

March, 2018

My Cancer Journey (by Lynn Jones)...

Greetings!

Passion is an understatement when it comes to how I feel about thermography. I have been touched by so many wonderful people. This isn't a "job" for me, it's about helping people on their wellness journey. A patient came to me for a routine thermography scan. We quickly found it was all but routine. Early detection saves lives, please read Lynn Jones' "My Cancer Journey." Since her journey at Mindful Wellness started, we have become dear friends and she has taught me so much about strength and grace.

Check out the latest in Dr. Piana's Corner talking about how to work with your Chiropractor if your thermography scan shows uneven shoulders or hips. Many of our 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 him. He recently was interviewed and I'm going to share the questions and answers from this interview in "Dr. Piana's Corner."

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

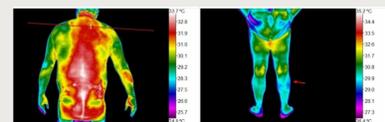


My Cancer Journey
By Lynn Jones

My name is Lynn Jones and I would describe myself as a wife, mother, daughter, educator,

Dr. Piana's Corner

How do I use this information to work with my Chiropractor?



Q. Many patients have uneven shoulders or hips, I ask them if they see a Chiropractor, P.T. or Rolfer. As a Chiropractor how do you use thermography as an



mentor, volunteer, loyal friend and a woman of great faith. My life has taken me in many different directions over the years from being employed as a Speech/Language Pathologist, to teaching in a middle school

classroom, to performing duties as a reading interventionist and ultimately becoming an Instructional Specialist/lead teacher.

I retired in 2014 after 35 years in education and began volunteering for the blind through CABVI. I always loved reading aloud to my students and now I do it for adults who are visually impaired. I currently have several retirement groups who meet to play and support one another, and I continue to play monthly euchre games with yet another fabulous group- an activity I have enjoyed for over 40 years. In the last couple of years I have worked as a mentor for Miami of Oxford students in the field of education as part of their Intergenerational Mentoring program. I have experienced great joy seeing students becoming gainfully employed in the field. I have been blessed with a 30 year marriage, a daughter who is happily employed at the Columbus Museum of Art after graduating from The Columbus College of Art and Design, and a lifetime of good health.

So you can imagine my shock when on February 10, 2017, I was diagnosed with Stage 2 breast cancer. This diagnosis left me reeling and fearful. After the initial shock, I made a conscious decision to fight hard and smart. I leaned on my faith and asked God to help me through the many layers of treatment. In turn, if it be His will, I would educate others through this difficult process. I have been blessed to consult with many women and men over this past year. My goal has been to help others navigate the horrors of chemotherapy, surgery and radiation with more confidence, more energy, and with less fear armed with information.

I began my chemotherapy journey on March 23 of 2017. As I write this on March 18, 2018, it is hard to believe that I have been in treatment for over a year now. I was given great opportunity to consult with not only the doctors at Bethesda North Hospital in Montgomery, OH, but also with several doctors from out of state including Dr. Anthony Piana (Medical Thermography from Connecticut) and Dr. Mark Rosenberg (Oncology

assessment tool going forward on how their treatments are working or do you ever recommend anything other than Chiro care? Anything to elaborate on?

On Initial analysis we look at the posture and correlate to any inflammation they might have in their knee joints, ankles, their shins, hips, anywhere into their shoulders, in between the shoulder blades. We are looking for inflammation from an imbalanced posture. We are also looking at cold areas where there may be some sympathetic responses from a compressed nerve, these usually show up as cold regions.

What we find will define the treatment plan. What I do in my office is compare every 12 visits I will compare the pictures and put them side by side. I can see the improvement from month to month. Or a block of 12 visits to a block of the next 12 visits until we get a maximum correction possible. We see some amazing changes. Other than Chiropractic care there are some myofascial treatments that work to restore proper posture. We also use mirror image exercises to correct the posture, if they have a low shoulder on one side, the actual exercise they are given is a mirror image exercise of that. There are a lot of techniques that work, Physical Therapy, Core Strengthening, Ergonomics - make sure the work space is correct and they are not doing more damage while they're at work. If they are exercising or running make sure they are not doing more damage before in the initial phases. A lot of times we see runners with bad posture and they have severe inflammation in their body that think they are doing a good thing.

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

Essential Oil of the Month
Bergamot Essential Oil



Most people know this aroma through Earl Grey tea, which is flavored with Bergamot Oil. It is a fruity citrus oil of spicy-floral freshness. Great aroma to balance the

Scientist from Boca Raton). Dr. Piana was the first to identify the inflammation that eventually led to my cancer diagnosis. I am forever grateful that I went to see Jacky Groenewegen for a thermogram and to Dr. Piana for interpreting the results. Inflammation is at the core of disease. I was "ON FIRE" in my right breast. And so began my journey. Fast forward to my third chemotherapy and thermography showed in real time that the tumor was gone. How I wish that traditional medicine and functional medicine could work together to help everyone see in real time how therapies are working. How it motivated me as I went through the remaining three chemotherapies, through my surgery, and through my radiation treatment.

The radiologist who was asked to place a magnetic seed into my right breast to mark the center of the tumor before surgery told me that he and his team could not find my tumor. Of course I already knew from the thermogram that it was gone. What a remarkable tool. In addition, I asked Dr. Piana to help me keep track of my inflammation levels. After surgery I was asked to do 29 rounds of radiation. This was in addition to those 6 chemotherapies and a full year of Herceptin infusions which occurred every 3 weeks for a year. Knowing that radiation would raise my inflammatory response and not sure how Herceptin would affect inflammation, I had Dr. Piana take baseline data and then more scans at 3 months and 6 months post-radiation treatment. I then just recently had a full head/torso scan. It is my goal to keep track of my own progress as I try to reduce the odds of recurrence. I am extremely mindful of decreasing inflammation through the use of supplements, conscious nutritional choices, prayer, meditation and exercise. I am a work in progress, but as I continue to learn, it is my goal to pay it forward. I am confident that this journey, although nothing I would wish on anyone else, has pointed me to my real purpose on this earth. Thanks so much for reading. If I can be of any help to you or anyone recently diagnosed with a cancer diagnosis, please let me know. I have learned a lot this year and feel I could help you navigate treatment. I was not sick throughout my entire treatment and I was able to exercise and never missed an event. As a personal aside, I was also able to hold my hair during treatment with the use of Penguin Cold Caps. I was to lose my hair 6 days after my first chemotherapy. Blessings throughout...

Best of Luck to all of you.

Lynn Jones

mind and regenerate. Citrus oils help to eliminate emotional confusion and increase ones sense of humor and well-being.

How to Use Bergamot Essential Oil:

- Use a few drops in a diffuser to freshen the aroma climate of your home. Sniff directly from the bottle to feel fresh and fight melancholy.
- Helps relieve stress, place a drop on a tissue and inhale.
- Rub 5 drops of Bergamot Essential Oil on sore muscles to relieve tension.
- Use in your vaporizer to help ease congestion.

For more information...

Product of the Month *Aroma Spa Diffuser*



How Diffusing Helps Your Environment

I'm always looking for ways to help you feel better. I've touted the benefits of Aromatherapy many times. Scents can mean many different things to an individual. It may conjure up a pleasant memory or it may be used to help you clean the air. Diffusing therapeutic grade essential oils like those carried at Mindful Wellness Massage and Bodywork help me, my family and most of all my clients. Many of you may go to your local store and purchase cleaning/disinfecting agents with air fresheners. Now don't get me wrong, I'm all for convenience, but you must know that many of these products contain harmful toxins. This defeats the initial purpose of using these products. Diffusing therapeutic grade essential oils not only gives you the benefit of aromatherapy, but is also helps clean the air of many impurities.

A little bit of History...

The term "aromatherapy" was coined by the French chemist René-Maurice Gattefossé in the early 1920s. Gattefossé spent his life devoted to essential oils and their healing properties. However, for more than 6,000 years prior to Gattefossé, aromatherapy had been used by the Egyptians, Romans, and the Greeks. Imhotep, an Egyptian physician, suggested that oils be used for massage, bathing, and embalming the dead. Hippocrates,



Healthy Cleaning Recipes!

From Dr. Ryan Berlin

Floor Cleaner

- 1/4 Cup Vinegar
- 2 Cups Hot Water
- 10 Drops *Lemon Essential Oil*
- 5 Drops *Oregano Essential Oil*

Window Cleaner

- 1 Lemon
- 2 Cups Club Soda or Water
- 10 Drops *Lemon Essential Oil*
- Optional 5 drops of your favorite Essential Oil

Juice the lemon and mix with club soda or water.

Air Freshener Spray

You can experiment with your favorite oils to get the desired scent.

- 1 Spray Bottle
- 2 1/2 Cups Water
- 10 Drops of *Lavender Essential Oil*
- 5 Drops of *Bergamot Essential Oil*
- 10 Drops of *Lemon Essential Oil*
- 5 Drops of *Cinnamon Essential Oil*

Store in Spray Bottle and Shake Well-Test before spraying on Fabrics.

All Purpose Cleaner

- 1/4 Cup Vinegar
- 2 Cups Hot Water
- 5 Drops of *Lavender Essential Oil*
- 5 Drops of *Lemon Oil Essential Oil*
- 10 Drops *Tea Tree Essential Oil*

Dr. Ryan Berlin

513-755-3583

Align Chiropractic

<http://alignhealthcenter.com/>

As a Maximized Living doctor, Ryan Berlin is dedicated to changing the face of healthcare throughout the greater Cincinnati community. On this mission, Align Chiropractic will create significant impact in the health of many families. Dr. Ryan has received advanced training in spinal correction, exercise, state-of-the-art nutrition and toxicity from some of the largest health clinics in the country. He's experienced taking care of professional athletes, doctors, nurses, infants, and those with chronic health issues but loves seeing entire families get healthy and live a

Primary Benefits of Diffusing

- Transform your surroundings: Create a relaxing, spa-like atmosphere or instantly brighten the mood of your home or office.
- Eliminate odors: Remove lingering smells without resorting to synthetic air fresheners.
- Protect your family's health: Safeguard your family's health by detoxing your home from harmful household chemicals.
- Introduce healing oils into the air for amazing health benefits

Diffusing to Eliminate Odors

Diffused therapeutic-grade essential oils alter the structure of molecules that create odors, rather than simply masking them. They also increase oxygen availability and produce negative ions.

Click to keep reading...

Price: \$49.98

For more information...

Click here to join our new Facebook Group Holistic Health Practitioners of Greater Cincinnati... We are building a trusted community of holistic practitioners and holistic minded people who are searching for holistic answers.

Enjoy a FREE Healing Light Guided Imagery Video to help you heal your mind and body!



Important news...

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scan

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.

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Thermography Certificate



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!!!



Like me on *Facebook* to receive short therapeutic wellness tips to help your mind and body feel better.



Contact Us

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