



MINDFUL WELLNESS



massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

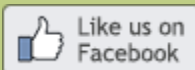
October 2016

Speaking of...Mindful Wellness

Holistic Dentistry, Oral Inflammation & Muscle Tightness...

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Click Here to Purchase an Instant Massage or Thermography Gift Certificate

Forward to a Friend

Essential Oil of the Month

Relaxing Aroma Blend



Dear Jacky,

It's not over till it's over... there's still two months left this year. I can hardly believe it's already late October/early November. This issue is filled with so many helpful articles. I want to thank Dr. Minowitz for sharing how Holistic Dentistry & how oral health has a big impact on inflammation throughout your body!

And, none of us want to admit we may be aging... well I certainly don't! Are you feeling tight? No matter how old you are Kim Nartker & the folks at Stretch Physical Therapy & Total Wellness can help! Kim provides great information about maintaining your muscle and joint wellness!

I'm very excited to share my passion of helping you improve your health. Have you scheduled your thermography scan yet? Are you curious about Thermography or are you looking to earn a little extra money before the holidays, see the special 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!

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.

A perfectly sweet blend full of lightness and peace. One of Mindful Wellness most popular products, it's very inviting with the warmth of a ray of sunshine, exuding feelings of happiness and bliss, and bringing instant stress relief.

Taking a bath with this blend is like floating in a big, fragrant, delicious desert. Simply blend up to 10 drops with Half & Half (in order to prevent the oil from floating on the surface), and add it to the bath water.

This is a true classic that should not be missing in your collection of diffuser oils.

Blend Category: Mood Blends

Contains: Essential Oils of Cedarwood, Sweet Orange, Ylang Ylang.

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

Rosewood Exfoliating Mask

This mask is excellent for exfoliating dead skin.

You'll need:

2 Tablespoons sugar

3 Tablespoons warm water

2 drops **Rosewood Essential Oil**

Stir sugar in warm water until dissolved. Add rosewood essential oil. Apply to freshly cleaned face and massage very gently for 5 minutes (avoiding delicate eye area). Wash off with warm water and pat dry.

Warm Healing Herbal Spa Soak

Ingredients:

½ cup Epsom Salt

2 drops of **Peppermint Essential Oil**

5 drops **Tea Tree Essential Oil**

5 Drops **Sage Essential Oil**

Blend all ingredients together well and add to your nice warm

Jacky

Holistic Dentistry & Oral Inflammation

Oral inflammation in the mouth is a serious health condition. This inflammation can be in the bone, gums or in or under a tooth. Inflammation can be bacterial, protozoan, viral or of fungal origin. Sometimes you can see inflammation visibly but other times you cannot. It might be diagnosed by X-ray or diagnosed by thermography.

Inflammation in the mouth can lead to many chronic conditions such as heart attacks, stroke, diabetes, rheumatoid arthritis, kidney disease, dementia, sleep apnea and preterm babies and birth defects. Inflammation eventually deletes your immune system.

So what can a holistic dentist do for you, especially if the inflammation is not visible but is on a thermography scan? First we would look for teeth that have root canals. Then we would look for areas in the mouth that have had teeth removed, looking for cavitation. A cavitation is a pocket of inflammation or infection in a bony defect. With surgery and ozone these can be cleaned out. Individual teeth are associated with organs in your body. We can look at the whole body and see correlations of inflammation in your body with certain teeth. In our office we use ozone in all procedures which helps to eliminate inflammation and promote healing. We also incorporate essential oils and homeopathics into procedures.

Nutrition, a very important part of your wellness program that we can help with. We can help with your detoxing as well.

So what can you do?

Avoid root canals where possible. If having a tooth removed, discuss with the surgeon to clean the infected bone that surrounds the tooth. Oil pulling is very helpful. Avoid fluoride. Remove all heavy metals (silver mercury fillings called amalgams) from your teeth by a biological dentist. By doing so, this will limit your exposure to toxic materials. Use a water irrigator daily with a saline or herbal solution with a drop of myrr or a different essential oil mixed in. Eat a healthy diet, avoid

foot bath. You may also use this in a full body bath, simply double the recipe. Take 10 minutes for yourself to relax and refresh, this is a favorite to refresh your body. Plus, Peppermint Essential Oil helps with your digestive health even when you apply it topically as part of this soak. Tea Tree and Sage offer lovely anti-viral, anti-fungus, and anti-bacterial benefits to you well being.

Product of the Month

Guided Imagery CD BLOWOUT....



Guided Imagery CD's Buy 2 get 1 free

Guided Imagery is a system of visualization that can be used to help in healing and relaxation. Some studies indicate that positive thinking can have an effect on disease outcome. One example, is the use of guided imagery as "complimentary medicine" in some oncology centers and other medical facilities.

Guided Imagery CD's Available
Reducing Stress
Releasing Pain
Detoxifying the Body
3 Part Condensed Series

(Contains a condensed version Releasing Pain, Reducing Stress, Detoxifying the Body)

**Buy 2 Guided
Imagery CD's and
get your 3rd
Free! Keep for
yourself or give as a
gift!**

complex carbohydrates and processed foods. Eat a diet in good fats, vegetables and fermented foods. To avoid cavities we need fat soluble vitamins A, K, and D!

And of course visit a holistic/ biological dentist who will catch oral inflammation in its early stages.

Mindy Munowitz, DDS, NMD, IBDM
9393 Cincinnati-Columbus Road
West Chester, OH 45069

513. 755-8000
www.smilesohio.com

Women's Breast Health Seminar Myofascial Release Self-Treatment Presented by Drucilla J. Likens Pape, OTR/L

We just held our first joint seminar in Dayton and the information Dru presents is phenomenal! Each participant will learn about Myofascial Release and its role in decreasing inflammation and helping to

prevent and treat breast abnormalities!
Participants will practice breast self-treatment using Myofascial Release techniques!



