



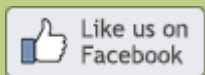
April 2017

Speaking of...Mindful Wellness

Common Misconceptions About Diagnosing Foot Problems...

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Essential Oil of the Month
Helichrysum Essential Oil



Helichrysum Essential Oil helps with arteriosclerosis,

Dear Jacky,

April has been a very busy and productive month. We've been prepping for the Wellness Symposium on May 4th - have you booked your ticket to this amazing event? I also spent a very enlightening weekend in Connecticut with top Thermography experts where we shared best practices each of us are doing in our own practice. I came back even more excited about the benefits thermography provides. I am truly passionate about the benefits thermography offers with a no contact, no radiation, no compression health monitoring, tool! I find many of my patients are thrilled with the results seen and the suggestions offered during their consultation.

Thank you Dr. Kris Titko for the wonderful article about the Common Misconceptions about Diagnosing Foot Problems!

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

COMMON MISCONCEPTIONS ABOUT DIAGNOSING FOOT PROBLEMS

We all love the internet. There is a lot of information we can easily glean from it. But take care not to over-diagnose or mis-diagnose yourself when it comes to several issues of the foot and ankle. In this article we will explore some of the most common foot conditions that are often mis-diagnosed by the internet, your friends and even "Dr Google."

TOENAIL FUNGUS

Maybe you have a nail that is yellowed, thick, dark, difficult

anticoagulant, anesthetic, antiviral, liver protectant/detoxifier/stimulant, regenerates nerves, improves circulation, regenerates tissue. Helps release feeling of anger. Uplifting to the subconscious.

How to use Helichrysum Essential Oil

- Use in a diffuser to uplift your subconscious.
- Add a drop to a cotton ball placed in a plastic bag. You can inhale directly.
- Use it in the sauna/steam bath.
- Apply 2 - 4 drops on location, temple, forehead, back of neck, or outside of ear. One of the benefits Helichrysum will help improve concentration.
- Add 2-3 drops to a bowl of hot water to inhale the fragrant steam.
- Add 2-3 drops to a carrier oil like Jojoba to help ease bone pain.

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

Calm your Athletes Foot

Calm your Athletes Foot with this therapeutic recipe. You'll also receive the benefit of smoothing any rough spots by using Jojoba or Castor Oil.

Ingredients

- Combine 2 oz of [Jojoba](#) or [Castor Oil](#) with...
- 10 drops [Thyme](#)
- 10 drops [Lavender](#)
- 10 drops [Tea Tree](#)

Massage onto feet.

Blisters on Feet

Gently pat on feet.

Mix 1 drop [Lavender](#) with 1 drop

to cut, white, brown or even loosening. We've all seen "digger the dermatophyte" or the "toe that plays tennis" on TV. You may quickly think that if your toenail looks like the one on TV, then you must have fungus on your nail or in your nail and then seek out some over-the-counter product or ask your doctor to put you on "that pill for fungus." But the reality is that this icky looking nail could be caused by a host of different things; and if you are treating your nail for fungus which you do not have, then surely your treatment will fail.

Even the most experienced foot specialist (podiatrists) and dermatologists can't look at your nail and make the correct diagnosis with 100% accuracy. That is why a nail biopsy should be done to determine the exact cause of the problem before treatment options are discussed. A nail biopsy is a simple procedure that takes about 30 seconds to perform and allows for microscopic exam of the nail area to determine if in fact there is fungus present...and if not, what else it is that is causing your nail to look this way. Multiple skin conditions can affect the nails: psoriasis, lichen planus, etc. Nails can also become unsightly as a result of trauma such as dropping a heavy object on your toe years ago, or poor shoe fit causing repetitive micro-trauma to nails that get too long. Other problems can cause nails to get discolored or disfigured as well. So be careful before deciding on a treatment for your "fungus nails" and keep in mind that only 40% of the nail biopsies done in our office come back as fungus being the cause that needs treated. The other 60% come back as something other than fungus and the treatment options are clearly different.

WARTS

It is true that we can get warts on the bottom of our feet. And they can, sometimes be painful. And they sometimes look like a white bump or have black dots in them. But there are several other lesions that can present in a somewhat similar fashion, especially to the untrained eye.

It is certainly not a hard and fast rule, but generally warts occur in children. Once you have had a wart however, caused by a virus, you will keep that virus in your system for life and you have a 20% chance of a wart showing up again (on your feet) at any time well into adult years.

Another skin lesion commonly mis-diagnosed as a wart is called a plantar porokeratoma (or PPK). This is not caused by a virus and the treatments therefore are very different. Again, not a hard and fast rule, but generally speaking a PPK is going to be seen most often in women over the age of 40 and frequently on the ball of the foot behind the 2nd toe. These are a result of a clogged sweat gland, tend to be very

Roman Chamomile
or
Mix 1 Drop [Lavender](#) with 1 drop
[Tea Tree](#)

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 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

tiny (1-2mm in diameter) but painful, and white or yellowish in color.

Most importantly if you have a skin lesion on your feet that is "new" or if you have a sudden change in size or color or shape of a skin lesion that had been stable and unchanged for a long time, you should see your podiatrist for a possible biopsy of this lesion. Skin cancers are not common on the feet, but they do occur and only biopsy can ensure proper diagnosis and treatment for a suspicious lesion.

HEEL PAIN

Do you step out of bed and feel a sharp nail driven into your heel? Do you feel less pain as you walk around for 15-20 minutes, but the pain occurs again when you stand up after periods of rest during the day? If so, Dr Google suggests you have plantar fasciitis. This is an inflamed band of tissue on the bottom of your foot that attaches near your heel bone. So you start some stretching, icing, maybe change your shoes...but pain persists. The truth is that heel pain can be caused by over 10 different things. Only one of which is plantar fasciitis. If your treatment is not targeted toward the proper diagnosis then more of the same treatment will not get you better.

Common, proper initial treatments for plantar fasciitis may include stretches, orthotics, injection, oral medications, education on shoe selection, etc. But if you have a tear in your plantar fascia or if the plantar fascia is degenerated rather than inflamed, then these treatments will not be successful. So if your "self treatments" aren't showing positive results or if you are receiving professional treatment and not improving, then further investigation is warranted. This may be done by way of diagnostic ultra-sound or MRI. Bloodwork is occasionally indicated to diagnose different types of arthritis's which may also cause heel pain. Bottom line: pain in the heel is not always "plantar fasciitis."

PEDICURES

Yes or no? The answer is: that depends. Typically pedicures are not going to be the cause of nail fungus or ingrown nails or where one might pick up infections such as warts or fungus. But be certain that your pedicurist as well as the salon are licensed and accredited by the State Medical Board. It's also a good rule of thumb to expect to pay a minimum of 30\$ for a pedicure and you should stick with a reputable facility. It is not recommended by most podiatrists that "cuticle work" be done. This is where the cuticle is "pushed back" and then "trimmed away" as your cuticle offers a line of defense against infection. Also keep in mind that if you have any open wounds on your feet you should not get a pedicure until the wound is closed. If you have decreased sensation in your feet such as from

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. (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.

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

diabetes, age, malnutrition or other causes, don't allow the water temperature to get too hot. It is a myth that toenail polish causes fungus; but there are certainly polishes which have anti-fungal components to them which are healthier for your nails.

Dr Kristin Titko has been practicing podiatric medicine in the Greater Cincinnati area for over 20 yrs. She offers the most up to date technology and treatment protocols for most foot and ankle conditions. She is Board Certified by 4 separate Boards: a distinction held by only a handful of podiatrists in the country.

Contact Dr. Titko: 513 729 4455
6770 Cincinnati Dayton Road Suite 201
West Chester, OH 45069
<http://cincinnati-footcare.com/>

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

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

THE LAST DAY TO REGISTER FOR THIS EVENT IS MONDAY, MAY 1!!!!!!

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

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!!!

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.

RAISE SOME MONEY!

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

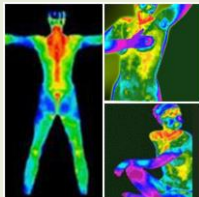
Or...

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.



THERMOGRAPHY SAVINGS

Referral program:

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!

*Get Tested, Get Treated...
Get Better*

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lyn@happyhormonecottage.com

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

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!

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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

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Licensed Massage Therapist, Certified Thermographic Technician,
Healing Touch Certified Practitioner
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