



MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

February 2016

Speaking of...Mindful Wellness

How are things going so far this year?

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Essential Oil of the Month

Tea Tree

Dear Jacky,

How are things going so far this year? Are you sticking to the resolutions you may have set for yourself in January? I've met many new patients coming in for their first Thermography Scan. Many are seeing results they can actively improve upon by making simple lifestyle changes. Thermoscans aren't something to fear. They offer a safe, proactive way to manager your health. Your thermoscan is a no contact, no radiation, no compression health monitoring tool.

I personally have made significant changes in my diet based on results of my own thermoscan. I don't mind sharing that my personal scan showed inflammation. Through changes in my diet over the last year subsequent scans show the inflammation has decreased.

You can use your flexible spending or HSA funds to pay for your thermography scan. Start the year off on the right foot and schedule your thermography scan today!

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



Very strong and medicinal smelling. Spicy-camphorous, warm scent. For many people who have experienced the benefits of Tea Tree Oil, this scent has become equivalent to the 'scent of healing'. Helps with...

- Great for Sore Throat

How to use Tea Tree or Melaleuca Essential Oil

- Add 5-10 drops to 1oz. of unscented body or hair care product to enhance their effectiveness.
- Add 1 drop to your **NasoPure** to ease congestion.
- Add 2-3 drops to a bowl of hot water for a purifying steam treatment.
- Apply to pimples with a Q-tip 2-3 times a day.
- Help for Athletes Foot - Rub 4 drops between and around your toes.
- When it hurts to talk... gargle

Millions Falsely Treated for for Cancer says National Cancer Institute Report

December 11, 2013

By Ethan Huff

Published by Alignlife

(Health Secrets) A significant number of people who have undergone treatment for cancer over the past several decades may not have ever actually had the disease, admits a new report commissioned by the U.S. National Cancer Institute (NCI). Published online in the Journal of the American Medical Association (JAMA), this government study identifies both over diagnosis and misdiagnosis of cancer as two major causes of the growing cancer epidemic. These two together have led to millions being falsely treated for cancer with surgery, radiation and chemotherapy, who in reality had no such cancer.

The report drops a few major bombshells on the way that many cancers are diagnosed. For example, breast cancer, is sometimes not breast cancer at all but rather a benign condition such as ductal carcinoma in situ (DCIS). However, untold millions of women with DCIS have been misdiagnosed as having breast cancer, and subsequently treated for a condition that likely never would have caused them any health problems. And similarly in men, high-grade prostatic intraepithelial neoplasia (HGPIN), a type of premalignant precursor to cancer, is commonly mistreated as if it were actual cancer.

"The practice of oncology in the United States is in need of a host of reforms and initiatives to mitigate the problem of over diagnosis and overtreatment of cancer, according to a working group sanctioned by the National Cancer Institute," explains Medscape.com about the study. "Perhaps most dramatically, the group says that a number of premalignant conditions, including ductal carcinoma in situ and high-grade prostatic intraepithelial neoplasia, should no longer be called 'cancer'."

Conventional cancer treatments once again shown to be a leading cause of cancer

These are shocking admissions, considering that NCI is a government-funded agency that tends to favor the conventional cancer diagnosis and treatment model, even though it has been shown to be a failure. But even worse is the inference that untold millions of healthy people have been treated with poison and radiation for conditions they never

with a drop of Tea Tree or Melaleuca to ease the discomfort of a sore throat.

- If you're suffering from congestion, cough or sore throat try rubbing on your chest to ease your discomfort.
- Make your own "homemade Vicks" by rubbing a mixture of 3 - 4 drops of Tea Tree with **Castor Oil** on your chest.

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

First Aid Spray

This is the perfect Spray to keep handy whenever needed. To make this First Aid Spray, you'll need:

1-2 drops **Lavender Essential Oil**
1-2 drops **Tea Tree Essential Oil**
1-2 drops **Cypress Essential Oil**
4 oz of pure water
4 oz **spray bottle**

Add water and essential oils to spray bottle.

Shake a little before using to suspend essential oils.

Anti Inflammation
Recipe

even had, which likely caused many of them to develop real cancer and even die as a result.

As it turns out, the entire concept of "early diagnosis" itself is fundamentally flawed, since many of the methods used to diagnose fail to differentiate between benign and malignant cancer cells. This means that many people who are falsely diagnosed with cancer will end up developing cancer anyway, as a result of getting treatment for cancers they did not have, a phenomenon that proves the absurdity of the entire model.

"Even in the case of finding the tumor early enough to contain it through surgery, chemotherapy and/or radiation, it is well-known that the minority subpopulation of cancer stem cells within these tumors will be enriched and therefore made more malignant through conventional treatment," explains Sayer Ji for GreenMedInfo.com.

"For instance, radiotherapy radiation wavelengths were only recently found by UCLA Jonnsson Comprehensive Cancer Center researchers to transform breast cancer cells into highly malignant cancer stem-cell like cells, with 30 times higher malignancy post-treatment."

Cancer is really the body's attempt to survive, not an outside attack

In Ji's view, the underlying issue is that the conventional cancer model erroneously views cancer as some kind of outside attack on the body that must be aggressively fought with rigorous treatment, rather than the survival mechanism that it actually is. When the body is perpetually deficient in nutrients, for instance,

Click to read the rest of the article

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6 drops **Eucalyptus Essential Oil**
 6 drops **Tea Tree Essential Oil**
 4 drops Chamomile Essential Oil
 2 drops **Peppermint Essential Oil**
 2 drops **Lemongrass Essential Oil**

Rub mixture on inflamed area.

Product of the Month

Nasopure...



Nasopure...

The Nasopure Experience Dr. Hana's Nasopure® System transforms the ancient technique of nasal irrigation into the most effective, convenient and inexpensive nasal washing system available today. It quickly and safely washes away pollen, mold, dust, bacteria, viruses AND MUCUS - the primary causes of nasal and sinus allergies, infection, and discomfort, leading to improved sinus health and prevention. Washing your nose has never been easier. Dr. Hana's Nasopure® Nasal Wash System contains one 8 oz. Nasopure Nasal Wash Bottle for a single

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*YOUUnique*Wellness
an Expo

**FREE
EVENT
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APRIL 2, 2016
12-4PM**

Sharonville Community Center
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Sharonville, OH 45241

A family-friendly FREE event with vendors and workshops that will have something for everyone!

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Email YouUniqueWellnessExpo@gmail.com for more information

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How to get the best use of each thermography screening:

1. Compare your images visually to the last screening. What areas have improved? What areas do you need to focus your 2016 efforts on to reduce inflammation or improve circulation?
2. Follow the recommendations in your report and those given to you by the thermologist you spoke to during your consult, or by your doctor or other health practitioner.
3. If you completed your first scan, make sure your follow up scan is scheduled. Use that date as a goal to see improvements in your body through your hard efforts to gain optimal health.

MAKE 2016 YOUR HEALTHIEST YEAR YET!

Save Book on time!

user, 20 pre-measured Swish Stix™ and detailed instructions. Each Swish Stix™ packet weighs 3.75 gm. (3/4 tsp) - fine pharmaceutical grade granules of sodium chloride and sodium bicarbonate with no other additives, perfumes or ingredients.



Buy yours!

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!!!

Contact Us

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Licensed Massage Therapist,
Certified Thermographic
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Healing Touch Certified Practitioner
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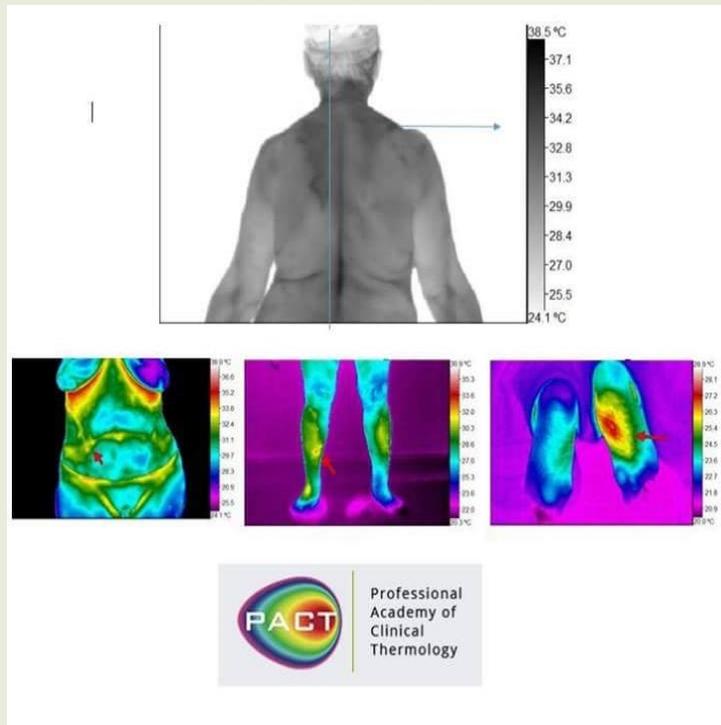
\$25

