



MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

November 2015

Speaking of...Mindful Wellness

What if Everything Your Doctors Told You About Breast Cancer Was Wrong?

Like me on
Facebook 

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

Have you scheduled your Thermoscan yet? Use your spending funds from your Flexible Spending or HSA to pay for your Thermography Scan. Don't let your 2015 benefits go to waste!

Click Here to Purchase an Instant Massage or Thermography Gift Certificate

Dear Jacky,

It's the time of year to reflect and give thanks. I hope you take the time with the upcoming holiday season to give the ones you love a little tighter hug, learn to let the small things go and most of all enjoy. For those of you who have seen me recently, you know I've gone from wearing a boot on my foot to now taking time to let a slight fracture in my leg heal. Although I've hit this "challenge" it's given me pause to be thankful for the extra time I get to spend with my family and promoting the benefits of thermography.

Have you booked your Thermoscan yet? Schedule your scan before the end of the year so you can use your flexible spending or HSA funds to pay for it!

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.

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

Forward to a Friend

Essential Oil of the Month

Lemongrass Essential Oil



Refreshing and rejuvenating. Stimulating and balancing. Its aroma inspires and brings fresh energy; clears the mind. Popular skin care ingredient for oily, mature and inflamed skin (in moderation). Also popular in Asian cuisine, and Lemongrass Essential Oil can replace dried Lemongrass in the kitchen, but use very sparingly because the oil is much more concentrated. Lemongrass also helps:

- Heal tendons and ligaments
- Reduces Inflammation

Suggested Use: Use a few drops in a diffuser to freshen the aroma climate of your home. Add very sparingly (dilute; measure drops separately) to dishes that you would otherwise

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.

What if Everything Your Doctors Told You About Breast Cancer Was Wrong?

Original publication: October 6, 2015
Author Christie Aschwanden

Don't look down. Therese Taylor repeats this mantra when she's rising out of bed in the morning. Don't look down. She says it when she's standing in the shower. She says it when she's brushing her long brown hair so that it hangs over the vacant space once occupied by her left breast. Don't think about what you've lost.

She's lost so much. Her breast. Her identity as a healthy person. Her uncomplicated sex life. Her faith in the medical profession.

Taylor has gained something too—a fury that's uncomfortable to express when other women are dying from breast cancer and her doctors tell her she's lucky. But when she thinks of the fear her three children endured and the months of post-surgical shoulder pain so sharp that she worried a tumor had invaded her bones, the 55-year-old Mississauga, Ontario, resident doesn't feel lucky at all. She feels rage. Her doctors implied she had cancer and said that if she cut off her breast, she would live. Now she knows it was never that simple.

No one—not her physician or her surgeon or the pathologist or nurse or anyone else—ever took the time to explain what her mammogram and biopsy had found.

Despite what her doctor said ("It's indicative of cancer"), the fact was that the abnormality on

prepare with the dried herb.
Dilute if putting directly on skin.

- Joints-rub 4-5 drops on joint and spread beyond the area.
- Depression-rub on bottoms of feet or diffuse into air.
- Muscle Fatigue-spread over area of concern.
- Sprains-spread over area of concern.
- Tissue Regeneration-apply to area of concern.
- Varicose Veins-apply to area of concern.
- Use 2 - 3 drops with Jojoba Oil (1/2 oz.) as massage oil to help with cellulite or over-exerted ligaments or bruises. Or, dilute with water to help with digestive problems, infections or nervousness.
- Use 2 - 3 drops in a lotion (1/2 oz.) to help clear cellulite, as well as tone the skin, open blocked pores and help with acne. The antiseptic properties are also useful in treating athlete's foot and other fungal infections.
- Kill your pet's fleas and lice by spraying diluted lemongrass oil all over his coat. You can also soak his collar in it, add it to his final rinse

Taylor's mammogram-ductal carcinoma in situ, or DCIS- is not considered a cancer by many experts, and it had only a small chance of ever progressing into an invasive cancer. The probability that it would kill her was even slimmer, about 3 percent. The thing in her breast was not a ticking time bomb, and were it not for the mammogram, she probably never would have known it was there.

If she knew then what she knows now, Therese Taylor would have refused the surgery. In fact, she would have canceled the mammogram. Taylor has come to realize that she lost her breast out of fear, not out of caution. She's learned that her mammogram was at least three times more likely to get her diagnosed and treated for a cancer that never would have harmed her than it was to save her life. But perhaps the most infuriating thing she's learned is that scientific evidence for the harms of mammography has been available-published in medicine's most highly regarded journals-for decades.

[Click here to read the rest of the article.](#)

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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!

after shampooing, or spray it on his bedding.

Click to read more about the benefits of **Lemongrass Essential Oil.**

Basic Foot Soak

Make a refreshing foot bath. Add two drops of **Lemongrass Essential Oil** to a bowl of warm water, and soak your feet for 10 minutes. If your feet are aching, add two tablespoons of Epsom salts.

Make your own Cinnamon Sticks

- 100 plain, round, wooden toothpicks
- 20-30 drops of **cinnamon leaf essential oil**
- 1 tsp. vodka
- 2 drops liquid Stevia
- 1 glass jar

Place toothpicks into jar. Blend together alcohol, essential oil, and Stevia and sprinkle directly on top of the toothpicks. Seal the jar, and distribute the mixture over the toothpicks by shaking. Store in a dark place for at least 48 hours, shaking the jar several times a day.

Product of the Month

Large Heartbeat Aromatherapy



Pillow....

Reduce Stress & Be Happy

Anything taken too much is bad for the health give yourself a break to reduce stress in your life. A little stress is actually good, as it could serve to help you function at your best. However, stress that seems a little too much could take a physical, as well as mental, toll to your body. Look for ways to reduce stress in order for depression or anxiety to be prevented.

So how should you do it then? The following are tips and advice to help you reduce stress.

Guided Imagery to Reduce Stress

Guided Imagery is similar to meditation and can help you reduce stress. Many may find meditation difficult since you may have that voice in your head talking to you about all of the things you have to accomplish. With Guided Imagery unlike with meditation you have a trained Guided Imagery Therapist talking you through an exercise to relax your mind. You're not left with listening to your own "talking chatter" frustrated that you're unable to relax. You'll find Guided Imagery is an excellent way to help you reduce stress and be much calmer.

Write it out, schedule it out to Reduce Stress

It is best to write down everything that seems to be overwhelming. You will find a things-to-do-list much easier to manage than having errands all crumpled up in your head. Reduce Stress by writing down the tasks, and putting a specific schedule and time to do them, helps anyone manage activities one chunk at a time. Crossing out an activity that has already been accomplished is very rewarding and could actually help you feel more relaxed when doing the other tasks at hand. Reward

Aromatherapy helps with a more restful sleep

Our Large Heartbeat Pillow™ was originally designed for shoulder and rotator cuff injury, but can be used on other areas such as the hips, knees, neck, and chest. Warm and place on your chest for a wonderful night's sleep... the natural solution for insomnia!

- perfect heat source for your Castor Oil Pack! ([watch video for more ideas](#))
- reduce pain after Open-Heart Surgery, cramps, congestion
- increase muscle relaxation
- gentle conforming weight and compression
- reduce tight chest, shoulders or neck areas
- comfort during grief work

Tuck down by your feet for an extra treat! Great for tummy or monthly cramps. A wonderful alternative to a heating pad for those trying to avoid electric interferences.

An excellent heat source for your **Castor Oil Pack**. Place over abdomen/chest area after applying castor oil (cover your skin with a towel after applying the Castor Oil to protect your Pillow)

yourself with a deep breathe each time you cross out a task and see how even this simple task help you reduce stress.

One at a time works

Focus and put all your attention specifically on one task at one time. It does not help to feel panicky about the other undone or to-do tasks. Thinking about them only adds unnecessary stress and could even hamper in doing the task you are attempting to accomplish at present. I've found I can reduce stress by making the extra effort to accomplish a single task rather than trying to do 3 things at once.

Relax and take it slow

At least, try not to expend too much energy on activities that are currently not priorities to reduce stress. This is in order for your energy to be not easily expended on the tasks that are not that important, at least for now. You'll find you can reduce stress by "letting go" of unnecessary activities.

Delegate...Delegate...Delegate to Reduce Stress

You need not do everything all at once, and you need not do everything on your own. Ask for help, get help, or pay for help. When there is a feeling of being overwhelmed that is cropping up, hire someone to mow the lawn or get a sitter for your children. The feeling of being pressed to finish something on time will somehow be eliminated if tasks are delegated. It takes a load off unnecessary worry and anxiety. Moreover, it is easier checking up on how things are, than worrying yourself sick doing everything on your own, all at once. Delegating may be your key to reduce stress in your life.

Give yourself a reward

You deserve it. Acknowledging your accomplishments, no matter how big or

Read all about the Healing Properties of Castor Oil.

Removable outer case - cold water wash, lay flat to dry.

All fabric 100% cotton. Contents: Flax seed, an herbal blend called ~SOOTHE~ This blend helps relax, soothe, calm and detox. Also helps relieve muscular aching and tension. (Lavender, marjoram, clove) Chilled pillow can be placed directly on bare skin for optimal cold application. Use chilled for: Bruises, Swelling, New Injuries, Sprains and Strains, Migraines, Nerve Pain, Post-op Healing, Fever

Buy yours! On sale now!

Enter "Heartbeat25" to save 25% while supplies last.

Heartbeat Pillow
Regular Price: \$42.00
Sale Price: \$31.50

small, is an effort that is necessary before getting on to the next tasks and activities. It reduces stress and could even make you happier in doing the next task.

Give yourself a break to Reduce Stress

You need it to be more productive. A ten to fifteen minute break during your work is necessary. Go visit a café nearby, take a quick brisk walk, or listen to a shortened version of your favorite Mindful Wellness Guided Imagery do anything to put your mind off work, at least for a while. This is necessary to refresh and reduce stress. Believe it or not, you can also stay in your work and sit with your eyes closed as you visualize a peaceful landscape or a relaxing scene. This frees the stress from your muscles and your mind.

Relax and be cool, stress reduction is easier than you think and makes you healthier, happier, and a lot more productive. Take these simple steps to reduce stress and you'll find you're smiling even more!

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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 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

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.

Contact Us

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