

# MINDFUL WELLNESS

*massage & bodywork* L.L.C.

HOLISTICALLY CENTERED...ON YOU.

October 2015

## Speaking of...Mindful Wellness

### Are you monitoring your health, especially your breast health?

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 Forward to a Friend

Essential Oil of the  
Month

Dear Jacky,

I recently took some time off with my family in Tennessee. The break was wonderful and Tennessee has the most gorgeous scenery. It's such a special feeling to get back to nature, enjoy the cool weather and the laughter with my family. Fall is my absolute favorite time of year. I love the vibrant colors the fall foliage brings. I hope you take time to enjoy whatever makes you happy.

Have you booked your Thermoscan yet? Your appointment doesn't need to take place in October but you do need to schedule your scan to take advantage of our special pricing in honour of Breast Health Awareness month. This is my biggest discount of the year and it only lasts through October. If you've been thinking about a thermoscan now is your time to book! It is such a privilege for me to help you on your wellness journey through thermography, massage and providing you with this newsletter filled with holistic solutions.

More details and wellness tips you can easily add to your routine can be found by visiting [www.MindfulWellnessMassageandBodywork.com](http://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

## Bergamot Essential Oil



Most people know this aroma through Earl Grey tea, which is flavored with Bergamot Oil. It is a fruity citrus oil of spicy-floral freshness. Great aroma to balance the mind and regenerate. Citrus oils help to eliminate emotional confusion and increase ones sense of humor and well-being.

### How to Use Bergamot Essential Oil:

- Use a few drops in a diffuser to freshen the aroma climate of your home. Sniff directly from the bottle to feel fresh and fight melancholy.
- Helps relieve stress, place a drop on a tissue and inhale.
- Rub 5 drops of Bergamot Essential Oil on sore muscles to relieve tension.
- Use in your vaporizer to help ease congestion.

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

## Looking for a Safer, Proactive Way to Monitor Your Health?



### Early Detection Is KEY!

Thermography detects breast abnormalities EARLIER than any other test!

**NO radiation!**  
**NO compression!**  
**NO contact!**

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



**513.382.3132**

[MindfulWellnessMedicalThermography.com](http://MindfulWellnessMedicalThermography.com)

October is Breast Health Awareness Month

Use this coupon to get

**\$25 off Breast Scan**  
**\$35 off Head & Torso**  
**\$50 off Full Body.**  
booked in the month of October.

Give yourself or a loved one the gift of life.



## Are you monitoring your Breast Health?

October is an important month for Breast Health Awareness. You see pink ribbons all over the place, walks to support Breast Cancer Research, and extra talk on TV/radio. It's hard not to encounter somebody who's been touched by a devastating diagnosis of Breast Cancer or they're being watched so an area in the breast doesn't develop into something more.

Monitoring your breast health is as important as daily flossing. Make sure you're completing your monthly breast exam. For some, the thought of that squished, painful exam can be very daunting. For those of you who know me well, you know that I'm very passionate about achieving a healthy balance and offering an adjunct to standard breast screening methods.

Thermography is one such screening method that offers a no contact, radiation-free, state-of-the-art screening procedure that uses heat detection to locate areas of temperature differences in the body. Yes, I know that's a mouthful and difficult for many to understand. Let me try to put it into language that may resonate more with you. When a tumor grows in your body, you will typically see an increase of blood vessels feeding the tumor and radiating heat. As an

## Basic Foot Soak

This recipe can be used as a base for whatever essential oils you wish to use. Here's a small selection to get you started:

*Calming/relaxing/balancing:*

[Lavender](#), [Geranium](#),  
[Frankincense](#), [Patchouli](#),  
[Ylang Ylang](#), [Bergamot](#)

*Refreshing/uplifting:*

[Lemongrass](#) & [Eucalyptus](#)

Directions: Fill a large bowl or pan with cold or warm water to cover ankles.

Place stones or marbles in the bottom of the bowl. When you move your feet over the marbles they act as wonderful soothing and stimulating massagers.

Drop 2 - 3 drops of Essential Oil onto water, try these combinations:

Refreshing 3 drops [tea tree](#), 3 drops lavender, 2 drops [lemon](#)

Relaxing 3 drops tea tree, 1 drop [peppermint](#), 1 drop lavender.

Immerse feet in water and soak! - Enjoy Variation: A small cup (1/2 cup for a foot bath) of Epsom salts can be mixed into the water to help with relaxing muscles, cleansing skin and increasing circulation.

## Help for Fibrocystic Breasts

Try massaging the following mixture on your breasts to help ease inflammation and fibrocystic breasts

5 drops [Lavender](#)

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. Your thermoscan is performed using a special camera to show thermal images of your body.

## What is the difference between mammography and thermography?

According to Moshe Dekel, M.D., board certified in GYN and a specialist in breast thermography "the difference between the two modalities is profound."

"Mammography, like MRI and sonography, is an anatomical study; it looks at anatomical changes of the breast tissue. It may take up to ten years for the tumor to grow to a sufficient size to be detectable by either a mammogram or a physical examination. By that time, the tumor has achieved more than 25 doublings of the malignant cell colony and may have already metastasized."

## Do we really want to wait that long?

And, do we really want to expose ourselves to all that radiation? Dr. Dekel goes on to say, "thermography is a physiological study. The infrared camera detects the heat (infrared radiation), which is emitted by the breast without physical contact with it (no compression) and without sending any signal (no radiation)."

"Thermography shows small, unilateral temperature increases, which are caused by an increased blood supply to cancer cells. Cancer cells have an ability to create new blood vessels to the affected area (neoangiogenesis) in order to satisfy the increased demand for nutrients resulting from the higher rate of growth and metabolic demands of the new colony."<sup>1</sup>

I offer Thermoscans out of my office in West Chester, OH. The scan itself only takes 20 - 30 minutes but I ask you to budget 45 min - 1 hour for the full appointment. All reports are reviewed by Dr. Alexander Sepper, MD, Ph.D Our reports involve a three step interpretation process. Your reports will be viewed by doctors appropriate to handle your type of findings. Our senior interpreter will review all other doctors' comments and impressions. [For more information click here.](#)

5 drops Geranium  
4 drops Grapefruit  
3 drops Frankincense  
1/8 cup Jojoba

### Product of the Month

#### Aromatherapy Diffuser....



### Aromatherapy helps with a more restful sleep

Are you looking for a holistic therapy to help you achieve a more restful nights sleep? Make sure you scroll down to read the article in this newsletter about how diffusers and essential oils help you sleep better at night.

The Aroma-spa Diffuser is safe to use with essential oils.

**Buy yours now**

**Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it**

In honor of Breast Health Awareness Month, we're offering you the BIGGEST discount of the year! Give yourself or your loved one, the gift of life by booking your thermoscan today. Print it, copy it, or forward it and share the coupon with your friends and family! Call and book your scan today!

1 Discover a safe alternative to mammography and prevent cancer - naturally By Jonathan Landsman, Natural News

### 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.

### Aromatherapy for more restful sleep?

Essential oils have been in use for thousands of

**needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!**



Call for your Medical Thermography Appointment Today

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years and research does support some uses of the oils. Until recently few studies had been conducted on the effectiveness of essential oils, although these studies did show that aromatherapy can be beneficial for select health conditions.

One of the best uses for essential oils is to promote healthy sleep. Numerous recent studies support the use of essential oils for relieving insomnia and providing a calm sleeping environment. Find out more about how essential oils can benefit sleep and how to use them below.

### How essential oils fight insomnia

"Essential oils" is a broad term, and can mean any oil extracted from a plant. Not all oils are beneficial for sleep. According to what research is available, the most beneficial essential oils for sleep include [lavender](#), [bergamot](#), [neroli](#), chamomile and anise. These five essential oils soothe and relax while promoting healthy sleep. A 2010 study published in the Iranian Journal of Nursing and Midwifery Research was one of the first recent studies to test the effectiveness of essential oils. In this study, researchers tested the effectiveness of lavender oil in improving the sleep habits of patients sleeping in the ICU and CCU. The researchers found that patients who breathed lavender essential oil slept better than the patients who did not breathe lavender. In 2013, a similar study published in Evidence-Based Complementary and Alternative Medicine found beneficial results on the sleep quality and anxiety levels of ICU patients who breathed a mixture of lavender, Roman chamomile and neroli essential oils in a diffuser. Although not as well-studied, anecdotal reports state that both anise and bergamot also have beneficial effects on sleep quality in animal studies.

### How to use essential oils to promote sleep

Make your own sleepytime essential oil blend: In the 2013 study, the researchers mixed the three oils together using a ratio of 12 drops of lavender, 4 drops of chamomile, and 1 drop of neroli. For maximum benefits, you can also add

in 1 drop of bergamot and 1 drop of anise essential oils.

You can enjoy the benefits of this essential oil blend using these two application methods:

### Aromatherapy

Place the oils in a diffuser or humidifier and place the [diffuser](#) in your room while you sleep. The effect is subtle, but you should feel better rested when you awaken.

### Apply to the skin

Always use a carrier oil when applying essential oils to the skin, as some of the oils are too strong and can cause a rash or other skin reaction. A carrier oil such as [Jojoba](#), grape seed oil, coconut oil, or olive oil will prevent the essential oils from harming the skin. Mix the essential oil blend with the carrier oil in a ratio of 10 drops of essential oils per half ounce of carrier oil. You only need a small amount as a little goes a long way.

Experiment with the oils to see which blend helps you sleep best. You may be surprised at how much better you sleep at night with the right aromas tempting you to drift off into dreamland.

Posted on September 26, 2015 By Brenda Priddy

Comments, suggestions or questions are always welcome.

[Here's to Healthy Habits,](#)

*Jacky*