

Speaking of...Mindful Wellness

Summer Colds & Flu Etiquette...

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 us on Facebook

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

Jasmine Essential Oil



Dear Jacky,

Where do you get your inspiration? I see things that need to be done and I just jump-in! Your health is one of those that you may must need a little inspiration. In this high tech, gadget driven world, putting your phone down and just breathing may give you that little boost to inspire you to take time to improve your health. Visualization exercises can help calm that talking chatter going on in your head. Relax, reduce your stress and begin that journey to detoxify and decompress your body through Guided Imagery. I'm giving you a sample of Guided Imagery through the video included in this newsletter. Take 10 minutes to get that relaxed feeling. Enjoy!

The mind is very powerful, sometimes making what seems impossible very possible. I was talking to a friend recently and she set a goal to really change things in her life. She was tired of living in a cluttered home with a to-do list the length or longer than her arm. She armed herself with a list and just starting doing. She was tired of sitting back waiting for the little things and some big things to just get finished. Slowly, she's been whittling down that daunting list. In the evening before bed, she takes a moment to pat herself on the back and then listen to a brief Guided Imagery for a restful and restorative slumber. Do you have something that may be nagging you? Make a list, even a small one with tasks you'd like completed. Once done, mark it off and move onto the next task.

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

Jasmine's floral, rich, sweet and warm, exquisitely exotic and graceful. Some describe it as "tea-like", and its dried flowers are used to flavor black tea.

Jasmine is called the King of Flowers (Rose being the Queen), and indeed this is probably the most masculine of all the floral aromas, especially the Jasmine Sambac, which is more musky, spicy, mysterious and exotic than the Jasmine grandiflorum. Jasmine grandiflorum is softer, more gentle and floral.

Jasmine grandiflorum is more widely known and is frequently found in gardens all over the world. It blooms in the early dawn, whereas Jasmine Sambac blooms at night.

The potency and incredible fragranting power of Jasmine Essential Oil make it a great investment!

Suggested Uses:

- Add a few drops to a [diffuser](#) for a relaxing, feminine aroma climate.
- Add 3 drops to a hot bath for a blissful retreat, mix with Half & Half prior to blending it with the water (in order to prevent the oils from floating on the surface).
- Add up to 3 drops to 1oz. of unscented body care product like [Jojoba](#). Jasmine is valued as a skin care ingredient for aiding dry, sensitive and irritated skin.

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

Jasmine Brown Sugar Body Scrub

- 1/2 cup [Jojoba](#)
- 1/2 cup Brown Sugar
- 3 drops [Jasmine Essential Oil](#)

Blend ingredients together and use as a wonderful Body Scrub. Massage over your body for 10 seconds then rinse

Massage Therapy's Powerful Role in Easing Symptoms of Multiple Sclerosis

By Leslie DeMatteo, LMT, MS

Multiple Sclerosis (MS) is a chronic inflammatory disease of the central nervous system. MS manifests in different patterns of inflammation based on the location and levels of scarring, demyelination and axonal damage throughout the brain and spinal cord which leads to a wide range of symptoms. Damage occurs where the immune system attacks the myelin, a protective layer around nerve fibers. This inflammation, scar tissue and lesions to the nerves result in a wide range of symptoms. MS generally targets those between ages 20 and 40.

4 Main Types of Multiple Sclerosis

1. Relapsing-remitting MS (RRMS): Relapsing-remitting MS (RRMS) involves defined relapses of the disease following remissions. During remission, the disease does not progress.
2. Clinically isolating syndrome (CIS): Clinically isolating syndrome (CIS) is defined by one episode of symptoms due to demyelination that lasts 24 hours or longer. These episodes can be monofocal with one lesion causing one symptom, or multifocal with more than one lesion and/or symptom.
3. Primary-progressive MS (PPMS): Primary-progressive MS (PPMS) involves progressively declining neurological function for the onset of symptoms.
4. Secondary-progressive MS (SPMS) is the term for when Relapsing-remitting MS becomes more progressive and symptoms become more constant.

3 Major Symptoms of Multiple Sclerosis

MS is ultimately a disease that results in the deterioration of the central nervous system because of inflammation. The symptoms of MS can significantly impact the quality of life for patients. Fatigue, pain and spasticity are the three major disruptive symptoms of those with MS.

1. Fatigue is the most commonly reported symptom

off in the shower. After you dry off, apply Jojoba as you would a regular moisturizer this acts as a lovely natural moisturizer. Add a drop or two to the Jojoba you use a moisturizer.

Peppermint Iced Tea

- 4 decaffeinated green tea bags
- 1/4 c. Blue Agave (optional to add sweetness) or use a little Stevia
- 3 drops [Peppermint essential oil](#)
- 3 limes

In the bottom of a 64-ounce pitcher, pour agave and peppermint essential oil. Pour hot water over top and stir. Add tea bags and steep until it has a dark caramel color. Quarter limes. Fill serving glasses with ice and squeeze one lime slice in each glass. Pour tea over ice and garnish with a sprig of mint and serve.

Product of the Month

Guided Imagery CD's....



Help improve your mind and body by reducing your stress. Guided Imagery can successfully help you ease stress. You may wonder "What is Guided Imagery" and how can it help me? Guided Imagery is a technique, similar to guided meditation, where a trained therapist guides you through an exercise designed to reduce stress.

Is Guided Imagery easier to do than meditation?

Many find Guided Imagery easier to use than meditation. With meditation

it may be difficult to rid your mind of the "talking chatter" to begin the relaxation process. Meditation is more about mental preparation than about therapeutic mental calming (although

of MS, with 80% of people experiencing fatigue and often extreme fatigue, which can become debilitating. Muscle weakness can result in the inability to work, and even to walk. Balance can become difficult because of extreme fatigue and weakness.

2. Pain affects anywhere from 30% to 90% of MS patients, depending on the parameters of the study and can also negatively impact the patients' quality of life and ability to perform basic activities of daily living.
3. Finally, spasticity is reported in about 80% of MS patients, and spasticity is most likely to be disruptive to everyday function and mobility as balance is affected.

Massage Therapy has Been Shown to Reduce Symptoms of Fatigue, Pain and Spasticity

Massage has long been shown to reduce fatigue and pain, as well as to reduce swelling and inflammation throughout the body and muscle tissues. Pain reduction is partly due to a reduction in stress, which exacerbates the pain, and partly due to the reduction of tension in muscle tissue and the increase of joint mobility.

Massage therapy can help reduce pain by addressing both issues.

Swedish massage increases circulation by physically moving blood and fluid throughout the body, increasing circulation and bringing fresh, oxygenated blood to muscle tissues. Increased capillary dilation through light stroking also increases the movement of lymphatic fluid, reducing swelling and inflammation. This increase in circulation can also aid in the reduction of pressure sores, which may occur when extreme fatigue results in lack of mobility. Massage has also been shown to help with reducing spasticity by relaxing the muscle and improving the range of motion of muscle and joints. Massage has also been shown to improve mood, improve body image and provide a sense of well-being, which is often in short supply in those who suffer with MS.

Cautions

While there are many positive effects of massage therapy on those with MS, there are also some cautions and considerations to consider when working with this population. Because those with MS suffer from extreme

guided imagery can do both of these things). The advantages of guided imagery are, as you would expect, huge.

With Guided Imagery your "guide" begins the imagery by asking you to envision a place that makes you feel relaxed or less stressed. Something like a beautiful place in nature or a place where you've been that calms your mind. You're encouraged to use your imagination allowing you to make the experience your own. You'll be prompted to deal with whatever issues that you are working through while using imagery in a non-confrontational, calming way.

Guided Imagery is Simple

Incorporating Guided Imagery into your life is very simple. You can listen to a chosen Guided Imagery during a lunch break, a timed nap, anytime you need a break or during a medical procedure. You'll find simply playing in the background of a stressful procedure helps you stay calm and mentally focused. By calming the mind you're reducing the stress a disease or procedure may cause thus freeing your body to begin the healing process.

Everybody can have the benefit of guided imagery. It is a process which has no possible damaging effects, since it is, at the end of the day, just using your mind and imagination in a productive way and it can work in your favor for an enormous quantity of possible problems. Try Guided Imagery today and see how much better you feel.

[Buy your Guided Imagery Today! Special BOGO offer. Buy one in your shopping cart and we'll automatically send another CD of a different title for Free!!!](#)

fatigue, becoming too relaxed after a massage can literally mean not being able to get up off the table. Extreme fatigue can be exacerbated by the total relaxation of muscle tissue, leaving the MS sufferer unable to function.

