cardiovascular disease would triple by 2030, to more than \$800 billion annually. Their findings that cardiovascular disease prevalence and costs would increase substantially led to the conclusion that effective prevention strategies are an absolute necessity.

As mentioned there are a few suggestions that make a lot of sense to begin building a healthier heart... I personally want to live a healthy life as long as I can. Here are a few suggestions:

1. Quitting Smoking - I know this is a vice that is very hard to stop. I've know so many who successfully stop for a short time then that urge starts calling again. But, really think about how much smoking harms your body. The chemicals in tobacco smoke harm blood cells, interfere with heart function and damage the structure and function of blood vessels. Cigarette smoke worsens atherosclerosis, raises blood pressure and damages the heart's delicate tissues. Many health insurance plans offer assistance to members who want to quit smoking, isn't your heart worth checking this out?
2. Diet - The next biggie is our diet. As Americans, we are known throughout the world as having a not-so-healthy diet. What we eat has a big impact on the condition of the cardiovascular system. Maintaining a low-fat, high-fiber, antioxidant-rich, low-glycemic, preservative-free diet is one of the best ways to prevent inflammation and fatty plaque buildup in the body's blood vessels. I see a lot of healthy fruits, vegetables and low fat protein in my future.
3. Exercise - Yes, I know our time-starved world makes this a very difficult option. But getting up and moving can help us get past our sedentary lifestyle. Make a vow to start enjoying the outdoors as the warm weather in spring begins. Put down your device and start moving.

Unfortunately, being inactive is a top risk factor for heart disease. Regular, aerobic exercise (20-30 minutes at least three times a week) improves blood circulation, strengthens the heart, lowers blood pressure and eases tension - all factors in lowering heart disease risk.

This wasn't on the official American Heart Association's list of heart disease prevention tips, but I personally like adding a massage to the list of quit smoking, eat a heart-healthy diet and

group

- Neuropathy - rub 4 - 5 drops from bottom of feet up to knee area twice a day, especially before bedtime
- Restless Leg - rub 5 - 6 drops from bottoms of feet up to knee twice a day, especially before bedtime
- Tendonitis - apply over large muscle area

Aroma: Spicy, warm, herbaceous, much like the fresh culinary herb - nutty, woody, yet very penetrating.

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

Product of the Month



Large Trigger Point Pillow

This is one of our

exercising regularly. Korean researchers found that massage had an impact on the autonomic nervous system - a system integrally tied to cardiovascular health. As published in Yonsei Medical Journal, regular massage therapy sessions were found to induce relaxation to the autonomic nervous system as confirmed by lowered cortisol and norepinephrine levels.

Our autonomic nervous system has two states; sympathetic (fight or flight) and parasympathetic (rest and digest). By increasing levels of cortisol and epinephrine as well as raising heart rate and blood pressure, the sympathetic nervous system helps mobilize the body for action when faced with a stressful situation. Staying in this state for a prolonged amount of time is a common challenge in our modern society, and increases the likelihood of developing or worsening of heart disease.

Besides increasing blood circulation, the massage therapy strokes of effleurage, kneading and tapotement stimulate skin receptors that send messages of relaxation to the central nervous system. These reflexes cause vasodilation: where the blood vessels widen to decrease blood pressure and heart rate. As such, the massage strokes just described are known to aid hypertension - one of the most prominent forecasters of cardiovascular disease.

According to massage therapy and osteopathic medical expert Dale G. Alexander, LMT, MA, PhD, there is another way massage therapy can benefit heart health. In a recent Massage Today article, Alexander describes how massage can literally create more space for the heart within the thorax. In the article Alexander explains, "This is achieved by increasing the suppleness and length of the soft tissues both within the chest and those of the outer wall, enhancing the mobility of the thoracic joints, and by reducing the pressure within the cavity itself." Based on this premise, freeing restrictions found in the sternum, rib and thoracic areas will help the heart function at maximum capacity, thus improving overall cardiovascular health.

In conjunction with avoiding cigarette smoke, eating a heart-healthy diet and exercising regularly, massage therapy is a valuable component to preventing heart disease. Massage therapy may not have been what the American Heart Association editorial board initially had in mind to reduce the national financial burden of cardiovascular disease. However, massage could be just the right addition to the lives of Americans to knock heart disease out of the top position for being the leading cause of death.

References:

most popular designs!

Created with a fully therapeutic focus, this shape relieves pain and tension in the shoulders and neck. Yet.. it is NOT a 'neckie' pillow. This means it is not designed to 'hang on the back of your neck. This 'forward-pull' would simply increase neck and shoulder pain. This **Shoulder Triggerpoint Pillow™** is meant to drape evenly over your shoulders. Use it this way while seated (at computer, while driving, etc)

The weight in this position, will gently relax all neck and shoulder muscles, and create gentle acupressure on the tenderpoints. This even, gentle compression and HEAT therapy is exactly why it works. This Pillow offers therapeutic weight and is easily incorporated into your stretch therapy for various parts of your body. CHILL for painful swelling, 'hot flashes' or general cool-down

http://www.integrativehealthcare.org/mt/archives/2012/05/massage_therapy_12.html?eml=mpu151, Massage Therapy for Cardiovascular Health, Retrieved May 14, 2012, Institute for Integrative Health, 2012.

<http://fxmassage.wordpress.com/2011/02/02/massage-therapy-and-heart-health/>, Massage Therapy and Heart Health, Retrieved January 6, 2012, FX Massage Therapy, 2012.

<http://massagetoday.com/mpacms/mt/article.php?id=14520>, Freeing The Heart, Dale G. Alexander, LMT, MA, PhD, Retrieved January 6, 2012, Massage Today, January 2012.

<http://woodstocktherapeuticmassage.com/category/articles/heart-health/>, Massage and a Healthy Heart, Ashley Wilson, NMT, LMT, Retrieved January 6, 2012, Woodstock Therapeutic Massage, 2012.

<http://www.amcollege.edu/acupuncture-massage-blog/massage/massage-for-heart-health/>, Massage for Heart Health, Dr. Richard Browne, Retrieved January 7, 2012, Acupuncture and Massage College, Inc., 2012.

http://www.massagetherapy.com/articles/index.php/article_id/1168/Music-%3D-Heart-Health, Music=Heart Health, Jenny Good, Retrieved January 6, 2012, Massage & Bodywork, February/March 2006.

<http://www.ncbi.nlm.nih.gov/pubmed/21262990>, Forecasting the future of cardiovascular disease in the United States: a policy statement from the American Heart Association, Heidenreich, PA, et al, Retrieved January 7, 2012, Circulation, March 2011.

<http://www.ncbi.nlm.nih.gov/pubmed/22028164>, The effects of heat and massage application on autonomic nervous system, Lee YH, et al, Retrieved January 7, 2011, Yonsei Medical Journal, November 2011.

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

Follow Us

[Visit my blog](#)



Contact Us

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](#)

513-505-0594
Jennifer Concannon
Marketing and Customer Relations Manager
[e-mail Jen](#)

If you need to treat the back of your NECK...place pillow around shoulders, then re-position to support it behind your neck as you recline or lie back against the Pillow. This support, whether HOT, COLD or ROOM TEMPERATURE, will relieve most neck stiffness and pain. Further directions for more uses will be included with this order.

CHILL in freezer in sealed plastic bag for...

Bruises, Swelling, New Injuries, Sprains and Strains, Migraines, Nerve Pain, Post-op Healing, Fever

Dry Skin Recipe

Thank you Deb Reis...

Recipe to prepare you body and feed your skin for spring (from Green Valley Newsletter, Feb, 2015)

During the winter months your skin can dry up due to less exercise, central heating and spending more time indoors.

This is a pre-bath body oil. It should be applied to all your skin before getting into a good warm bath. Lay back and

enjoy. Please take care getting in and out of the bath tub as the oil can make it very slippery.

- 20 mls of your chosen carrier oil (I like to use [Jojoba](#))
- 8 drops of [Marjoram Essential Oil](#)
- 7 drops of [Geranium Essential Oil](#)
- 5 drops of [Patchouli Essential Oil](#)

Mix all the ingredients into a small container and stir well.



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.