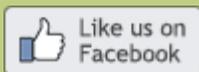


# Speaking of...Mindful Wellness

## Breast Health Awareness Month is Coming...

Subscribe

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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Click Here to Purchase an Instant Massage or Thermography Gift Certificate



### Essential Oil of the Month

#### Buddha Essential Oil Blend



Strong, light and cheerful, like a moment of full hearted laughter, this blend was inspired by Hotei,

Dear Jacky,

They say that when you really enjoy doing what you do, passion shines through and time flies! I sit back and wonder how on earth we are already in September/October. I can honestly attest that this year is certainly going by very quickly!

October is Breast Health Awareness month. A study conducted by the University of Wisconsin showed thermography detects breast cancer up to 10 years earlier than mammography. Have you scheduled your thermography scan yet? During the month of October I'm offering generous discounts if you schedule your scan by October 31st. See the fabulous coupon below. Call me or visit my website to book your scan today! My appointments are quickly filling which excites me even more to help so many people on their wellness journey! Please know you simply have to **schedule** your appointment in October. It can actually take place later than October.

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. It is a no contact, no radiation, no compression health monitoring tool. You can use your flexible spending or HSA funds to pay for your 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](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.

the laughing Buddha. An enlightening blend that combines very essential aromas with resinous ones.

- Add to your **diffuser** for a light and inspiring aroma climate.
- Inspire a hot bath with Buddha by blending up to 10 drops with Half & Half prior to adding it to the water (in order to prevent the oil from floating on the surface).
- You can use **Jojoba** or any unscented lotion to customize your personal care needs.  
Recommended dilution for Essential Oils and Blends is 1% (9 drops per 1oz. of base product) for general applications, or 0.5% (4 drops per 1oz. of base product) for facial and sensitive area applications.

Ingredients: Essential Oils of Orange, Pine Needle, Ho Leaf, Omanese Frankincense, Patchouli, Cistus Labdanum.

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

## Gentle Feminine Balance Bodyscrub

This extra gentle cleansing bodyscrub will leave your skin feeling silky and smooth.

- 1 tablespoon wheat germ
- 1 tablespoon oat bran
- 2 tablespoons almond oil
- 3 drops **Feminine Balance essential oil** blend

Mix the wheat germ and oat bran together then add the almond oil and mix to form a paste. Add the Feminine Balance essential oil blend and mix again. Massage this delightful cleansing paste all over your skin then rinse off with water.

Use Feminine Balance Essential Oil with a **diffuser** to bring an energizing scent to your home!

Jacky

## Rethinking Mammography

By Patricia Bowden-Luccardi LMT, CTT

We find ourselves once again in the "Pink Washing" month of October, known as Breast Cancer Awareness Month, amidst a flurry of pink ribbons, with the war like mantra, 'Catch it early, save a life and save a breast'.

Mammography has been promoted as the best way to screen women for breast cancer. There is no question that mammography identifies breast cancer at an earlier stage when compared to older techniques like the breast exam. However, the key question to ask is, "Do women who undergo mammography have a lowered mortality rate compared to women who do not undergo mammography?"

Two major studies recently published in the British Medical Journal and JAMA Internal Medicine have shown that mammograms, long thought to save lives, actually have done little to reduce late stage cancer, and that up to one-half of all "early" diagnosis have not saved a life, but has led to over diagnosis and therefore over treatment.

Another study in Journal of the Royal Society of Medicine, aptly titled, "Mammography screening is harmful and should be abandoned," shows that even decades of screening has done nothing to reduce breast cancer mortality. This is even in the face of millions of new and supposedly "early stage" or "stage zero" cancers being diagnosed, which inflate survival rates.

How many of these women will develop "true" cancers from the overprescribed radiation (and chemo)? How many will develop, or already suffer from, other physical and mental health issues? The psychological effects of a cancer diagnosis include clinical mental illness and even suicide. Based on data from over 6 million people, a positive cancer diagnosis raises suicide risk 12 times over in the first week and by 3 times in the first year.

To make things even worse, women with BRCA1

## Lymphatic Cleansing

For lymphatic cleansing I was told about this recipe -

3 drops Orange Essential Oil  
2 drops Grapefruit Essential Oil  
1 drop Cypress Essential Oil

Mix in a quart of water and - sip daily.

## Anti Inflammation

Inflammation can be caused by a number of reasons including infection, poor diet, hormonal imbalance or personal injury. The following recipe can decrease inflammation.

6 drops Eucalyptus Essential Oil  
6 drops Tea Tree Essential Oil  
4 drops German Chamomile  
2 drops Peppermint Essential Oil  
2 drops Lemongrass Essential Oil  
1/4 cup Carrier Oil like Jojoba

Rub this mixture on your skin to help with inflammation.

## Product of the Month

### Cobalt-Blue Spray Bottle....



### Cobalt-Blue Spray Bottle...

These larger cobalt-blue glass spray bottles are perfect for misting on perfumes, body sprays, floral waters, and more! The beautiful cobalt-blue color also helps protect the contents from harmful UV rays.

Add 9 drops of Buddha Essential

and/or BRCA2 gene mutations are more vulnerable to radiation-induced cancers, but are encouraged (or often shamed) to have mammograms more often and starting earlier than women born with the normal

variants of the genes.

In undergoing mammograms, women are exposed to radiation. Radiation, as we know, is a cause of cancer. The lower-dose ionizing radiation used in mammography has been shown to be up to 3-4 times more carcinogenic than high dose radiation. Christiane Northrup MD, warns, "in fact getting regular mammograms is actually more harmful because you are subjecting your healthy breasts to cancer-causing radiation."

In the largest review of research into the connection between lifestyle and breast cancer, the American Institute of Cancer Research estimated that 40% of US breast cancer cases could be prevented if people made wiser lifestyle choices. Preventing cancer is far more important and powerful than simply detecting a tumor after it has already formed.

The cancer industry is spending virtually nothing of its multi-billion dollar resources on effective prevention strategies, such as dietary guidelines, exercise and exposure to toxins. Instead, it pours its money into treating cancer, not preventing or curing it.

The Breast Cancer Fund, a 5019(c)(3) that works to identify and eliminate the environmental causes of breast cancer, makes a persuasive case that the industrialized world's increasing reliance on various chemicals is linked to the current incidence of breast cancer.

Another factor that can lead to an increased risk of breast cancer is iodine deficiency. Iodine levels have fallen over 50% in the U.S. over the last 40 years. During that same time, breast cancer rates have skyrocketed. Identifying and treating iodine deficiency could go a long way to promoting healthy breast.

So what is the alternative to radiation? Regular self-examination along with thermography and ultra sound is a safe, painless way to detect

Oil to your spray bottle filled with water, to create a relaxed, meditative environment. Spray on your sheets and you may experience a very restful nights sleep.

**Buy Both Buddha Essential Oil & Cobalt Blue Spray Bottle TODAY for only \$9.99!**

**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 \$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-**

breast cancers early without causing them. Thermography, an underutilized, radiation-free breast and cancer screening, can inform a woman about the health of her breast and visually show the environmental load they carry. The most promising aspect of thermography is its ability to spot abnormalities years before mammography can.

As thermography as your regular screening tool, it's likely that you would have the opportunity to make adjustments to your diet, beliefs and lifestyle to transform your cells before they became cancerous. Get clearer results and fewer additional tests. Isn't this what women want? Talk about true prevention.

\*\*\*\*\*

Patricia Bowden- Luccardi LMT, CTT, CNMT is a Certified Thermographic Technician and a Certified Whole Health Educator in New York. She is a licensed NYS Clinical Massage Therapist and a Certified Neuromuscular Therapist. She advises health practitioners working with thermography on protocol formulation to get the best results, With over 20 years in health and wellness, her strengths are in breast and gut health. For phone consultations, she can be reached at: 518 929-7579  
patricialuccardi@gmail.com

**SAVE THE DATE!**

Are you curious about Thermography & how it can help improve your health? Or, want more information about this life saving screening tool? Come to these FREE events to learn more, ask questions and have a little fun with friends!

**Energized Wellness**

Tuesday, October 11th 7:00 - 8:30 pm



Energized Wellness Seminar will be held at: Huff Realty 6192 Muhlhauser Rd, West Chester, OH 45069. Please RSVP 513-675-7806 or by e-mail

@pabranco@fuse.net

up scan is due! Cannot be combined with other offers.

**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.

### 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

## Sandy's Health & Wellness

Thursday, October 13th 6:30 - 7:30 pm



Sandy's Health & Wellness Seminar will be held at: Sandy's Health & Wellness 7907 Cincinnati-Dayton Rd. Muhlhauser Rd., West Chester, OH 45069.

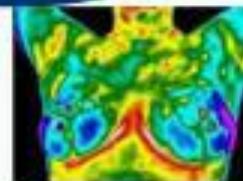
Registration required: by October 7th  
513-779-3600 or  
[christina@sandyshealthandwellness.com](mailto:christina@sandyshealthandwellness.com)



October is Breast Health Awareness Month

MEDICAL THERMOGRAPHY detects breast abnormalities EARLIER than any other test!

- ◆ NO Compression
- ◆ NO Radiation
- ◆ NO Contact



Call to book your appointment today!

Mention this ad & receive

**\$50 off Full Body Scan\***

**\$35 off Head & Torso\***

**\$25 off Breast Scan\***

\*Must call to book by October 31, 2016.

# 513-382-3132

[MindfulWellnessMedicalThermography.com](http://MindfulWellnessMedicalThermography.com)

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YOU DESERVE A DAY JUST FOR YOU!  
Women's Expo & Wellness

I'd love to see you. Please stop by my booth and say HI!

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!

### Contact Us

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Licensed Massage Therapist, Certified  
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Healing Touch Certified Practitioner  
Guided Imagery Therapist  
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Board Certified in Therapeutic Massage &  
Bodywork  
[e-mail Jacky](#)

513-505-0594  
Jennifer Concannon  
Marketing and Customer Relations Manager  
[e-mail Jen](#)



The Women's Expo invites you to discover your style, rejuvenate your body and mind

and explore new ideas!

Life is busy. You deserve to take time for yourself, away from work and home demands. Spend the day with your girlfriends enjoying free spa treatments, fashion shows, shopping, wellness talks and demonstrations, cooking shows and much more! Delight your senses with free samples and tastings. Shop for new fashions, plus beauty and home products. Explore new opportunities. Discover new ideas for you, your family, your health and your home.

We've brought together a unique mix of artisans, boutiques, experts and companies to create a day you won't forget!

FUN FIND TRY LEARN SHARE  
BE INSPIRED!

October 29 & 30th at [Sharonville Convention Center](#)

EVENT HOURS

Saturday: 11:00 a.m. - 6:00 p.m.

Sunday: 11:00 a.m. - 5:00 p.m.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

*Jacky*

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