

MINDFUL WELLNESS

massage & bodywork L.L.C.
HOLISTICALLY CENTERED...ON YOU.

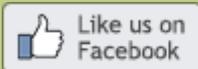
May 2017

Speaking of...Mindful Wellness

The Role Inflammation Plays in your Health & Healing...

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.

Click Here to Purchase an Instant Massage or Thermography Gift Certificate

Forward to a Friend

Essential Oil of the Month

Citronella Essential Oil



Citronella's properties are similar to Lemongrass, its scent is light, fresh lemon

Dear Jacky,

The official kick-off to summer just happened. I hope you had a very enjoyable Memorial Day Weekend. I spent my time getting some much needed relaxation with a close friend. I know it's much easier said than done, but the time you give yourself to just say "AHHH" is so important to your overall health. Find that little nugget you enjoy and take a little AHHH time for yourself!

Maybe your little nugget is enjoying time in the sun. Make sure you check out the cautions about sun exposure and your upcoming thermography scan. The damage left behind can hinder the ability to gain the most benefit from your scan. 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 Kim Nartker for your article - The Role Inflammation Plays In Your Health/Healing!

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

Is my pain related to inflammation?

A lot of information has come out lately with the buzz word "inflammation." Our healthcare

scent with geranium-like notes. Very soft and round. Citronella is commonly used in deodorizing and insect repelling products, and as a raw material for the perfume industry.

- Used in Insect Repellents
- Deodorizing
- Cleansing

How to Use Citronella Essential Oil

- Blend with Cedarwood, Lavender, Patchouli or Eucalyptus to keep bugs at bay.
- Diffuse 2 - 3 drops outdoor to keep bugs away.
- Add 2-3 drops to a wax pool to create your own Citronella Candle.
- Add a few drops to a bucket of water when mopping your floors.

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

All Natural Bug Spray

- 4 drops [citronella essential oil](#)
- 4 drops [lemongrass essential oil](#)
- 4 drops [rosemary essential oil](#)
- 4 drops [eucalyptus essential oil](#)
- 4 drops [peppermint essential oil](#)
- 1/4 cup pure witch hazel

Directions

1. Add all ingredients into a [small glass](#) or plastic atomizer. Shake.
2. Shake well and apply liberally.

Patchouli & Lavender

Patchouli: Apply to diffuser or cotton ball 2-3 drops and place in closet. Apply to insect bites for relief.

professions are working really hard to work together and combine information to better help our clients. Pain is very complex. To understand it, takes a lot of education and Physical Therapy and other health care providers are working hard to really understand the underlying cause of "Why" pain happens.

Inflammation is a newer area that we are seeing in our system and we are working hard to help our consumers understand what inflammation is.

If you have received Thermography you are already in the elite group of healthcare consumers that is looking at their bodies and making the choice to be better informed about what is going on in your body.

Pain is complex, too say the least. Degeneration and inflammation does not guarantee that you will experience pain. The Pain Theory stems from our Brains and our body. So when you see degeneration in an X-Ray or MRI it does not necessarily mean that YOUR Pain is coming from that. Crazy right? Well, it's true. Your body is amazing in the way that it can take away pain and start a process called compensations. The good with this in our society is that it allows us to do more, however, the bad side of this system is that when the BRAIN says, "I CANNOT HANDLE ANYMORE," you will have pains that you have never felt before. Awareness of your body and an understanding of what your body is saying is a must.

For example: You may experience pain after gardening or working out. You may have pain for a day or so, then you feel better. Or you may do something you thought you could do, but wake up and not be able to function without extreme pain. This is usually when the brains says, "I have sent you signals and you have ignored them. You will now feel every ache and pain until I know that I can trust you again." This is where we come in. We are movement specialists. If you have pain when you move, it is important to get in to see us. We can get better and faster results when you are still functioning. IF you wait too long, our healthcare system will gladly provide medications, injections or surgery. These should never be your first choice. They can typically be avoided if you get a yearly

Lavender: Repels moths. Apply several drops to cotton ball, place in closet or wardrobe. Also good for bee and wasp stings.

Product of the Month

Organic Jojoba....



WHAT IS HobaCare **Jojoba**?

HobaCare Jojoba is the pure extract of the jojoba seed, which has been grown and then pressed and filtered to The Jojoba Company's exacting specifications. HobaCare Jojoba is exceptional due to the high quality of its seed source and the manner in which we have the seed pressed. "HobaCare" is the brand name we give our jojoba to distinguish it from so-called generic "jojoba oil" obtainable elsewhere. HobaCare Jojoba is available as "pesticide-free" (as close to organic as you'll find available) and as "Certified 100% Organic". Please refer to the end of this section for a thorough discussion of pesticide-free and certified 100% organic HobaCare Jojoba.

Jojoba is excellent for:

- Revitalizing the skin before or after a shower or bath
- A superior massage medium for adults, children and babies
- Removing make-up, deep-cleansing the skin and facial massage

movement evaluation.

Jacky, at Mindful Wellness, has a great tool. Thermography that will show you where inflammation is in your body. This is a fabulous tool to help you see that inflammation has already started. This gives a healthcare consumer the picture that you can fix and prevent so that it does not set you back later.

If you have had thermography scan and have found inflammation, you qualify for a FREE discovery exam with one of our Movement Specialists. Our Specialist will review your thermography results and show you what you can do to decrease the inflammation and decrease your risk of it setting you back.

To schedule your Free Discovery Exam contact us at 513-874-8800. If you would like to learn more, reach out and we can provide you will some FREE information to help you.

A little about me. My name is Kim Nartker. I am the owner/founder of Stretch Physical Therapy and Total Wellness in West Chester Ohio. I have been working in the field of PT for over 17 years and have worked hard to help people live pain free as they age. To learn more about me and my mission feel free to connect with me on FaceBook for take a look at my website. www.stretchphysicaltherapy.com

I hope this helps.

Contact Kim Nartker: 513-874-8800
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Don't Forget Your Sunscreen!

As much as we want you to have fun in the sun, DO NOT FORGET YOUR SUNCREEN! Aside from the effects of harsh UV Rays on your skin, having a sunburn during your thermography scan will skew your results. If you do plan on being in the sun prior to your scan, it may be a good idea to wear PLENTY of sunscreen, but also to cover

- 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

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

Buy your Jojoba Today!

Retail Price: \$17.99



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 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!!!

the area you plan on scanning entirely.

Below is a photo of a recent scan we completed on a sunburned client. As you will see, the image shows the patient's entire back is red as a result of the sunburn and does not show us any other vital information.



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

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...

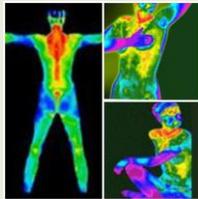
Have you wanted to get a
thermography scan, but didn't
have the extra funds to pay for
it?

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.



Contact Us

513-382-3132

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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!