



MINDFUL WELLNESS



massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

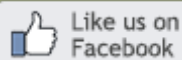
March 2017

Speaking of...Mindful Wellness

Is it Madness...

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



Like me on Facebook to receive short therapeutic wellness tips to help your mind and body feel better.

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Forward to a Friend

Essential Oil of the Month

Detoxifying Essential Oil Blend

Dear Jacky,

Is it Madness? I love this time of year with the longer days and more light into the evening. Spring opens up opportunities to get out and enjoy the sunshine, warmer weather and beautiful green lawns. Yes, I know all of this comes with extra work outside but it's so refreshing to take in a extra time to enjoy mother nature. Spring is also an amazing time to renew your 2017 health goals. You have one body so treating it with love and care will keep it moving much better as all of us age gracefully. Be realistic with the positive changes that you make. If you've spent the winter as a couch potato, start with a simple 10 - 15 minute walk. Fido enjoys the outdoors too! Don't forget to stretch afterwards!

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

Take away the MADNESS and relax...

On a regular and frequent basis, I recommend to my clients that they take a therapeutic bath. Therapeutic



We are all about getting you back on track for a healthy

2017. This blend of essential oils works as a great detoxifier, especially when you combine it with a castor oil pack.

The blend itself enhances calming, soothing and cleansing. Contains: Bergamot, Rosemary, Thyme and White.

Beautiful blend for adding to your **Castor Oil Pack**. Dilution required

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

Get the Grime off Window Cleaner

2 Ounces water
10 drops of Lemongrass Essential Oil or Lavender Essential Oil

Mix these two ingredients together and wipe on your window.

Nobody likes cleaning windows but this is a nice mix that also keeps the flies away!

General All Around Good Cleaner

- 2 cups white vinegar
- 2 cups water
- 1 teaspoon natural dish soap (NOT castile

bathing can help with inflammation shown on the results of your thermography scan.

The first "level"... of a therapeutic bath is the warm water. Just taking a leisurely soak in the tub is a wonderful and very effective way of calming the body and reducing aches and pains.

The next step is to add either sea salt or Epsom salt. Scientifically, salt works miracles - inside the body the magnesium content works as a conductor carrying necessary nutrients to muscles, tissues and organs and helps to hydrate your overall body.

Epsom salt, which is commonly used in bath salts and for relieving swollen muscles and aching feet, contains an extremely high percentage of magnesium. This element helps to regulate the activity of more than 325 enzymes. It helps to orchestrate many bodily functions including muscle control and the elimination of many toxins. Nutritionists estimate that on average, Americans have a 50% lower magnesium level that just a century ago.

Those who do energy work, including myself, often recommend sea salts for clearing the aura and the etheric body. Epsom salts do a great job with aches and sprains. 16-24 ounces per bathtub is a good rule of thumb. To further enhance the therapeutic effects of your salt bath, add herbs or essential oils. Be sure to pick pure **essential oils**, not fragrances or perfumes, which have no therapeutic qualities. After bathing in salt, be sure to rinse and then moisturize your skin.

Playing soft music, having a lit candle, sipping on a healthy drink and reading a good book could complete the experience of a truly therapeutic bath.

For your health and well being inside and out, using quality salt products for eating and bathing can relieve stress, help to regulate your body, exfoliate your skin, even eliminate toxins and improve energy levels. Salt can be a good friend. (Always check with your doctor when adding a new regimen to your health protocols.)

This event is a **BIG DEAL** and one you won't want to miss! Only available to the first 300 registrants! Register now!

soap)

- 20 drops Tea Tree Essential oil
- 30 drops Lemon Essential Oil

I use a quart-size spray bottle. Make sure you gently shake the ingredients to combine. Then have fun cleaning with this great smelling cleaner. I use it on counter tops, sinks, your disgusting toilet, my cabinets and anything else that needs a little cleaning.

Product of the Month

[Aroma-Spa Diffuser....](#)



[Aroma-Spa Diffuser](#)

Is your indoor air clean?

The fragrance of essential oils can directly affect everything from your emotional state to your life span. What makes them unique is that essential oils work differently than any other natural substance.

There are many benefits of diffusing pure therapeutic-grade essential oils in a quality diffuser.

- Essential oils kill pathogenic micro organisms of all kinds.
- World renowned medical researcher, Dr. Jean Valnet M.D., states that essential oils

<https://wholelifesymposium.eventbrite.com/>

A full day of life-changing information that will empower you to live healthy, prevent disease and feel great!

Hear from five leading doctors in integrative/holistic medicine as they literally cover how to live well from pre-conception through a lifetime.

Keynote Luncheon Speaker, Dr. Susan Silberstein PhD of BeatCancer.org will present, Fight Cancer with Your Fork.

Susan's lecture can save lives, whether you wish to prevent cancer, prevent its recurrence, or support someone currently fighting the disease. Susan will speak on...

- the latest on diet and cancer prevention
- what the science says about diet and cancer survival
- over a dozen advantages to using nutrition in a cancer treatment program
- the best foods and beverages for fighting cancer
- how to create an inner environment unfriendly to cancer

Accelerating Wellness with Thermography, Dr. Anthony Piana, DC, will discuss both traditional and cutting edge ways to look at health, wellness and disease through thermography; he will focus on the role inflammation plays in the body which is caused by lifestyle and the effects of disease.

Finding & Choosing Mental Wellness, Dr. Allen Lewis, MD, will speak on mental and physical wellness as not just the absence of disease, rather it is living and thriving with joy, purpose and in relationship with others. We achieve this with purposeful living and healthy lifestyle choices; however, there are underlying imbalances in biochemistry, immune dysfunction and bowel health we need to be aware of and heal, if present, to achieve optimal wellness.

Conscious Conception, Dr. Nathan Morris, MD, will speak about how the first steps to a healthy family happens before your baby is born. Pre-Natal planning starts with you; your health and your environment. Preparing your own body prior to conception allows you to optimize your fertility plus your baby's development & health; a program for couples to be intentional about their family's future through functional medicine principles.

An Integrative Approach to Pain, Dr. Hal Blatman, MD, will talk about his approach to providing solutions for healing pain, ligament and tendon injury, and fibromyalgia-chronic fatigue syndrome. His treatment combines nutrition, bioidentical hormones, prolotherapy, trigger point injections, herbal medicine, detoxification, stem cell injections and other modalities.

[Sign-up today for this exciting event!](#)

provide remarkable protection against viral infections ranging from shingles to influenza.

- Research, at Weber State University, successfully demonstrated specific essential oils diffused in a closed chamber killed every virus tested within minutes. Some of the top single essential oils tested ~ **lemongrass**, **cinnamon**, and **rose** scored the highest kill rates.
- Diffusing essential oils in the home or work place is one of the best ways to purify your environment. Anti-viral, anti-bacterial, and antiseptic properties of the oils, along with the negative ions and oxygenating molecules that are released when essential oils are diffused are powerful and effective.
- Cinnamon bark oil and **oregano oil** were tested by Weber State University, and were shown to kill 100% of the airborne bacteria present when diffused into the atmosphere

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

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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.

(KID-Radio with Lance Richardson and Dr. Gary Young, ND, March 5, 1996).

- By diffusing essential oils, or applying them topically to targeted areas of the body, therapeutic constituents reestablish balance where stress or mental discomfort has disrupted healthy emotional function.

Buy your Aroma-Spa Diffuser Today!

Retail Price: \$49.98



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 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 MONEY!

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

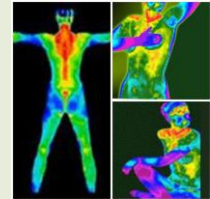
Or...

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.



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.](#)