4 More Considerations When Working with MS Patients

1. Often it can be difficult to position the patient comfortably because of their pain and spasticity.
2. Their mobility issues may make it difficult to get them settled on the table or to turn over or get up off the table safely.
3. [Deep tissue massage](#) and trigger point therapy may actually increase the symptoms of pain and fatigue, as it may overload the central nervous system and temporarily increase inflammation, making things worse.
4. [Myofascial release](#) work can also be too intense for MS patients.

The Best 3 Modalities of Massage Therapy to Use with MS Patients

The best modalities of massage therapy for use with MS sufferers are those that involve light to moderate pressure and/or which address reflexes without direct contact to the entire body.

1. [Swedish massage](#) done with light to moderate pressure has been demonstrated to offer MS sufferers considerable relief, as has gentle reflexology.
2. Reflexology has been shown to address the nervous system without adding undue pressure to the muscles. Gentle joint mobility exercises can help to restore mobility and reduce the rate of its decline.
3. Light acupressure, which works on the energy meridians of the body, can improve energy levels and restore some balance to the body without overstimulating the nervous system with full body contact.

Because the symptoms of each MS patient vary depending on the location and severity of the damage in their brain and spinal column, the massage therapy needs of each MS patient will vary as well. Massage therapists may have to use their knowledge and experience to blend several modalities together,

Retail Price: \$17.95

[Releasing Pain CD](#)
[Reducing Stress CD](#)
[Detoxifying the Body CD](#)
[Guided Imagery 3 Part Series](#)



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!!!

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.

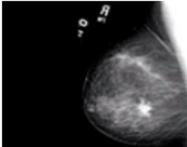
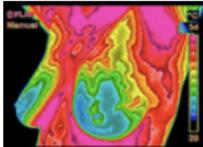
creating the best therapeutic massage session possible for the individual MS client.

Enjoy one of my Guided Imagery Video's Resetting the Body with Color



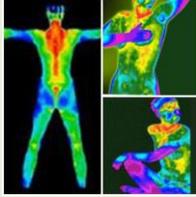
Resetting the Body With Color Guided Imagery

Mammography & Medical Thermography Comparison

Mammography	Medical Infrared Imaging
	
Uses X-rays to produce an image that is a shadow of dense structures.	Uses infrared sensors to detect heat and increased vascularity (angiogenesis) as the byproduct of biochemical reactions. The heat is compiled into an image for computerized analysis.
Structural imaging. Ability to locate the area of suspicious tissue.	Functional imaging. Detects physiologic changes. Cannot locate the exact area of suspicion inside the breast.
Early detection method.	Early detection method. Used as an adjunctive imaging test.
Findings increase suspicion. Cannot diagnose cancer.	Findings increase suspicion. Cannot diagnose cancer.
Can detect tumors in the pre-invasive stage.	May provide the first signal that a problem is developing.
Average 80% Sensitivity (20% of cancers not detected), in women over age 50. Sensitivity decreases in women under age 50.	A positive infrared image represents the highest known risk factor for the existence of or future development of breast cancer - 10 times more significant than any family history of the disease.
Hormone use decreases sensitivity.	No known effect.
Large, dense, and fibrocystic breasts cause reading difficulties.	No effect.

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:
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](mailto:lyn@happyhormonecottage.com) me to get yours scheduled!



Summer Colds & Flu Etiquette

Hygiene etiquette involves practices that prevent the spread of illness and disease. A critical time to practice good hygiene etiquette is when you are sick, especially when coughing or sneezing. Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

- Coughing or sneezing
- Unclean hands
 - Touching your face after touching contaminated objects
 - Touching objects after contaminating your hands

To help stop the spread of germs:

- [Cover your mouth and nose](#) with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Remember to [wash your hands](#) after coughing or sneezing:

- Wash with soap and water, or
- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Cough etiquette is especially important for infection control measures in healthcare settings, such as emergency departments, doctor's offices, and clinics. More information on respiratory hygiene and cough etiquette in healthcare settings may be found on CDC's [seasonal flu](#) pages.

One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible.

For more information on stopping the spread of germs, please visit CDC's [Good Health Habits for Preventing Seasonal Flu](#) pages.

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
Board Certified in Therapeutic Massage & Bodywork
[e-mail Jacky](#)

513-505-0594
Jennifer Concannon
Marketing and Customer Relations Manager
[e-mail Jen](#)

Follow Us

Visit my blog