Things you will learn how to SELF TREAT:

- Fibrocystic breast issues, dense breasts
- Breast Calcification's
- Scar Tissue
- Fluid Cysts
- Breast Pain
- Lymphedema
- Breast Implant Encapsulation
- Blocked Mammary Ducts

Registration Required **\$ 120**

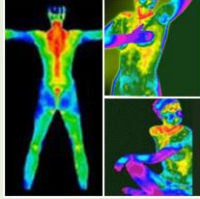
Each participant will receive a copy of the newly released book. Call me to register - 513-382-3132

The seminar will be held at my office:
Mindful Wellness Medical Thermography
8859 Cincinnati-Dayton Rd. Ste 007
West Chester, OH 45069

SAVE THE DATE!

RAISE SOME MONEY!

Do you have a favorite group, church or charity that you'd like to raise money for?
Or...



Have you wanted to get a thermography scan, but didn't have the extra funds to pay for it?
Or...

Perhaps you just need some extra cash...

Consider hosting a Thermography Presentation in your home, church or meeting place. You can earn 10% of the proceeds from the scans booked at your event!! It's fun, informative and easy to host such a gathering and I will help you every step of the way.

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!

**Every penny counts!
Remember that you can avoid paying Sales Tax for massage therapy by**

Victory of Light Festival November 19th & 20th

Sharonville Convention Center
11355 Chester Rd., Cincinnati, OH 45246
10:00 am to 7:00 pm, Saturday & Sunday

Admission: \$15/single day - \$25/weekend
Children 12 & under FREE, Seniors (60+) & Students with ID \$2 off
Readings \$20-40 - Parking is FREE - Overflow parking across the street

TICKETS NOW AVAILABLE ONLINE OR AT THE DOOR!

[CLICK HERE to order your admission tickets!](#)

[CLICK HERE to order special event & admission tickets! Experience the Energy!](#)

250 Readers, Healers & Vendors - 85 Seminars
Fantastic Shopping. This Expo Is HUGE!

Door Prizes Presented Every Hour! Double Door Prizes on Sunday!

Come visit me at my booth!

Is tightness a precursor to pain and injury...

By Kim Nartker
Stretch Physical Therapy & Total Wellness

At least 2-3 times a week I have someone tell me they are experiencing tightness but do not have pain. However, I often have to correct this myth of thinking that massage and stretching alone will eliminate your tightness. Yes, massage, stretching, and yoga can help decrease tightness, but they can't do it alone. I want to clarify what is happening in your body as you age, so that you may utilize the correct treatments to help you live pain free no matter the number of candles on your birthday cake.

So what is happening as you are aging? You may be tight in the morning and after you stretch, get a massage or do yoga you feel better. But if you stop it all comes back. What's going on?

As you age you release less synovial fluid in the joints and you require a little more prep time with stretching and motion to be more flexible. Although that is true, as you age it is still possible to have decreased tightness and improved mobility! Through joint mobilizations, a person can improve their joint mobility in all of the joints of the body. After addressing joint restrictions it is important to address muscle compensation

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.

**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

by correcting poor muscle firing, followed by proper joint stabilization exercises.

Let's talk more about this. When treating the back you need a comprehensive approach that includes pelvis, hips and spine. Often times, with tightness, the little muscles are turned off and the larger muscles are not firing properly. This causes your joints send off a response to the muscles to tighten. Depending on how long you ignore the tightness you may develop myofascial bands or layers and layers of connective tissue that are compensating for the lack of proper function of a joint. At Stretch Physical Therapy & Total Wellness we see a lot of L4-L5 joint restrictions that cannot be fixed with manipulation and stretching alone. You have to address why the joint is sending off that response to the muscle. Then you should address compensation, proper muscle firing and lastly stretching and stabilization of each joint above and below.

If your joints are tight and not moving correctly you are at risk for pain as well as injury.

Why does massage, exercise or yoga alone not help my tightness long term? We hear this question a lot. The reason here is that when you just address the muscle tightness and do not address the joint restriction, the joint will continue to communicate to your muscles to stay tight. Joints report to the brain that they are not working properly and the brain sends a response to the muscle that there is a threat. So the muscles tighten. After this occurs, other muscles compensate for the lack of function in the tight muscle, so your body can continue to function. After a long time of compensation and a growth of myofascial bands, the joint tightens, the muscles tighten to help the joints and massage, yoga, stretching and exercise will only provide temporary relief. To get permanent relief you will need to address the joint through grade IV and V joint mobilization and get a comprehensive evaluation that shows what joints and what muscles are contributing to the tightness. Once this is addressed you can maintain good flexibility (via stretching) and schedule relaxing massages as a maintenance to good health.

Have any questions on tightness and what is happening in your body? Reach out to our specialists at Stretch Physical Therapy & Total Wellness Today. 513-874-8800. We offer fitness classes, maintenance programs, and hands-on physical therapy that focuses on joint restrictions. We provide the most comprehensive approach available in Butler County, Ohio. For more information visit our website at www.stretchphysicaltherapy.com or like us on Facebook, Follow us on Twitter or Linked in.



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!

Contact Us

513-382-3132

Jacky Groenewegen
Licensed Massage Therapist, Certified
Thermographic Technician,
Healing Touch Certified Practitioner
Guided Imagery Therapist
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Here's to a more flexible you.....

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky