



MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

February 2017

Speaking of...Mindful Wellness

One Hundred Things to Be Thankful For...

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Forward to a Friend

Essential Oil of the Month

Dear Jacky,

What's holding you back? That's a thought from last month's newsletter. How often do you feel hindered to move forward? I've found many times it's easy to forget how many things that I'm grateful for in my life. I'm moving at a pace where I need to stop and give thanks. I am very grateful for the wonderful article Rebecca Victor wrote, "One hundred things to be grateful for?"

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.

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

One Hundred Things to be Grateful For...

Gratitude, for a simple word, it leaves a powerful impression. I remember many years ago when I was studying to be a licensed spiritual counselor. It

Tranquillite Essential Oil Blend



Everyone likes Lavender! It is a prime skin and hair care ingredient, a long-time soothing remedy and a

delightful aroma. In harmony with other beneficial Essential Oils, this Lavender-based synergy provides a complete Aromatherapy experience that nurtures and calms the mind. It has a very fresh, yet relaxing aroma that makes it a great complement to any body care treatment.

- Tranquillité is great for diffusion, creating an upbeat and inspiring environment.
- You may want to enrich a bath with Tranquillité by blending up to 10 drops with a Coconut Emulsifier or some Half & Half prior to adding it to the water (in order to prevent the oil from floating

was an intensive program where I had to take a long look at my values. I had to become clear about the beliefs I had and how they might impact me in serving my client's highest good.

It was an intense process, but manageable. I thought I was doing well until I had to look at how I spoke to myself. Boy, did that hit a nerve, and it was painful. I resisted looking at it, but I knew if I wanted to be a certified spiritual guidance/counselor, I had to face it. If I didn't, it would get in my way of providing quality support for my clients. I also knew it was hurting me and my life.

Feeling fearful, angry and confused because everything appeared to be going wrong, I met with the head of the spiritual program. All I could do when I was talking with her was share how bad things were and how nothing was going right. She listened until I was done. Then through her steely blue gaze, she challenged me to write a list of 100 things I was grateful for.

I looked at her dumbfounded. "A gratitude list of one-hundred things?"

"Yep," she replied.

All I could do was stare at her. I couldn't even think of five things to be grateful, let alone 100. I told her so, and then I asked her why she wanted me to write the list. How could that possibly help me? Didn't she hear my litany of fears and concerns? What possible good could writing a gratitude list have for me?

She looked at me with compassion and simply said, "I think you will be surprised at what it will do for you. Regardless, you are to write a list of 100 things and turn it in as your homework assignment for our next class."

I panicked. I knew I had to do that in order to grow and to complete the program. But all I could do at that moment was repeat the question, "One-hundred things, how am I going to do that?"

on the surface).
Essential Oils of
Lavender, Lavender
Super, Orange,
Geranium,
Cedarwood, Wild
Marjoram, Omanese
Frankincense.

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

Essential Oil Headache Blend

20 drops [Peppermint
Essential Oil](#)
20 drops [Lavender
Essential Oil](#)
20 drops [Frankincense
Essential Oil](#)
.3 oz [100% pure
jojoba](#)

Place drops of essential oil in bottle, top off with jojoba, shake gently. For use, place a few drops on palm, rub palms together, inhale mix, then rub on forehead, temples, and behind ears. Follow by cupping hands and placing them over nose, take a few moment to breathe in the benefits. Hopefully you will be headache free in a jiffy. Works best when used at the first signs of a headache.

Lavender Sugar Body Scrub

½ cup [Jojoba](#)
½ cup Brown Sugar
3 Drops of [Lavender
Essential Oil](#)

Blend ingredients together and use as a

I went home and sat at my kitchen table with a blank piece of paper and wondered what I was thankful for. I knew there was something, but all I could think of was the problems I was having. At some point though, I knew I had to let go of focusing on my troubles long enough to write the list. And I did.

It was a slow start, but it was a start. I was grateful for my children, my husband, my family (I spelled out each person to fill my quota.) I hit a dead space. What else could I be thankful for? I thought of my hands. I liked my hands. I liked how my body was strong. I liked how it was flexible and balanced.

I looked around my house and noticed things in my house that I appreciated and was grateful for. The computer, a computer desk our neighbors gave us as a gift, awesome neighbors, the beautiful grandfather tree in our back yard, our beagle, my singing voice....and the list began to grow. I was thankful for the many friendships I had, how I loved hugging my children and how I fit inside my husband's arms when we embraced. I was grateful for cartoons, music, my teachers who taught me how to write, paper and pen, math (I like math.), stars, the smell of roses....and the list continued to grow until it exceeded the 100 items I was required to write.

"Hmmm...," I thought. "I did it."

I continued to add to the list until I was complete. What an accomplishment! I felt great!

But that achievement wasn't the true gift. What I found remarkable was what was happening inside me. As I began to write, I noticed a sense of release. The more I wrote, the more the heaviness of complaining and feeling fearful was transformed into a feeling of lightness and ease. This eventually gave way to happiness and joy. It was an amazing experience. The program director was right. I was surprised at what being grateful did for me.

What does this all mean for you? I don't know. It all depends on whether you have ever made a gratitude list. If you have, then you have felt the release and the ease that comes when you shift your focus from the things you are fearful of, to

wonderful Body Scrub. Massage over your body for 10 seconds then rinse off in the shower. After you dry off, apply Jojoba as you would a regular moisturizer this acts as a lovely natural moisturizer.

Product of the Month

Organic Jojoba....

Organic Jojoba Take care of your skin!

Pure...Safe for
EVERY**BODY**

Our 100% Pure Jojoba is different from commonly available commercial grades of jojoba, first, because The Jojoba Company pre-selects the seed used to produce their product, ensuring it is the best available, and second, because they have the seed pressed to optimize quality, not maximize yield.

Jojoba is excellent for:

- Soothing and restoring elasticity to any dry skin area.
- A superior massage medium for adults, children and babies
- Removing make-up, deep-cleansing the skin and facial massage

what you are grateful for. If you haven't created a list, then what I am sharing may not have value for you at this time. However, I guarantee that if you generate a gratitude list of 100 items, you will know the power that expressing thanks can play in your life.

This simple shift can make all the difference in the world when you are scheduled for thermography, either for a routine check-up or because you suspect something more and want to find out. Gratitude lifts the spirit, and it can be physically felt as a lightness in energy. It not only allows your mind to open up to possibilities, it also positively impacts the body at a cellular level. See <http://highexistence.com/thoughts-program-cells/> to learn how.

If you want to help your mind and your body experience greater ease and joy, start by expressing gratitude for something anytime a negative thought arises. Break the pattern of old thoughts as they are happening. Then at night, before you go to sleep, write down 5-10 things you are grateful for from your day. This adds to a positive night time experience.

All these actions support you and your body. And whether or not the results of the thermography show an area of concern, remember the power of gratitude to effect positive change, not only within the mind but within the body at a cellular level. Practice gratitude as part of your life style. It leaves a powerful impression, which has a powerful, positive impact.

About Rebecca Victor

Yes, it is possible to live a freer, fuller, happier life! As a Transformational Visionary Coach and Speaker, Rebecca Victor is passionate about showing people how. Certified as a coach through the premier Life Mastery Institute, and licensed as a Spiritual Practitioner, Rebecca provides compassion, humor, clarity and wisdom, along with various tools, to empower her clients to achieve the life they desire. If you are ready to experience something greater in your life, visit

- Conditioning scalp and hair
- Providing soothing relief from psoriasis
- Conditioning and softening cuticles
- Soothing and conditioning skin after exposure to the sun
- A base or carrier for blending your own essential oils
- If we get any snow you can coat your snow shovel with jojoba for a wax coating

It is non-allergenic, does not stain and does not clog pores or turn rancid. Jojoba has an indefinite shelf life!

Buy yours now!

Retail Price:
\$17.99

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

www.YourJoyfulPath.com, or call Rebecca at 937-672-0700, to learn more and set up a free strategy consultation.



Re-Ignite Your 2017 Health Goals

March 16, 2017 @ 6:30 pm

West Chester Family Chiropractic Center

8039 Cincinnati-Dayton Rd

West Chester, OH 45069

777-7575

RSVP today at 513-382-3132

Re-ignite your 2017 Health Goals with

Collective Wellness!!!!

This spectacular evening will kick-off a new collaboration of experts in our community who are passionate about embracing a healthier, more natural (organic) lifestyle. They are dedicated to helping create awareness that the choices we make regarding our health everyday matter. Our goal is to educate and empower everyone to create the changes we need to lead healthier lives.

At Neal's Yard Remedies - You'll learn what "Organic" means and why it's important to use and consume. Plus, you'll learn what toxic chemicals your body may be absorbing and the havoc they are playing with your health.

Kangen Water - Will share how drinking the right water can change your life! And, we will share how you can make your own anti-oxidant rich water right in your own home!

Mindful Wellness Medical Thermography - How awesome would it be to learn about how thermography can detect breast abnormalities up to a decade before a mammogram. Plus, we'll share how thermography safely screens using no

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

radiation and no compression!

My Happy Hormone Cottage - Do you really understand how aging impacts your hormone level? Or, the important tasks of our hormones: estrogen, progesterone and testosterone? We'll share the importance of refilling our depleting hormone receptors to achieve optimal hormone balance and to prevent disease.

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 2017 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 2017 YOUR HEALTHIEST YEAR YET!

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
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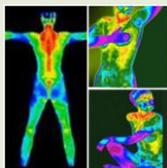
Follow Us

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!

RAISE SOME MONE!

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.

[Visit my blog](#)



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.

New Massage Pricing

Beginning January 1, 2017 we are updating our massage pricing.

We hope to continue our excellent relationship with you, and assure you our quality of service will reflect a similar increase. [Click here to view our new pricing.](#)