



MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

April 2016

Speaking of...Mindful Wellness

Oral Inflammation & Oil Pulling...

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 Forward to a Friend

Dear Jacky,

It's so nice to have the warm Spring weather match the date on the calendar. Let's hope we don't jump back to a cold spell and can get out to enjoy some gardening! I know I'm going nuts over the nifty benefits Coconut Oil offers and can't wait to combine it with freshly planted herbs for some super yummy recipes.

In this issue, we're all about healthy ways to help with Oral Inflammation. I bet you didn't know how common it is to detect Oral Inflammation on your Thermography scan. And, that some dentists and doctors have long claimed a relationship between oral bacteria and breast cancer. So your Thermography Scan offers 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.

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

Essential Oil of the Month

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...

- For acne, mix 2-3 drops of oil in 1 ounce of water. Mix well, then place on cotton ball. Gently apply to affected area. Can also be used as a toner for oily skin.
- For arthritis and rheumatism, use 2-3 drops in 1 ounce of carrier oil and massage on affected area.
- For bleeding cuts and wounds, use 2-3 drops of oil in a cold compress.

Thermography & Oral Inflammation

Dr. Piana's protocol:

Oral Inflammation

Oral/ Gum inflammation is an epidemic and easily identified on thermal imaging. Routine trips to the dentist for deep scaling, cleanings, and checkups are important in maintaining your gums.

It is imperative to perform at-home care and have regular thermography examinations of the mouth. The recommended protocol to restore gums that have been compromised by pathogenic bacteria is as follows:

1. See your dentist for a deep scaling and cleaning
2. Use floss and a Proxabrush to clean between all teeth

First 30 Days ONLY:

3. Use a mixture of 50% hydrogen peroxide and 50% water to swish between your teeth for 2 minutes after step 2
4. Perform oil pulling daily immediately after step 3



30-60 Days

5. Continue Proxabrush and Flossing
6. Use [designs for health toothpaste](#) with PROBIOTICS for 30 days twice daily

Maintenance

7. Continue Proxabrush and Floss
8. Use [probiotic toothpaste](#) weekly.
9. Oil Pull weekly
10. Have semi-annual thermography tests to see your improvement.

For information on Oil Pulling scroll down...

- For cellulite, mix 2-3 drops in 1 ounce of carrier oil, and massage on affected area regularly.
- For chest congestion, colds, coughs, sinusitis, and sore throats, use 2- 3 drops in a steam inhalation. Can also be added to a carrier oil and rubbed on chest and neck.
- To alleviate depression, exhaustion, and listlessness, use 2-3 drops in a diffuser.
- Can use 8-10 drops in bath water. As a deodorant, mix 2-3 drops in 1 ounce of water. Dab on with a cotton ball. For extra deodorant protection in bath, put unscented shower gel in palm of hand, mix in a drop or two of oil, and shower as normal.
- As a disinfectant, add 5-6 drops in a quart-sized spray bottle of water. Shake well before using. Refresh weekly.
- To cool fever, use 2-3 drops in a cold compress. After an illness, use 2-3 drops in a diffuser or steam inhalation as a tonic for the immune system.

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.

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!

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!

Continue use for 2-3 days.

- To promote nail growth, mix 2-3 drops in 1 ounce of almond oil and massage into cuticles.
- While cleaning refrigerator, freezer, or oven, add 2-3 drops to rinse water to wipe away greasy residue and for extra freshness. For varicose veins, mix 2-3 drops in a carrier oil and massage on affected area.
- Put some lime on a cotton ball or cotton pad to remove residue left by stickers or to remove grease.
- Flavor your glass of water with a drop of Lime Oil.
- Save your fruit from turning brown by adding 1 -2 drops of oil.

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

Homemade Bath Salts

- 8 cups of Epsom Salts
- 12 drops of [Lavender](#)
- 6 drops of [Grapefruit](#)
- 2 drops of [Frankincense](#)

Blend ingredients in a bowl. Store blended ingredients in a sealed large glass container.

Add 1 or 2 cups to the bath water. This is an excellent way to relax

Oil Pulling

Let's face it, we are exposed to an alarming amount of toxins on a daily basis. From the BPA that lines your canned goods to the pesticides liberally sprayed on anything alive these days, our bodies are constantly absorbing an outrageous amount of chemicals.

Even though you may try to live as pure a life as possible, sneaky sources of dangerous metals are everywhere, even in the so-called "all natural" products that fool consumers into believing these ingredients are safe.

Over time, high concentrations of metals build up in our systems and can lead to a wide variety of conditions, including, but not limited to:

- Anemia
- Dizziness
- Fatigue
- Dry skin
- Joint or muscle aches
- Loss of appetite
- Low blood pressure
- Nausea
- Vitamin and mineral deficiencies

Try as you may, there's just no getting around the obscene amounts of toxins we are exposed to daily.

Coconut Oil Pulling

Modern naturopathic practitioners are joining with ancient Ayurvedic health practitioners in an understanding of just how powerful a detoxification and healing tool oil pulling really is.

Although coconut oil is not the only oil that can be used to oil pull (others include sesame, sunflower and olive), we love its long list of health-promoting properties, listed below:

- Antibacterial-stops bacteria that cause gum disease, throat infections, urinary tract infections and ulcers in their tracks.
- Anticarcinogenic-keeps dangerous cancer cells from spreading while boosting immunity.
- Antifungal-destroys infection-promoting fungus and yeast.
- Anti-inflammatory-suppresses inflammation and repairs tissue.
- Antimicrobial-inactivates harmful microbes and fights infection.

before a restful night sleep...

Recipes for your diffuser

My oils for "FOCUS FOR DONE"

This is the perfect duo to use when you're on deadline for a project or the kids have homework.

- 3 drops [Lemon](#)
- 3 drops [Peppermint](#)

SLOW IT DOWN

It's been a long day and it's time to unwind and relax.

- 3 drops [Peppermint](#)
- 3 drops [Lime](#)
- Let me know which one you like best, or if you have your own [diffuser](#) combo that you love, share it....

What memory does the smell of freshly baked chocolate chip cookies evoke?

Or how about a cup of hot cider or freshly cut grass? Scents are powerful and the best and fastest way to reach the mood center is through our nose!

In less than a second, essential oils hit the limbic system and have the power to affect our mood.

I don't know...all I know is that essential oils do make my home smell like a spa!

Unfortunately, 75% of American homes use synthetic air fresheners

- Antioxidant-protects from free radical damage.
- Antiretroviral-destroys HIV and HTLV-1.
- Antiparasitic-rids the body of lice, tapeworms and other parasites.
- Anti-protozoa-kills protozoan infection in the gut.
- Antiviral-kills viruses that cause influenza, herpes, measles, AIDS, hepatitis and more.

Some positive side effects of oil pulling may include the following:

- Overall strengthening of teeth, gums and jaw
- Plaque prevention
- Prevention of halitosis
- Prevention of cavities and diseases such as gingivitis
- Prevention of lip, mouth and throat dryness
- Possible remedy for jaw soreness and TMJ
- Relief of migraine headache
- Hormone imbalance correction
- Inflammation reduction
- Support of normal kidney function
- Relief from sinus congestion
- Relief from eczema
- Improved vision
- Pain reduction
- Aids in detoxification
- Help with insomnia

Follow these instructions to oil pull.

1. Oil pulling should be done on an empty stomach first thing in the morning.
2. Use one tablespoon of organic virgin coconut oil - you may want to start with ½ tablespoon and work your way up to a tablespoon.
3. Swish the oil around in your mouth slowly and be sure that the oil reaches all parts of your mouth - do not swallow.
4. Swish for five to ten minutes. Try to work up to twenty minutes if you can.
5. Spit out when you are done and rinse with pure water.
6. Brush with a natural toothpaste afterwards.

Note: You may feel a bit ill during or after oil pulling - this is generally a good sign that your body is dumping toxins and should dissipate as you become healthier.

Daily oil pulling with organic coconut oil along with consuming a healthy diet, getting plenty of exercise

that contain numerous amounts of chemical agents that have been linked to cancer (namely formaldehyde).

When you see the term 'fragrance' remember that it can include up to 300 toxic chemicals but still just say 'fragrance'! Formaldehyde is the #1 cancer causing chemical and is what you are embalmed with at the morgue.

Why are you breathing this in when you don't have to?!

My favorite diffusing combos are:

- Lavender + Lemon + Peppermint
- Clove and Lime
- Lavender + Frankincense

Product of the Month

AromaSpa Diffuser....



AromaSpa Diffuser...

The Aroma-Spa Vaporizer™ features a calming, subdued, rotating, multi-colored LED lighting feature. Simply add water and your favorite pure essential oil and the ultrasonic element produces consistent and fragrant vapor. Now diffuses for 6 hours or more.

and sleep will help your body stay sharp and ready to defend the onslaught of toxins you face each day!

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky



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.

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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