



# MINDFUL WELLNESS



massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

March 2016

## Speaking of...Mindful Wellness

### All about Detoxing...

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Essential Oil of the Month

**Grapefruit**



Dear Jacky,

Spring is HERE! The warm weather and spring flowers in bloom give me the itch to get outside! Although I'm thoroughly enjoying the warmer weather, I had the opportunity to visit Iceland. I was very thankful to enjoy the time away with my sister and mum! It made me appreciate even more the healthy lifestyle I've undertaken since receiving my thermography scans. Like many of my clients, the fruits of my wellness regimen are showing positive results on my subsequent thermography scans. We enjoyed a lot of walking and wonderful fresh fish as we toured beautiful Iceland.

In this issue, we're all about detoxing. Thank you to Barb Fisher for your wonderful article on the importance of proper nutrition and your breast health. Barb is a friend and uses thermography to monitor her health. They offer a safe, proactive way to manage your health. Your thermoscan is a no contact, no radiation, no compression health monitoring tool.

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](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

**Grapefruit** has long been considered a helpful food for weight loss. It is a refreshing, satisfying snack one can enjoy with no concern over calories. Grapefruit oil can also be used as an appetite suppressant, when mixed with drinking water, put on the tongue, or simply inhaled. Stimulating and refreshing, uplifting and nourishing positive emotions. Grapefruit's aroma inspires and clears the mind. Grapefruit is...

- Uplifting and Refreshing
- Superb Lymphatic Support
- Looking for more benefits [click here to read an informative article about the benefits of Grapefruit Essential Oil.](#)

Citrus oils help to eliminate emotional confusion and increase one's sense of humor and well-being. It is also said to help with acne, digestion, fluid retention, and disorders of the liver, kidneys, vascular, and lymphatic systems. Grapefruit oil can help dissolve fat and has been used to address cellulite.

Its fragrance is mood elevating. It has also been applied for migraine headaches, premenstrual tension, fatigue, and jet

## Managing your Mammarys with Nutrition by Barb Fischer

We're seeing a lot of breast cancer today! Let's talk about SOME of the nutrition connections.

There are now a number of breast conditions tied to genetics. But some women with this higher predisposition do NOT get breast cancer. Why is this? We now understand diet and lifestyle can contribute to shutting some genes off and others, on.

One food that has definitely stood out in women with breast cancer is French Fries. They are known to be one of the most free radical producing substances you can eat.

They're not nutritious and produce free radicals as they are the processing of pure carbohydrates by hot fat. At 400 degrees, the fat causes the water to be displaced and the oils in the fat to impregnate the potato. These fats are loaded with peroxides that damage cells.

A Harvard physician found processed foods to be toxic and devastating to the future of our youth.

She feels girls who eat french fries are more likely to have breast cysts and cancer than women who don't eat french fries. Is that the only food? I doubt it.

Breasts have a lot of fatty tissue. Fatty tissue is where we harbor toxins. This means we can carry a lot of toxins in breasts and, as a result, inflammatory processes can emerge.

Many of these toxins act as hormone mimics.

What's happening in some areas, with fish, would be an example of this. While the oily fish SHOULD be the best for our health, the oil (fat) is where the fish will also carry their contaminants.

To give you an idea of how this plays out today: In the Potomac River there are no male fish in portions of the river due to the high level of chemicals in the water. Male bass near Washington DC produce eggs. They behave and act as if they are female.

On the prevention and breast health side, soy protein has a beneficial effect because of the high degree of antioxidants, plant sterols and plant estrogens that tend to modulate fluctuating estrogen levels in women who might be more

lag.

[Click here read more...](#)

### **Grapefruit Lotion**

Add 10 drops of [Grapefruit Essential Oil](#) to 1oz. of unscented body care product to help with toning treatments; add to shower gel and gently brush the areas you want to firm before rinsing, or add to lotion or massage oil for a stimulating massage.

### **Lymph Support**

Add 3 drops of [Grapefruit Essential Oil](#) to your Castor Oil Pack for superb lymph support. Watch an informative video on the [benefits of using a castor oil pack](#).

## Product of the Month

### **Body Brush Kit...**



### **Body Brush Kit...**

It has been called many things: Dry Brushing, Skin Brushing, Body Brushing, Exfoliation Brushing, Lymphatic Brushing, to name a few. As the name suggests, the technique involves lightly brushing the surface of the skin in order to improve or enhance health.

You'll find this handy kit contains everything you'll need:

vulnerable. (The much weaker soy protein plant estrogens, tie up the receptor sites and keep the much stronger, harmful estrogens out of these sites. It's protective!)

Soy has been shown for hundreds of years to be a protector against cancer. (if you get the right soy)

While soy is a great benefit, it's become VERY commercialized. Many soy products, such as soy milks, soy burgers and soy protein mixes, are not being processed correctly. They will not give the health benefits of soy and can actually cause more harm than good.

But, it's been found, women who use properly handled soy protein have some of the least incidence of breast cancer (unless they are engaging in dangerous behavior.)

Breast health is another case where it pays to feed the body well with lots of clean, organic vegetables, organic fruits and some clean meats.

Adding the supplements and soy protein needed to help with detoxification, hormone balance and immune system is helpful. (You definitely don't get enough nutrients from food to keep disease away.) This can help bring inflammation down and keep the right genes turned on and turned off.

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

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**Mark your Calendar & Come visit me at the  
YOUUnique Wellness Expo**

1. Long Handled Body Brush - made of natural boar bristle
2. Bath Strap - made of vegetable fiber
3. Gentle Exfoliating Face Brush - made of natural boar bristle
4. Exfoliating Gloves - These gloves are specially woven to gently and efficiently exfoliate layers of dead skin and impurities from the body's surface.
5. Lymphatic Body Brushing & Skin Exfoliation Instructions
6. Handy Reuseable Tote Bag

**Click here to learn even more about "The Benefits of Lymphatic Body Brushing"**

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Retail Price: \$28.99  
**Sale Price \$18.99**

**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!!!**



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Call or e-mail me with any questions you may have

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*an Expo*

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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 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

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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## 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.

improvements in your body through your hard efforts to gain optimal health.

## MAKE 2016 YOUR HEALTHIEST YEAR YET!

### Detoxification

What is your definition of a detox? The Medical Definition of detoxify according to Merriam-Webster is

- 1: a: to remove a poison or toxin or the effect of such from  
b: to render (a harmful substance) harmless
- 2: to free (as a drug user or an alcoholic) from an intoxicating or an addictive substance in the body or from dependence on or addiction to such a substance

Almost every day, I see a new diet or juice promising that magic bullet to help your body "detox."

Sometimes I just want to feel better. To rid my mind and body of the sluggishness I feel when I'm just not feeling right. I'm not sure if you've felt the same way or not. Sometimes it could be a result of the poor foods I've been pouring into my body, overdoing drinks that I know aren't good for me (that doesn't necessarily mean alcohol), or simply feeling run-down.

Your lymph system has a major impact on how you feel. It is one of the systems in your body that helps regulate and control illnesses by removing debris or toxins. To me, detoxing is not finding that "magic bullet," but rather finding holistic approaches to help me feel better and stay that way. The lymph system is a very intricate series of lymph nodes, lymph ducts, lymphoid organs, and lymphatic tissues. The lymph capillaries and lymph vessels produce and transport lymph fluid or toxic fluid from tissues to your circulatory system. When the lymph system is flowing smoothly, toxins will be released from your body and your overall health will be improved.

One of the holistic approaches I use is to [Dry Skin Brush](#), also known as Lymphatic Body Brushing. I use a natural bristle brush before I shower to gently exfoliate my skin. When you Dry Skin Brush you are brushing toward the heart to stimulate lymphatic flow. [Click here for detailed instructions on how to lymphatic body brush or watch the video below.](#) By exfoliating or sloughing the dead skin cells off my body, I'm facilitating a natural way to increase

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

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

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circulation and improve my sluggish lymph system. This isn't a time consuming activity and not only do I see the benefit of feeling better, I also know my skin looks less dull & more alive.



Another method I frequently use is [Guided Imagery](#). Yes, I know I'm throwing a lot of methods at you, but these are all methods I've found that work wonders for me and many of my clients. Guided Imagery is similar to meditation but many of my clients tell me they find it easier because they are being guided through a visualization to calm the unhealthy thoughts going through their mind. Then, they don't have that talking chatter many find difficult to overcome when they meditate. I have a Guided Imagery called "[Detoxing Your Body](#)" that helps me visualize the release of an illness or negative thoughts. The mind can have powerful impact on how well you recover or deal with a debilitating illness. Staying calm, relaxed works wonders on giving you that extra bit of strength you may need.

In my line of business, I help people like you every day through massage or thermography scans. The reason I tell you to make sure you drink a lot of water after a massage is so you can release the waste products and toxins from your muscles. Increasing your fluid intake lowers this toxicity and lessens the strain on filtering organs.

So these are a few ways, in addition to eating a healthy diet, I use when I'm feeling a bit sluggish. If you have any questions about techniques mentioned give me a call or e-mail me.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky