

January, 2018

## "Get your affairs in order" to thriving health...

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Greetings!

Many people start the year with goals of a New You... I thought I'd try a new look to how I communicate with you, my valued friends. I will continue to provide you with information on health & wellness articles!

Thank you Heidi Bright, MDiv for the great article "Get your affairs in order" to thriving health. Heidi shares her very profound account on how she changed her habits through diet, medicine, relaxation techniques and an overall new outlook on her health. Well worth the time to read and take many of her suggestions to heart!

I'm starting something new for a few months. Many of my thermography patients are aware of Dr. Anthony Piana. In fact, many of you have had your consultation to review the results of your thermography scan with Dr. Piana. He recently was interviewed and I'm going to share the questions and answers from this interview in "Dr. Piana's Corner." The first is what you can see by looking at the bottom of your feet through your scan.

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](http://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

February 17th

Integrative Health & Healing...



## "Get your affairs in order" to thriving health

By Heidi Bright, MDiv

During 2009 I was expected to pass in a matter of months from a highly aggressive end-stage uterine cancer.

My greatest fear, as a mother, was not knowing what would happen to my kids. I had lost my own mother to breast cancer when I was barely 23. This made me determined to do everything I could to survive. That meant taking a multi-pronged approach to getting well—using all reasonable possibilities, both medical and integrative.

I felt encouraged in this approach by what Henry Crow-Dog, Sioux Native American, said: "You can heal one who is sick with the power of herbs or with the power of the spirit, the power of the eagle wing, the smoldering cedar, the sage. You can use certain stones for healing because they, too, have power. You can use the power of an animal—the buffalo, the coyote, the eagle, the bear, the elk. There are many ways of healing known to the *pejuta wichasha* (medicine man)."

To access many ways of healing, I altered my diet, worked with my body, developed greater emotional awareness, improved my mental outlook, sought Divine guidance, practiced spiritual disciplines, and asked a community of family and friends for assistance. And I could also relax some, knowing ultimately everything was beyond my ability to control anyway, for I could not see the Divine hand in all this mess.

My diet gave my body a chance to repair and eventually heal itself, as shown by my blood-protein levels and overall blood test results. One of my oncologists, Dr. James Pavelka, once commented that he wished all his patients had blood panels like



**Integrative Health & Healing...**  
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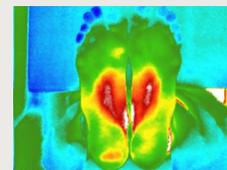
**What You Will Learn...**

- 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](http://womenshealthinitiatives.org)

A Wellness Symposium *Click here to reserve your spot...*

## Dr. Piana's Corner



What about the bottom of the feet, what is

some valuable information that we can get from the feet, the toes or even the fingers?

I like to look at the bottom of the feet for inflammation on one side compared to the other looking for asymmetry. I can correlate that with their posture. In other words, if they have a low right shoulder or a thoracic translation off to one side you're going to see that the right foot is hotter and the planter fascia is more inflamed. I look at the way they are walking and metatarsal inflammation. I also evaluate the feet for thermotome changes coming from the lumbosacral plexus or spinal cord pathology. As far as the hands go, we are looking for things like thoracic outlet syndrome, which will usually be the little finger and the ring finger being colder. A lot of times that happens from musculature being tight in the neck or the pectoralis minor, or from a forward head posture. We also look for median nerve entrapment, nerve root radiculopathy from C5/6 where we might see the first 3

mine. As he could attest to, complementary treatments made a huge difference in my experience of the cancer journey. I added daily green smoothies, more colorful produce, and more herbs; I switched to organic/free-range meat and eggs; and I greatly limited dairy, white grains, and sugars. This reduced inflammation levels in my body, allowing me to be more comfortable.

My body responded to the care and attention I gave it, including energy treatments, by gaining strength and moving closer to health.

My emotions responded to my acceptance of them in the moment, which freed up previously bound energy so I could devote more resources to my well-being.

My mind grew stronger as I learned to better observe my thoughts and shift them when it would benefit my well-being.

My soul soared, with the assistance of several guides, providing me with a deep connection to the Spirit—a source of ineffable love, peace, and comfort despite the pain and discomfort I endured.

And my friends provided much-needed support and the kind of faith that could eliminate the dis-ease.

After two years of medical and integrative treatment, a new tumor quickly swelled on the pulmonary vein next to my heart. I had surgery to remove it. There were no more chemotherapy options to keep recurrence at bay. I was told to get my affairs in order.

Ever since that surgery, I have been in radical remission, free of evidence of disease and free of cancer treatment. All I had done during the two-year process enabled me to replace the cancerous uterus that a surgeon had excised with a new womb for myself, filled with incredible potential for new life. This plump nesting space would eventually bring forth a vibrant new creation, a life filled with joy and health.

With the encouragement of friends, I used my journalism background to research and create a resource with more than 250 healing solutions, most of which I used during my course of treatment. This best-seller is *Thriver Soup: A Feast for Living Consciously During the Cancer Journey*, published by Sunstone Press.

To assist you with thriving, whatever the situation, *Thriver Soup* includes:

- how to eat for vibrant health,
- how to manage emotions,
- how to direct thoughts,
- how to recognize and avoid health scams,
- how to get out of the hospital a day early after surgery, and
- how to manage chemotherapy to reduce side-effects.

*Thriver Soup* also is a terrific resource for preventing dis-ease, and medical thermography is a great resource for catching disease

fingers being colder than the rest of the fingers. Sometimes they are so cold that they look like they have disappeared. As well as the middle finger for the C7 dermatome.

[Click Here to Purchase an Instant Massage or Thermography GiftCertificate](#)

### Essential Oil of the Month

#### *Detoxifying Essential Oil Blend*



Enhances calming, soothing and cleansing.

Contains: Bergamot, Rosemary, Thyme and White.

Beautiful blend for adding to your *Castor Oil Pack*. Dilution required.

[For more information...](#)

### Product of the Month

#### *Castor Oil*



Experience The Purest Castor Oil There Is

Organic: This organic castor oil is the highest quality you can find. We have always offered pure castor oil tested to be free of solvents and chemicals. Now there is a certified organic Castor Oil to continue our

at earlier stages than might otherwise occur.

Feedback from readers includes:

- “Heidi’s book is already helping us in miraculous ways.”
- “...contains an enormous amount of wisdom!”
- “This might be the most practical and complete book you could possibly read about not only facing cancer, but also the struggles of life.”

Find out more at <http://thriversoup.com>

About the Author:

Heidi Bright, an aggressive end-stage cancer survivor, knows the terror and powerlessness of a difficult diagnosis. After managing two years of cancer treatment, using carefully selected integrative therapies, and healing her life, she entered radical remission in 2011.

A national speaker, Heidi is the opening presenter at the 2018 Annie Appleseed Conference in Florida. She talks about “The ABCs of Healing,” which includes changing attitudes, behaviors, and making major life choices. She also addresses how to eat to maximize health, including at a recent Victory of Light Expo in Cincinnati.

Heidi earned the 2017 Champion of Cancer Care Award from Cancer Support Community; the 2017 Unsung Hero Award from Cancer Family Care; and the 2014 Voices of Women award for outstanding achievement in personal growth from Cincinnati’s Whole Living Journal.

She is the author of three traditionally published nonfiction books, including *Thrivers Soup: A Feast for Living Consciously During the Cancer Journey* <http://thriversoup.com> and *Hidden Voices: Biblical Women and Our Christian Heritage*

<http://heidibright.com/earlier-books>.

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Athletes Foot

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

Ingredients

- Combine 2 oz of *Castor Oil* with...
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- 10 drops *Lavender*
- 10 drops *Tea Tree*

Massage onto feet.

Castor Pack to relax

Create your own Castor Packs at home 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, 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 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.

For more information...

Important news...

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Show someone how much you care by buying them a thermography scan! You can use your Flexible Spending or HSA fund to pay for your Thermography Scan.

Cannot be combined with other offers and limit of 2 gift certificates per scan.

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