



MINDFUL WELLNESS



massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

August 2017

Speaking of...Mindful Wellness

"Water" What Type of Water Do you Drink? Have you ever wondered...

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.

Mindful Wellness Medical Thermography is sponsoring the September W.I.N. Women's Idea Network, LLC meeting

September 20th from 11:30 - 1 at Wetherington Country Club. Two of my patients are coming to share their powerful and moving stories about how thermography helped diagnose their breast cancer and how they continue to use it to monitor their treatment without being further exposed to radiation or compression.

Join me at the event by contacting...

Debbie McCurry -

President/Founder

W.I.N. Women's Idea Network, LLC

Cell Phone - 513-520-4595

<http://www.womensideanetwork.com>

Dear Jacky,

I just returned from a training class in Chicago to learn about treatments to help reduce inflammation. It is not unusual for your thermography scan to show inflammation or lymphatic congestion. So, what do you do next, right? I was looking for an option to help all of my wonderful clients with a way to help remedy this. Medicupping or vacuum therapy is a pleasant and non-invasive approach that achieves some pretty powerful results. I am very excited with the profound affect this new treatment can have on my thermography and massage clients.

There are many conditions that will respond very well to medicupping. Ask me about how I can help you at your next appointment or message me with any questions you may have. More details and wellness tips you can easily add to your routine can be found by visiting

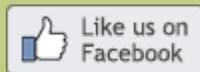
www.MindfulWellnessMassageandBodywork.com.

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

"Water"
What Type of Water Do you Drink?
Have you ever wondered..... is bottled water that much better for me than Tap water?
Is my Tap water safe to drink?

***Tell a Friend about
W.I.N.*!!**



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



Essential Oil of the Month

Grapefruit Essential Oil



Grapefruit Essential Oil

Grapefruit has long been considered a helpful food for weight loss. It is a refreshing, satisfying snack one can enjoy with no concern over calories. Grapefruit oil can also be used as an appetite suppressant, when mixed with drinking water, put on the tongue, or simply inhaled. Stimulating and refreshing, uplifting and nourishing positive emotions. Grapefruit's aroma inspires and clears the mind. Grapefruit is

This article will give you some things to research and think about for yourself.

Let's begin with Tap Water. According to the WHO (World Health Organization) some pretty astonishing facts about drinking global water are:

- Around the world, at least 1.8 billion people utilize a drinking water source contaminated with fecal matter.
- Contaminated water can transmit diseases such as diarrhea, cholera, dysentery, typhoid and polio. Contaminated drinking water is estimated to cause 502,000 diarrheal deaths each year.
- By 2025, half of the world's population will be living in water-stressed areas.
- In low and middle income countries, 38% of health care facilities lack any water source, 19% do not have improved sanitation, and 35% lack water and soap for handwashing.
- <http://www.nytimes.com/video/us/1247466144198/tainted-tap-water.html>
- NY times: Tainted Tap Water in U.S.
- Thirty-five years after the U.S. Congress passed the Safe Drinking water Act, some regulators and environmentalists state the law is now so obsolete that it fails to protect people from the most obvious threats.
- In the USA, the NY Times reported on violations of the Clean Water Act, a federal law which governs water pollution, and has shown household water that is contaminated with lead, nickel, and other heavy metals. (Some extreme side -effects of this contamination have resulted in skin burns, rashes, and eroded tooth enamel.)
- The NY Times has since compiled a database of violations of the safe drinking water Act, finding 40% of the nation's community water systems in violation at least once, exposing millions to potentially harmful chemicals, toxins, and heavy metals.

The Truth about the \$13 billion dollar Bottled water Industry

According to the National Geographic. "Bottled water is a drain on the environment: The U.S. public goes through about 50 billion water bottles a year, and most of those plastic containers are not recycled. Transporting the bottles and keeping them cold also burns fossil fuels, which give off greenhouse gases.

- Uplifting and Refreshing
- Superb Lymphatic Support
- Looking for more benefits click here to read an [informative article about the benefits of Grapefruit Essential Oil.](#)

Citrus oils help to eliminate emotional confusion and increase ones sense of humor and well-being. It is also said to help with acne, digestion, fluid retention, and disorders of the liver, kidneys, vascular, and lymphatic systems. It has also been used to assist in drug withdrawal. Grapefruit oil can help dissolve fat and has been used to address cellulite.

Its fragrance is mood elevating and has been used as an anti-depressant. It has also been applied for migraine headaches, premenstrual tension, fatigue, and jet lag.

How to Use Grapefruit Essential Oil

- Grapefruit essential oil can be used in cooking, beverages, internally as a supplement (2-3 drops in a glass of water), diffused, or applied topically (a couple drops mixed with 1 teaspoon of a carrier such as [jojoba](#).)
- Use a few drops in a diffuser to freshen the aroma climate of your home. Sniff directly from the bottle to curb appetite.
- Add 10 drops of Grapefruit essential oil to 1oz. of unscented body care product to help with toning treatments; add to shower gel and gently

1500 plastic bottles are consumed every second. Enough plastic is thrown away each year to circle the earth four times. And, it will take 1000 years for the plastic to degrade. If the consumer continues as we are today by the year 2020 it is predicted that there will be more plastic in our Oceans than Fish!

If you are drinking bottled water because you think it is healthier, you may want to think again. Pure, clean water, spring water, that's what the ads say. But what does the Lab say?

The plastic in bottled water often contains Bisphenol A chemicals (BPA) and phthalates, which are proven to be hazardous to human health. This plastic leaches into the water and then the consumer drinks it. It is estimated that it takes approximately two years by the time the water is processed and put into the plastic container then transported miles before it gets to the shelves in the store for consumer to then consume.

It's not proven to be any safer than tap water.

The non-profit, non-partisan Environmental Working Group (EWG) says, "The government does not mandate that bottled water be any safer than tap water. In fact, the chemical pollution standards are nearly identical." Historically, bottled water have even been recalled for contamination with particulate matter, mold and bacteria.

Most people think if they are buying something in a store, it must be safer than what is coming out of their tap. It's just not true. 60% to 70% of all brands of bottled water are exempt from FDA scrutiny because manufacturers sell water in the same state they bottle it and FDA governs only those products sold across state lines.

In conclusion when drinking bottled water we are literally putting our own health at RISK and we are killing our Environment!

Want to try this life changing water for Free??? Just Text me @ 937 750 9778 and get your BPA Free Containers and we will start you on your way to a Free 14 day Water Challenge so you can feel the difference yourself! If you choose to invest in your health with one of Enagic's water ionizers in the Month of September 2017 you will receive a 5% discount on any unit and FREE shipping!!!

[Click here to read the rest of the article.](#)

Look below for information about a free workshop about this life changing water!

brush the areas you want to firm before rinsing, or add to lotion or massage oil for a stimulating massage.

- Add 3 drops to your Castor Oil Pack for superb lymph support. Watch an informative video on the [benefits of using a castor oil pack](#).

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

Grapefruit Facial Mask

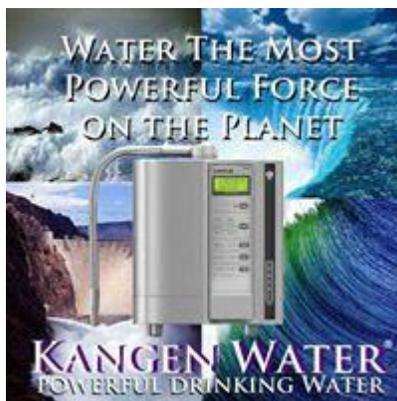
- 1 drop [Grapefruit essential oil](#)
- 1 teaspoon Sour Cream
- 1 egg white

Beat egg white until it is fluffy, add sour cream and grapefruit essential oil and blend well. Apply to face for 15 minutes, then rinse with luke warm water. Pat dry.

Help release weight

To help with the releasing of weight, try adding a drop of Grapefruit essential oil to your glass of water. It helps oxygenate, refresh and cleanse the lymph system, as well as helps reduce cellulite levels.

Product of the Month



Marilyn Caporini
Owner of Dayton Water Store
Senior Certified Trainer with
Enagic USA
937 -750-9778
www.daytonwaterstore.com

*Anyone who is interested in learning more about this life changing water, Marilyn will be co-hosting a free workshop:
September 14, 6:30p.m.-8:30p.m.
See flyer below...*

*Live Well Chiropractic Center
Tylersville Professional Building in Mason
Conference Room 1 & 2
6860 Tylersville Rd, Mason OH*

Inflammatory Breast Cancer



Castor Oil...

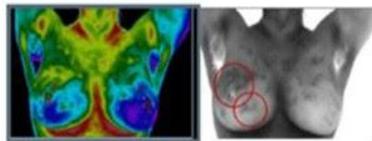
Doctors at the A.R.E. Clinic in Scottsdale, Arizona use **castor oil** for virtually every aspect of health. Edgar Cayce recommended castor oil packs over the abdominal area in 545 readings to benefit the liver and digestive system. Healers from many ancient cultures have used castor oil for over 3000 years. In fact in old herbal texts, it is called "Palma Christi," Latin for the palm of Christ. In response to customer inquiries, our pure castor oil can be taken internally. Organic

Relax with your own Castor Oil Pack

Create your own Castor Oil Packs using an old towel. Soak the towel with Castor Oil and 6 drops of a soothing Essential Oil until its wet. Examples include: Lavender, Calming Essential Oil Blend, Chamomile, Geranium, or Jasmine just to name a few. I suggest you lay on an old towel sheet or towel. Place on the right side of the stomach, over the liver, and place a plastic wrap over the soaked towel. Then use a Heartbeat Aromatherapy Pillow or heating pad set to medium heat.

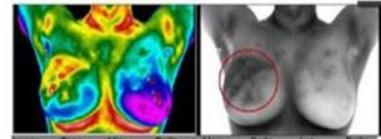
I typically use my Castor Pack while I'm relaxing watching my favorite show or listening to calming music. I suggest using a minimum of 30 minutes. [Click here to learn even more about "Healing Properties of Castor Oil".](#)

Retail Price: \$16.49



Feb 2012

Image	Zone	Min	Delta T(Min)	Max	Delta T(Max)	Avg	Delta T(Avg)
Left	1	29.35	0.88	30.83	1.11	30.22	1.01
Left	2	28.97		29.52		29.21	
Left	3	32.44	1.12	31.39	1.47	31.01	1.52
Left	4	29.32		29.92		29.40	
Left	5	31.12	1.50	31.91	2.11	31.51	1.84
Left	6	29.53		29.80		29.67	



May 2012

Image	Zone	Min	Delta T(Min)	Max	Delta T(Max)	Avg	Delta T(Avg)
Left	1	30.52	2.58	31.53	3.09	31.05	2.87
Left	2	27.94		28.44		28.18	
Left	3	30.89	2.53	31.67	3.00	31.23	2.71
Left	4	28.36		28.67		28.52	
Left	5	31.03	2.37	31.53	2.65	31.32	2.57
Left	6	28.66		28.88		28.75	

Inflammatory Breast Cancer.

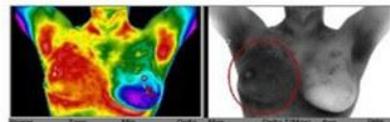
Patient decided to try alternative treatment and NOT consult with a breast surgeon for mastectomy as recommended by PACT inter-pretters.

Breast and nipple Itching

Ultrasound Inconclusive

Went to Spain for Cancer Treatment

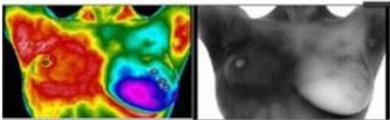
Progressive Worsening



July 2012

Image	Zone	Min	Delta T(Min)	Max	Delta T(Max)	Avg	Delta T(Avg)
Left	1	31.03	2.93	32.32	3.40	31.64	3.26
Left	2	28.10		28.92		28.38	
Left	3	31.68	3.23	33.03	4.00	32.47	3.75
Left	4	28.35		29.03		28.72	
Left	5	32.00	2.88	32.34	2.75	32.15	2.88
Left	6	29.12		29.58		29.27	

