

June 2015

Speaking of...Mindful Wellness

Are you admired?

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 Forward to a Friend

Dear Jacky,

Who do you admire most? Some say it's their mother or father. Others admire another special family member, co-worker, leader. This month, we'll celebrate the special men in our lives in honor of Father's Day. We may be celebrating men, but really it's about how all of us can be admired this month.

Personally, I admire people who have faced some sort of personal challenge and came through a better person. Becoming a better person can be shown by improving one's health, taking action to mend a stressful relationship, or simply knowing that it really is ok for you to focus on yourself sometimes.

Are you being authentic? I'd like to thank our guest writer for making me think about my own authenticity.

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

When was the last time...

When was the last time you could say you had a radiation-free, state-of-the-art health screening to help document and diagnose diseases? A screening option that may show the onset of disease up to 10 years earlier than traditional testing methods and you can begin as young as

Essential Oil's of the Month

Lime and Clove Bud



In honour of Father's Day, I'm featuring two essential Oils.

Lime and **Clove Bud** Essential Oils. They offer a divine combination while diffusing.

Lime Essential Oil

Refreshing, rejuvenating and fruity, its aroma inspires and brings fresh energy; clears the mind. Citrus oils help to eliminate emotional confusion and increase ones sense of humor and well-being. You may think of lime as a kitchen staple but, oh, there is so much more to this favorite fruit. Beyond it's taste, lime oil offers many therapeutic benefits like... a remedy for indigestion, heartburn, and nausea. It also has cooling effects on fevers, and can help ease coughs and various respiratory disorders. Lime oil is also useful as part of

20 years of age. And, offers a no-touch, no-compression adjunct to a mammogram. One such screening, known as a Thermogram, can do both. Thermography is a safe health screening method that uses heat detection to locate areas of temperature differences in the body.

When did Thermography begin?

This isn't a new technology; in fact, the science of medical thermology was first introduced in publication in 1956. Medical Thermography was FDA cleared in 1982. Thermography uses a sensitive, infrared camera that creates thermal images of the body's heat patterns. These patterns are used to locate areas within your body that may show disease developing, inflammation, an infection, muscular disorders or other pathologies.

How does a Thermogram use heat detection?

As an example, breast disease can be detected by looking for areas of excessive or increasing heat that may indicate areas of angiogenesis, or increase of blood vessels supplied by a growing tumor. Because thermography doesn't use radiation, it's recommended for women to begin thermography screening at 20 years of age. Mammograms begin at age 40 unless medically recommended. This can leave a large percentage of women vulnerable as they do not have access to regular screening.

Thermograms are 97 percent accurate in identifying breast pathology in women, according to a 2008 clinical study at Cornell University. Mammograms are 78 percent accurate for women under 50 years old and 83 percent accurate for women older than 50, says the Susan G. Komen website. Neither test alone can be used to diagnose breast cancer in women; only a biopsy can determine the presence of cancer.

Thermography isn't just for women.

Thermography has been able to show that most pathological processes demonstrate a form of increased heat, and some neurological processes show excessive cold, or hypothermia. Lymphatic congestion, inflammation, thyroid screening, muscular disorders, vascular disorders and many

a beauty regimen, as its astringent properties help clear oily skin and acne. Plus, because lime oil also promotes good circulation, it is often used to help relieve varicose veins. Last but not least, lime oil has a wonderfully uplifting scent, with the power to uplift and re-energize the spirit.

Clove Bud Essential Oil

Sweet-spicy, hot, fresh and peppery, just like the cloves used in cooking. Very oriental and rich, clean, medicinal and powerful. Stimulating, revitalizing, warming, purifying, energizing, aphrodisiac, tonic. Use only in minute amounts for skin & hair care, due to possible sensitizing.

Click to read more about the benefits of **Lime Essential Oil** and **Clove Bud Essential Oil**.

Product of the Month

Aroma Spa Diffuser....



others can be identified from a thermoscan.

Who interprets my thermoscan?

All scans are interpreted by board-certified physicians of the Professional Academy of Clinical Thermology. It is highly recommended that after your thermoscan you schedule a consult with an interpreting doctor to review the results and recommendations of your scan.

Will my thermoscan prevent disease?

We now know that inflammation is the root of all evil when it comes to many diseases and illnesses. Thermography maps, measures and monitors inflammation in the body so that the person can take steps to reduce inflammatory processes in the body. From scan to scan, you'll be able to see, with your own eyes, if the lifestyle changes you've made are working or not. It's like a window into the body. Why pump more time and money into things that just aren't working for you? This is SO empowering!

So, monitoring your health via thermography scans may, indeed, help you prevent disease.

Where can I go to have a thermoscan?

I offer thermoscans for both women and men in West Chester, Ohio. Mindful Wellness Medical Thermography's address is 8859 Cincinnati-Dayton Road, Suite 007, West Chester, OH

45069. You can me at (513)382-3132 to schedule your scan.

For more information and to read additional research or articles about thermography, go to www.MindfulWellnessMedicalThermography.com.

Take this empowering and proactive step into a new wellness journey.

Call me at (513)382-3132 to schedule your thermogram today!

The Aroma-Spa Vaporizer™ features a calming, subdued, rotating, multi-colored LED lighting feature. With the touch of a button your Aroma-Spa Vaporizer™ emits a beautiful ring of color to enhance your tranquil Spa experience. Simply add water and your favorite pure essential oil and the ultrasonic element produces consistent and fragrant vapor. 6 month manufacturer warranty. NEW intermittent feature...Now diffuses for 6 hours or more. Add a few drops of your favorite pure essential oils to enhance the soothing vapor and provide immediate and effective aromatherapy. **The Aroma-Spa Vaporizer™** will automatically shut off when empty. UL approved adapter included.

Add a few drops of your favorite **pure essential oils** to enhance the soothing vapor and provide immediate and effective aromatherapy. Two of my favorite essential oils to blend in my

THERMOGRAPHY SAVINGS

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. Cannot be combined with other offers.

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

Save
\$25

Book on time!

Book your Thermography scan in the month it is due and receive \$25.00 off.

Offer Expires: The month your thermography follow-up scan is due! Cannot be combined with other offers.

How close to authentic are you?

by **Deb Hackett**

As a behavioral health therapist and a person that is continually seeking wellness, I am committed to providing the best therapeutic care possible for my clients. For years I have worked for agencies that client care was prescribed by the payer source. I decided no more one size fits all. In 2005 I started my own practice so that I would not be bound by artificial constrictions in terms of the methods that are beneficial to the client. Being Authentic is to accept who you are and how you perceive life, your own assets and areas of opportunity. The closer you come to being truly authentic the

diffuser are [Lime](#) and [Clove Bud](#). The combination of these two essential oils are just divine.

The Aroma-Spa Vaporizer™ will automatically shut off when empty. UL approved adapter included.

Price: \$49.98

Purifying Room Blend...

This wonderful blend freshens the stale odors you may find in your room. Great to use with your [Room Diffuser](#).

- 10 drops [Lemon Essential Oil](#)
- 1 Drop [Tea Tree Essential Oil](#)
- 1 Drop [Grapefruit Essential Oil](#)

Help with Corn and Warts

Apply 1 drop of [Clove Bud](#) of the following directly on corn or wart.

Wait a few minutes then use emery board to scrap off the top layer of skin, apply a 2nd drop of oil to exposed skin. Repeat several times daily until corn or wart disappears.

Honey & Spice Bath Soak

Ingredients:
½ cup Baking Soda
2 Tbsp. Honey
6 drops of [Cinnamon](#)

more successful you will be in life.

Trying to be something or someone that you are not causes very real stress. Sometimes we do things to our bodies that create unbelievable stress. Stress can cause detrimental physical and emotional problems. Life is difficult and our environment is becoming more and more stressful. Because there are so many variables involved creating our stress we need more than one way to address this issue. There is not just one method needed to address this problem. As there are many variables there is a need for many methods. One way to think of these methods is "wrap around wellness."

I will tell you about Dora (not her real name) and how this idea of authenticity worked for her. Dora was molested by three different men by the time she was 16 years old. Anxiety and impending doom sporadically rendered her immobile. Dora came from an extended family that was religiously conservative and Dora believed from a young age she was already damned to hell. As an adolescent Dora did what she was told, made good grades, and got married at the age of 17 in the middle of her Senior year of high school. It was at this time Dora began drinking alcoholically. Three husbands later Dora got sober in a 12 step program and her life began to change. Dora received psychotherapy for her childhood trauma and began to have self-worth and self-forgiveness. Several years went by and Dora got divorced for the last time. This sent Dora into a deep depression and back to therapy. This time she branched out and began to receive massage therapy and to try a variety of meditation practices. Dora also attended personal development seminars. As a result of these seminars and the treatment that had gone before Dora began to add to her circle of friends and activities with purpose. Dora began to pay attention to her physical health, diet, and exercise; as well as spending time in meditation and spiritual endeavors. As a result Dora's relationships were more robust and loving, family life that had once been excruciating became satisfying, she learned how to take time to de-stress, and most importantly she could actually celebrate her own life. Dora is a successful business woman who loves her family

Essential Oil

4 drops [Ginger Essential Oil](#)
3 Drops [Clove Essential Oil](#)
½ cup Epsom Salt

Blend all ingredients together well and add to your nice warm bath. Relax in a nice "spicy" bath. This is a wonderful soak to warm your body on a chilled day.



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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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](#)

and is grateful to live the life she has been given.

Living authentically Dora no longer lives her life in fear, to please others, fears hellfire, nor drinks away her pain.

I am sure that Dora would have loved to have walked into Mindful Wellness Massage & Bodywork. What a wonderful place to find the wrap around wellness that will help you to live an authentic life.

Authenticity; How Hard Can it Be?

This seminar will get you to an authentic way of living that will bring great joy.

July 9, 10, 11
Thursday 6:30 - 10:00 pm
Friday 6:30 - 10:00 pm
Saturday 9 - 4.

Location:

10921 Reed Hartman Hwy, Suite 216
Cincinnati, OH 45242

For more info and to register call:

(513)403-0648 or email: hacketdj@cinci.rr.com

[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