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.

Dr. Piana shared these images to show how thermography scans can help give insights into other conditions:

"Right Thoracic Translation - Causing right intestinal inflammation, right planter fasciitis, and right anterior tibial inflammation"



10 Ways to Improve your Lymphatic System

The lymphatic system is one of two major circulatory systems in the body. It's primary job is to move immune cells and dead cellular debris through the body to where it can be removed or reused. A poorly functioning lymphatic system is a risk factor for the development of cancer and other chronic diseases.

While most of modern science and the allopathic medical community have spent their time researching the blood vascular system, the

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THERMOGRAPHY SAVINGS

Referral program: It's very basic. You refer 1 person and you'll receive



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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

lymphatic system is gaining its deserved attention from the holistic community. Today, much of the 21st century research is diving deeper into understanding lymphatic system function and its dynamic role with the health of the human body.

What little you may have heard about the lymphatic system is that it is comparable to drains. When there is a clog in any of the pipes at home you may experience an odor from the sink basin. This is where a buildup of particles such as hair and food become a breeding ground for bacteria. You regularly maintain your pipes in order to avoid a clog, but you should be paying far greater attention to your lymphatic system in doing the same.

A congested lymphatic system can lead to serious illnesses and chronic diseases which stem from a weakened immune system. A clog in your lymphatic "drains" can lead to the accumulation of toxins which the body initially tries to remove. Perhaps your symptoms of body rigidity, headaches, bloating, skin concerns, and cold extremities are actually a result of a sluggish lymphatic system that needs improving.

The following techniques may improve the flow of lymph fluid through your body by limiting both mental and physical stress on your lymphatic system:

Good posture, Stretching regularly,
Deep breathing exercises, Yoga and pilates

All excellent strategies to relieve anxiety and support immune function, such practices relieve congestion and stimulate the removal of pathogens from your body.

Exercise may possibly be one of the most effective and easiest ways for you to improve your lymphatic system function. Exercising increases the oxygen supply to tissues and cells and stimulates blood circulation. When the body does not regularly move, toxins remain in muscle. A condition known as hypoxia in which there is a lack of oxygen to an area of the body leaves the door open for the invasion and metastasis of cancer.

A fun way to exercise is by bouncing on a mini trampoline (called a rebounder) which is often used in sports therapy to help athletes heal from injuries. This low impact exercise is called

total accordingly.

Previous screenings not included. Cannot be combined with other offers.

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

rebounding. As the body moves against gravity, the lymphatic system is stimulated to pull lymph fluid carrying toxins through the vessels and circulate.

The obstruction of any anatomical structure on the thoracic cavity or upper chest region can prevent the final dumping of toxins from the lymphatic system for cleansing. The rib cage works as a major lymphatic pump which is critical for lymphatic circulation. Correcting anatomical abnormalities or displacement from everyday activities helps to promote pressure within the thoracic region which also assists to oxygenate cells.

Herbs are a great source which we can utilize to detoxify the lymphatic system and remove toxins. Some of the most popular herbal treatments to help the lymphatic system heal include the following:

Essential Oils: Traditional practices have used essential oils to help the body heal for centuries. The PDQ (Physician Data Query) Cancer Complementary and Alternative Medicine Editorial Board reports that essential oils stimulate healing through neuroimmunomodulation. The use of essential oils strengthens the cancer patient's immune system

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

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky