



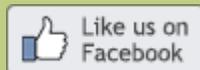
July 2016

Speaking of...Mindful Wellness

Happy Hormone Cottage & Mindful Wellness A GREAT FIT...

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Click on the **Subscribe** button to start automatically receiving our newsletter filled with therapeutic wellness information to help your mind and body feel better.



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Forward to a Friend

Essential Oil of the Month

Geranium Essential Oil



Warming, tonic,

Dear Jacky,

Good grief, it's been HOT! For those of you that know me, I love my pets and I've been extra diligent at caring for my outdoor cat colony. The summer heat also brings greater risk of flea and tick exposure for our furry friends. I'm always looking for holistic ways to keep my pets healthy. I'm thrilled to share ways I help my own pets and "Notes from a holistic vet.."

THANK YOU, Lyn & Jeff for the wonderful article "Happy Hormone Cottage & Mindful Wellness Medical Thermography - A GREAT FIT.." Your description of how your hormones and thermography scan complement each other is spot on! Please make sure you read the entire article as it's full of very useful information to help you improve inflammation, balance your hormones and the steps you need to take to feel better.

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. 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!

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

Happy Hormone Cottage & Mindful Wellness Medical Thermography a GREAT FIT...

By Lyn Hogrefe MS Ed
Happy Hormone Cottage LLC

balancing. A great oil for the time of menopause and menstruation. Balancing and lifting emotions. Refreshing and uplifting.

How to use [Geranium Essential Oil](#)

- Helps with jet lag. Diffuse into a tissue to feel refreshed after a long trip.
- Firm breasts by adding 1 drop vetiver, geranium and [ylang ylang](#) to a carrier oil like [jojoba](#)
- Improve your depressed mood by diffusing 2 - 3 drops of Geranium Essential Oil in your diffuser
- Helps with dry skin. Add a drop to a small handful of Jojoba. Rub on face to help with broken capillaries, good for all skin types - normal, oily, dry, sensitive, or dehydrated.
- Fear causes the blood vessels to tighten, restricting the amount of oxygen and nutrients that can reach the cells. Release fear by rubbing Geranium on skin.
- Add 9 drops to 1oz. unscented body care or to a
-

Jeff Hogrefe RPh FAARM
BioMale Center

Having just read a common doctor assessment found within the interpretation of a Mindful Wellness scan, after the scan has been reviewed by 3 doctors, it is clear that from an Integrative Medicine Model, dealing with a report like this requires a multifaceted approach. When it comes to Proactive Preventative Healthcare, like what we do at our Happy Hormone Cottage, it is never just one thing that needs to be addressed. It is several strategies implemented to improve over-all outcomes.

Step One - Proper Hormone Testing

The first step is proper hormone testing. In this case, getting hormone levels in the blood is not adequate. At our Happy Hormone Cottage, we offer unique testing that looks at hormone levels of all 3 estrogens (estrone, estradiol and estriol), progesterone and testosterone, as well as how the body metabolizes the hormones. It also analyzes cortisol in the body that can identify adrenal fatigue and other adrenal issues. The most valuable testing, in our opinion, is dried urine strip testing through Precision Analytical Labs. This is a rather simple take-home test that requires 4-5 urine samples (wetting filter paper and letting it dry--so easy!) over the course of dinnertime one evening through 2 hours after waking the next day. The results are quite meaningful in that you can get a glimpse into how the liver is metabolizing each hormone. This is significant in that a great deal of research links the 4OH metabolite of estrone to breast cancer risk, as well as other significant estrogen issues such as ovarian cysts, endometriosis, and fibrocystic breast disease. Identifying and attempting to modify how the liver is metabolizing each estrogen is critical.

Step Two - Lowering Inflammation

Step 2 is lowering inflammation. Inflammation is a process that activates several chemicals in the body that lead to chronic disease. Inflammation also up-regulates the liver to metabolize more of the 4OH estrogen. Many researchers speculate that inflammation caused by stress, food, toxins, infection, and over-stimulation of the immune system is the main cause of all chronic diseases such as cancer, diabetes, and heart disease. At our Happy Hormone Cottage, the most meaningful and successful way to reduce inflammation is to increase intake of omega 3 oils (fish oil) and decrease intake of omega 6 oils (vegetable oils, canola oils etc.) It is also vital to eliminate trans fats from the diet. Trans fats are found in nearly all packaged foods and have the greatest impact in increasing body inflammation. At our HHC, we carry the top-of-the-line omega 3 supplement. Not all omega 3 (fish oil) is created equally. If you are burping up your fish oil, this means it is rancid so your body is unable to absorb it. So investing in a high quality omega 3 is key. In the case of fish oil, as in many things in life, you do get what you pay for.

- massage oil/lotion. If you like you can make your own hair care blend, combining
- Geranium with [Rosemary](#), [Jasmine](#), [Patchouli](#) and [Lavender](#) according to your liking. Add to unscented shampoo or conditioner (5-10 drops per 1oz. of product), or apply 1 drop to your hairbrush to rejuvenate and naturally scent hair and scalp.
- To add to a bath - in order to prevent the oils from floating on the surface - you may want to blend the Essential Oil with some Half and Half, honey, or vinegar before adding it to the water.

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

Shampoo to help with Fleas

Ingredients:

- Your favorite Doggy Shampoo
- Add 1 - 2 drops of [Lemongrass Essential Oil](#) to the shampoo you're using on your pet

The oil repels fleas and other external parasites.

Step 3 - Reduce Intake of Sugars

Step 3 is to reduce intake of sugars. High intake of sugars is directly linked to diseases such as diabetes and arthritis. There is also a strong body of evidence linking sugar intake to increased risks of cancers. From a bio-chemical standpoint, cancer cells can only process sugar, whereas normal cells can process both sugars and fats to produce energy. Gaining ground is the high "good fat" ketogenic diet (80% of total calories) and the virtual elimination [CLICK TO READ MORE...](#)

Thursday, September 29, 2016 6:00 to 8:30 PM Shaker Run Golf Club

"**Cancer Treatment; Time for a Paradigm Change**" Presented by Mark Rosenberg, MD,FACEP, FMNM, ABAARM. Dr. Rosenberg is an internationally known researcher, lecturer and integrative clinician. He is the founder of the Rosenberg Integrative Cancer Treatment and Research Institute, Fellowship Director of ICT, & FMNM Consultant. And, **Cancer & Nutrition** presented by Georgette Schwartz, MSHN. Georgette is Director of Nutrition Services at AMT's Institute for Healthy Aging & Integrative Cancer Therapeutics. She has been a nutrition and fitness educator and specialist focusing on complete mental and physical well-being for over 20 years.

Call Kelly Brown to RSVP by September 10, 2016. 937-371-4838. (Event cost \$125 per person & includes dinner)

Important Tasks of Hormones



ESTROGEN:

- performs 300 jobs in the body
- helps protect the brain from dementia
- helps protect the heart from heart disease (the #1 killer of women in their 50's)



PROGESTERONE: (the hormone we begin to lose around age 35)

- helps sleep
- helps depression
- helps anxiety
- helps elevate mood
- helps prevent sugar cravings
- helps aches & pains



*Unopposed estrogen links to an increase in breast cancer

TESTOSTERONE:

- helps build new bone (the testosterone signals the osteoblasts to build new bone)
- helps memory recall
- helps energy



Use this trick to wash the bedding and blankets your dog uses. Simply add a few drops to your wash during the rinse cycle. Also, place 1 - 2 drops of Lemongrass on your dog's collar to help keep fleas away.

Ants Around Cat food dishes

We had a problem with ants around our cat food dishes on the floor all winter. We feed our cats in one of our bathrooms and put their dishes on the shower stall floor. We were having ants come out of the drain! Yuck! I knew that whatever I was going to use had to be safe for my kitties, so I came up with this recipe that has worked with 100% results. Not one ant since!!

I mixed a few drops of [peppermint](#), [rosemary](#), [tea tree](#), and [lavender](#) in a handful of [castor oil](#). I poured this mixture into my hand and then spread it all over the opening of the shower drain. I just leave it on until it's time to clean the shower stall. Then I reapply it. That's it! For along base boards I use this same essential oil combination (without the castor oil) in a 4 ounce bottle to keep the ants away. 10 drops each.

I use this same formula when outside in the garden (without the castor oil). We get those biting deer flies.

SAVE THE DATE!

Area Wide Wellness welcomes
Mindful Wellness Medical Thermography
to explore Managing your Mammaries and how
thermography can help you
Sunday, September 18th 2:30 pm



The Managing your Mammaries Seminar will be held at:
Huff Realty
6102 Muhlhauser Rd.
West Chester, OH 45069.

Please RSVP as seating is limited by calling (513) 759-0070 or barb@areawidewellness.com.

Notes from a holistic vet...

With warmer weather comes an increased risk of flea and tick exposure for your pets. Many veterinarians recommend chemical preventives as a solution (some even recommend them to pets year-round), but I don't agree with turning to chemicals as a means of controlling nature.

Many of my conventional veterinary peers suggest a "one-size-fits-all" approach for pests, but I suggest you think about a more commonsense approach when it comes to dealing with summer pests.

In deciding how to best protect your pet from fleas and ticks, you'll need to take into account when pest season begins and ends in your area, your pet's individual risk (do you go for long walks in the woods, for instance?), as well as the level of disease risk in your area.

What Are the Risks of Fleas to Pets?

Fleas and ticks are very different pests, each with their own set of risks. Fleas, which are related to ants and beetles, feed on blood and their bites can lead to irritation and skin allergies.

Flea allergy dermatitis (FAD), which is actually sensitivity (allergy) to flea saliva, is a very common condition in dogs. It's not the bite of the flea that causes most of the itching in dogs with FAD, it's the saliva. The saliva causes irritation way out of proportion to the actual number of fleas on the pup.

Lots of dog parents assume if their pet isn't infested with fleas, the itching can't be caused by fleas. But if your dog has FAD, the saliva of just one or two fleas can make him miserably itchy and uncomfortable for many weeks, even after the fleas are gone.

Fleas can also transmit tapeworms, cause cat scratch disease and may even

Peppermint is an awesome oil to repel bugs.

Product of the Month

Castor Oil...



Castor Oil...

Organic: This organic castor oil is the highest quality you can find. We have always offered pure castor oil tested to be free of solvents and chemicals. Now there is a certified organic Castor Oil to continue our tradition of providing the best possible ingredients for your superior health. Cold-pressed * Pesticide free * Paraben free * Phthalate free * Free of Artificial Color or Fragrance



[Click here to find out more interesting facts about Castor Oil!](#)

Buy yours TODAY!

How to get the best use of each thermography screening:

1. Compare your images visually to the last screening. What areas have improved? What

cause severe cases of anemia, especially in young animals. However, fleas are primarily an annoyance, and if you live in an area where fleas thrive, it can seem like a constant battle to keep them under control.

Fleas flourish in temperatures between 65 and 80 degrees Fahrenheit with humidity in the 75 percent to 85 percent range. In some locations flea season is year round, but in others the types of fleas that bother pets and people aren't considered a big problem.

Another important caveat: fleas are not typically attracted to healthy pets. They're typically drawn to the weakest animals they can find, first, so one of the best defenses against flea infestations is to feed your pet a balanced, species-appropriate fresh-food diet that will help keep his immune system functioning optimally.

In addition to diet, remove the environmental factors that can negatively impact your pet's immune system including:

- Poor water quality: make sure to provide fluoride- and chlorine-free drinking water
- Too many vaccines: demand your vet check protection levels prior to giving more vaccines (called a titer test). Vaccinating unnecessary doesn't build your pet's immune system, it destroys it.
- Toxic household chemical load: eliminate non-organic pet beds sprayed with PBDEs (flame retardants) that disrupt your pet's endocrine system and toxic household cleaners that end up inside your pet.
- Yard chemicals: eliminate pesticides, herbicides and fertilizers around your home that negatively impact your pet's [CLICK TO READ MORE...](#)

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

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.



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.



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!

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

Contact Us

513-382-3132
Jacky Groenewegen
Licensed Massage Therapist, Certified Thermographic Technician,
Healing Touch Certified Practitioner
Guided Imagery Therapist
Certified Clinical Aromatherapist
Board Certified in Therapeutic Massage & Bodywork
[e-mail Jacky](#)

513-505-0594
Jennifer Concannon
Marketing and Customer Relations Manager
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MAKE 2016 YOUR HEALTHIEST YEAR YET!

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!!!