Deceased January 2013



Sept 2012

Image	Zone	Min	Delta T(Min)	Max	Delta T(Max)	Avg	Delta T(Avg)
Left	1	30.63	1.13	32.24	2.11	31.20	1.42
Left	2	29.50		30.13		29.78	
Left	3	31.17	1.70	32.70	2.76	32.35	2.62
Left	4	29.47		29.84		29.73	
Left	5	32.52	2.86	33.03	2.88	32.79	2.91
Left	6	29.66		30.15		29.88	



PROFESSIONAL
ACADEMY OF
CLINICAL
THERMOLOGY

Have you scheduled your thermography scan yet?

Learn how you can use posture to prevent and slow down arthritic changes in your body.



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.

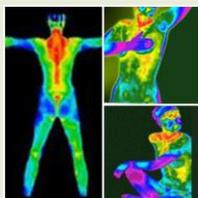
Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!

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.

RAISE SOME MONEY!

Do you have a favorite group, church or charity



COLLECTIVE WELLNESS PARTNERS SPECIAL EVENT with Dr. Kim Muhlenkamp-Wermert



September 14, 6:30 PM - 8:30 PM

Tylersville Professional Building in Mason
6860 Tylersville Rd, Conference Room 1&2

- Learn how a procedure called Thermography can detect cancer 5-10 years before a mammogram can. (Jacky Groenewegen)
- Learn how natural bioidentical hormones can bring balance back into your life. No more suffering with hormonal issues AND reintroduce JOY into your life. (Lyn Hogrefe)
- Learn how you can change your life with JUST WATER! (Marilyn Caporini)
- Learn what is available to provide healthy, organic products without chemicals or toxins for your body, hair and environment. (Grace Marshall)

Free! Refreshments! Swag Bags!



THE PARTNERS

Jacky Groenewegen
- Mindful Wellness Medical Thermography

Marilyn Caporini
- Kangen Water

Grace Marshall
- Neal's Yard Remedies

Lyn Hogrefe
- Happy Hormone Cottage

RSVP TO LYN HOGREFE
Lyn@CollectiveWellnessPartners.com



COLLECTIVE WELLNESS is a collaboration of experts in our community who are passionate about embracing a healthier, more natural (organic) lifestyle. They are dedicated to helping us all create awareness that the choices we make regarding our health every day matter. Their goal is to educate and empower us to create the changes we need to lead healthier lives. The bottom line is that the choices we make today affect the quality of our lives for our tomorrows. Come learn how you can promote anti-aging and prevent disease.

Follow Collective Wellness Partners on Facebook and Twitter



www.CollectiveWellnessPartners.com

Medicupping Have you got Issues in Your Tissues?

This is just one of the reasons I was so excited when I left my Medicupping training...

Therapists who have explored the use of vacuum therapies in bodywork have found that the addition of suction and lifting to other massage techniques has produced radical changes for clients and for themselves. One of the most amazing aspects of this technique is the "separation" that the vacuum produces in tissue layers. This enables water absorption and renewed blood flow to undernourished and dehydrated tissue as well as the elimination of old waste and congestion. It has become evident that separation and drainage of fused, congested soft

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.

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!

THERMOGRAPHY SAVINGS

Referral program:

tissue produces an increase in tissue and systemic function and is a great catalyst for change in health.

Every injury, illness and surgery-and even the toxic substances that the body has been exposed to from conception forward-may still be present in the tissues. The body is brilliant in its efforts to protect itself from the effects of personal history, yet its capacity is limited. The body has to store that which it cannot process and eliminate. The result is an accumulation of materials, such as old medications, inflammatory agents, cellular wastes and acids in stagnant lymph fluid.

Each body reacts uniquely to this accumulation of debris and stagnation, and we can see examples of degeneration occurring at younger ages more than ever before. Ordinarily healthy people become fatigued and sluggish due to the cumulative effects of their lifestyle and eventually move into the dis-eased state. This may help to explain the high level of auto-immune disorders that we see on client intake forms.

This unrecognized pathological condition is affecting a large segment of the population and could be a key component of disease and degeneration, allergies and addictions, as well as obesity and toxicity. The condition is "*Solid Bloat*" and often manifests as weight gain or cellulite, and can eventually lead to serious health issues. Working with vacuum therapies not only effectively assists in eliminating years of *Solid Bloat* accumulation; it also provides information about the cause and nature of the condition.

Consider the person who cannot lose weight, whether slightly overweight to clinically obese and undergoing surgical procedures. What a gift to their self esteem to finally find out that part of the problem has been *Solid Bloat*. What a great treatment for a client to have old C-section scars comfortably released, and the restored lymph flow to the upper inguinal nodes significantly diminishing the large belly that she had carried around for years.

Creating space in the existing tissue and any surgical scarring for the lymphatic system to re-establish itself, releasing old inflammation from past medical procedures and injuries, and changing the PH and

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!

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](#)



polarity of the tissue so that it can heal is of crucial value, yet the emotional and energetic healing is also of great importance.

Along with the substantial health benefits of clearing old debris and releasing scar tissue, the use of suction is invaluable for restricted soft tissue and fascia. Sports professionals are benefiting from the ease of recovery from injury or surgery and an increase in athletic performance, and major league sports teams are utilizing the therapy.

Vacuum therapies provide a wonderful bridge to the medical community, with special applications for pre- and post-surgery conditions, chiropractic and orthopedic work, conditions associated with Diabetes, Parkinson's, Fibromyalgia, and much more. Results are fast and comfortable for the client and practitioner, and noticeably impressive to medical professionals.

Having a tool that assists in evaluation and also provides the most comfortable and effective methods of affecting client health at such a profound level is of major benefit to today's therapists. The results are often dramatic and visible, since vacuum therapies work nicely with the homeostatic mechanisms of the body. The addition of such adjunct therapies as aromatherapy, taping and magnetic micro-cups can become a complete tool box for working with an extremely wide variety of client conditions.

These techniques are used safely on children, adults and elderly persons. The most common misuse of vacuum therapy is overuse. This is an intense treatment, and its impact on the body systems is significant. The elderly, children, persons with diabetes, and those on blood thinners should be treated gently. After any treatment with vacuum therapies, it is important to avoid exposure to excessive heat or cold, and sufficient hydration is required to facilitate elimination. A complete assessment of specific conditions at the time of treatment must be taken into consideration by the practitioner.



Get Tested, Get Treated...

Get Better

www.happyhormonecottage.com

513-444-6343

lyn@happyhormonecottage.com

Vacuum therapy seems easy to do, but it is not simple. To achieve maximum results safely, training is required, and there are workshops and educational videos/DVDs available. One of the best aspects of mastering these techniques is practicing on yourself, and really experiencing the results!

Think of the impact of clearing and opening the body systems all the way down to a cellular level, as well as releasing old structural compensatory patterns that are no longer beneficial. A new cycle begins with the replication of healthier cells turning into healthier systems ... a recaptured homeostasis that leads to wellness, despite age or history.

ANITA J. SHANNON is a Licensed Massage Therapist and licensed Cosmetologist since 1983, specializing in skin care, body treatments, clinical Aromatherapy and various modalities of massage therapy. She is a national educator since 1990, appearing at numerous national Spa and Massage conventions each year, and appeared as a co-host for four years on the television show "Health Options Today" with Dr. Mitchell Ghen.

Anita is the Director of Advanced Continuing Education (ACE), an NCBTMB CE provider established in 2001, and has presented numerous workshops on ACE Massage Cupping™ and MediCupping™ at national locations since 2002. Anita has been published on this subject in **Massage Today**, in **Massage Magazine** and in **Les Nouvelles Esthétiques**. She has published two educational videos on ACE Massage Cupping™ bodywork, two on MediCupping™ therapy and one on TheraCupping™ home care, and is currently writing a book on VacuTherapies™.

**Enjoy my video How to do a
Castor Oil Pack**



Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky