

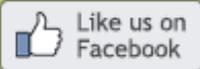
MINDFUL  WELLNESS

massage & bodywork L.L.C.
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December 2017

Speaking of...Mindful Wellness

Gut Brain Connection & 4 Principles for Losing Weight Diet Free...



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

Relaxing Essential Oil Blend



Relaxing Essential Oil Blend

A perfectly sweet blend full of lightness and peace. One of Mindful Wellness most popular products, it's very inviting with the warmth of a ray of

Greetings!

As we wind down 2017 and get ready to start 2018, I am thrilled with the article Jen Beck of Complete Health Revolution wrote about the 4 Principles for Losing Weight Diet Free. Your diet is a big part of your health journey. Jen's information is very valuable as you start setting your 2018 Wellness goals!

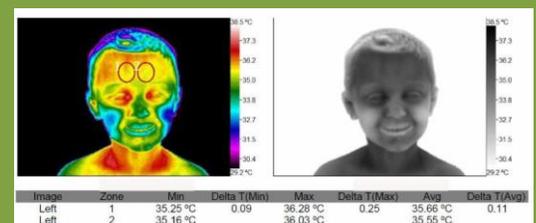
And, even more information can be found about the Gut Brain Connection. Dr. Moje gives fabulous information about the food we are eating and the connection to brain fog, depression and your overall energy level! There's a lot of information packed into this article!

Many of my thermography client scans show inflammation in their body. Some of this inflammation can be helped with a healthy diet. Use the tools Jen & Dr. Moje give you to start your 2018 as your healthiest year!

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



\$99 SPECIAL FOR ONE CHILD \$160 FOR TWO CHILDREN IN THE SAME HOUSEHOLD

sunshine, exuding feelings of happiness and bliss, and bringing instant stress relief. Taking a bath with this blend is like floating in a big, fragrant, delicious desert. Simply blend up to 10 drops with Half & Half (in order to prevent the oil from floating on the surface), and add it to the bath water.

This is a true classic that should not be missing in your collection of diffuser oils.

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

Neck & Chest Rub

Help for the common cold.

Combine 2 Tablespoons [Jojoba](#)
2 Drops [Tea Tree](#) Essential Oil
1 Drop [Lemon](#) Essential Oil
1-2 Drops [Eucalyptus Globulus](#)
Essential Oil

Massage a little of the blend on neck and chest. Save the extra in a closed glass container in a cool, dark place and use as needed. For additional therapeutic effect, place a heated water bottle over your chest area.

Relaxing Lavender Bath

This bath is ideal before bedtime, as lavender promotes a restful sleep.

Ingredients

4 cups distilled water
3 Tbsp. jojoba
4 drops [Lavender Essential](#)

NO Pain...

NO Contact...

NO Radiation...

Thermography is a safe, no contact, radiation-free, state-of-the-art screening procedure that uses heat detection to locate areas of temperature differences in the body. Thermography for children looks for the same things they look for in an adult. Any heat imbalances or posture deviations are mentioned. The common thermal impressions in young kids could be toxicity, hormonal imbalance, gut and back inflammation. Thermograms are interpreted by PACT accredited physicians. FDA cleared since 1982.

*Fine Print - Age sixteen and under. Good until 01/31/2018

Offer Expires: January 31, 2018

Gut Brain Connection

By Dr. Moje, Apex Chiropractic Cincinnati

For many years, little has been known about the connection between our brains and our digestive systems. Due to the complexities of both systems, there was little we could do to identify the chemical components that make each system tick. But in recent decades, brain research has hit a break through and the digestive system has been following in stride. Understanding the networks operating in the neural structures has been the focus of many institutions. They have been connecting the dots that have been part of our clinical work in neuroscience for half a century. In addition, we have seen how the independence of the enteric nervous system in rodents as they have disconnected the structures from the guidance of the central nervous system to see the digestion continue. In addition, we have seen the first steps in research indicating that a healthy digestive system is required for a healthy brain. For instance, we have seen that an unhealthy digestive system in mice can lead to a rodent that does not have significant persistence and motivation for survival, in contrast to a healthy mouse, that has a much stronger will to survive and overcome obstacles. In another study, the nerve that connects the gut and the brain was severed. Under normal circumstances, the gut sends happy signals to the brain to encourage a stable mood. But without the vagus nerve, the signals from the gut do not reach the brain and the mood is compromised. With humans, we know this must have some resemblance with gut feelings and butterflies in the stomach, especially since 95% of the body's serotonin (the happy neurotransmitter) is found in the gut.

The enteric nervous system is a subdivision of the autonomic (automatic) nervous system. It is a mesh like structure imbedded in the digestive system that governs the function of

Oil

Mix all of the ingredients thoroughly, then store in a sealed container until ready to use. Pour under hot running water, and enjoy this relaxing, indulgent soak.

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:

said system. As said before, if the enteric nervous system was disconnected from the central nervous system, it would continue to function. It has many built-in responsibilities ranging from supporting the immune system to peristaltic motor contractions to secreting a variety of substances. The immune system in the gut is partly supported by what has recently been referred to as the microbiome. This is the name given to the bacterial layer that separates the blood from the gut. It is a component that helps to prevent "leaky gut". Let's consider this for a moment. When we are born, we get our first exposure to bacteria from the birth canal and through breast milk. It provides us with the first juices that make up this protective layer. Western medicine has found a multitude of reasons to give antibiotics to protect us from bacterial infections. When we take these drugs, it doesn't only kill the dangerous microbes, but also the more necessary critters that live symbiotically in the digestive system. Repopulation after antibiotics is more strongly encountered with the pathologic bacteria. So the system recovers, but in an inappropriate fashion and the inflammation that has previously occurred continues to attack the unprotected walls of the digestive system. This offensive basically pokes holes in the walls of the digestive system allowing inflammatory cytokines and other particulates to leak into the bloodstream, which sets in motion the next step of immune system response.

[Click to continue reading Gut Brain Connection...](#)

Dr. Moje is a new addition to the Cincinnati community. He focuses on alternative approaches to neurological conditions. His training in chiropractic, neurology, and nutrition allows him to provide patients with a different viewpoint of conditions ranging from ASD and ADHD to Alzheimer's and Migraines. Dr. Moje grew up in Minnesota and completed his undergraduate at the University of Minnesota, Morris. He then completed his Chiropractic degree at Northwestern College of Chiropractic. It was here that he connected with his first Chiropractic Neurologist mentor that led him down his current path. For the first two years in practice he worked at a clinic in the Cleveland area focusing on reversing diabetes with diet and nutrition. He then spent the next five years working as a substitute chiropractor while he completed his diplomate in Chiropractic Neurology. He recently relocated to the area with his wife and son to be closer to family and joined Apex Chiropractic & Wellness Center.

For questions, please contact Apex Chiropractic & Wellness Center at 513-931-4300 or answers@apexchirocenter.com.

www.apexchirocenter.com.

[Apex Chiropractic and Wellness Center](#)

8624 Winton Road, Suite B
CincinnatiOH, 45231

4 Principles for Losing Weight Diet Free

By Jen Beck, RNC

- 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
- 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!

Retail Price: \$17.99

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!!!

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

Every year, millions of Americans declare on January 1 that this is the year they are going to start some type of new diet and lose weight/get healthy. According to US News, only 80% of all the people that declare a New Year's resolution maintain their resolution past the second week in February. And these are folks that declare with committed enthusiasm, "This is the year I...".

They start with the best of intentions, but quickly surrender due to little progress and much restriction, deprivation, frustration, and withdrawal.

According to statistics, 95% of people fail on their diets.

I disagree.

I believe that 95% of diets fail people.

Let's face it. Diets don't work. Although the word diet originally meant "lifestyle", its meaning has been warped into an undetermined amount of time restricting your diet, turning your lifestyle upside down in the pursuit of a lower number on the scale and a smaller size and some additional health benefits too, like lower blood pressure and cholesterol. Diet is synonymous with pain and suffering. It essentially equals - Die, with a T on the end.

If you've ever been on a diet, you know what I am talking about.

Most diets do not take into account any of the bio-individual factors, nor do they acknowledge that each of us has a food story which influences food's role in our life and our relationship with it. Diets are rigid, inflexible, restrictive, and lead you to believe that if you just follow "My simple and easy plan, you too can lose _____pounds in _____ days!"

Every one of us is different, with a different metabolism, body type, compounding health factors, food sensitivities, and relationship with food. These factors make it Impossible for one diet to fit all. But there are 4 principles in losing weight and improving your health that apply to each and every one of us.

If you learn these principles, you will not only lose weight and improve your health, but you will enjoy the process too! Working from principles allows you to make them a part of your everyday life and they become second nature like brushing your teeth or tying your shoes.

Now, doesn't that sound amazing?!

Here are the 4 principles.

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.

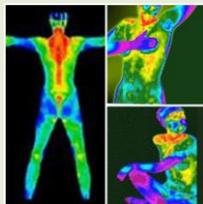
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Get Better*

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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.

1. Shift Your Mindset for Success
2. Focus on Nourishing Whole Foods
3. Put Yourself First
4. Move Your Body

Shift Your Mindset for Success. This is likely the most important principle you could put in place to ensure your success.

When looking to make lifestyle changes, whether it is to lose weight or eliminate the need for a medication, it is imperative that you create a long term vision of what you want your health and life to look like.

[Click here to keep reading 4 Principles for Losing Weight Diet Free...](#)

If you would like more in depth knowledge and support, join us for 28 Days to a New You or sign up for a complimentary Health Breakthrough Session to discuss your goals and create a personalized action plan.



As a Registered Nutrition Consultant and CEO of Complete Health Revolution, Jen Beck's straight forward approach, turbocharges your transformation with real strategies that work for permanent, lasting weight loss and energy gain...without gimmicks, tricks or fads.

Over the last 16 years, Jen has empowered thousands of men and women to take an active role in their health, lose weight, reverse chronic disease, look and feel 10 years younger.

Jen Beck offers personalized one-on-one coaching, group coaching and corporate wellness programs, along with healthy living classes providing inspiration, education and support in implementation to make healthy eating and living become second nature.

If you are ready to move forward in reclaiming your vitality and recharging your life, email Jennifer at jen@completehealthrevolution.com or phone 513-407-5775 to schedule a complimentary 30 minute. Health Breakthrough Session.

Visit www.CompleteHealthRevolution.com for more details or to download your FREE report of **5 Health Hacks for Busy People**.

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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.

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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:info@btimedi.com) me to get yours scheduled!



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Integrative Health & Healing...

A Wellness Symposium

Saturday, February 17, 2018

Centre Park of West Chester

Holiday Inn West Chester

\$99 Per Person

Includes Lunch & Refreshments

What You Will Learn...

Pain, where it comes from and how to heal it...Hal Blatman, MD

Getting to Autism Remission...Nathan Morris, MD

Sustainable Healing of Autism...Kara Badgley, FM CHC

The Forgotten Truths of Dentistry...Daniel Cobb, DDS

Getting to the Root Cause of Hair Loss...Shawon Gullette, ND

How Inflammatory Foods Impact the Body...Hal Blatman, MD

Visit <http://womenshealthinitiatives.org> for more info

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,

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friend or loved one for only \$30.*

[Click here to Buy](#) before January 31, 2018.

\$50.00 value for only \$30.00!

*Fine Print - A limit of two gift certificates can be applied to one thermography scan.

Offer Expires: D ecember 31, 2017

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