

**April, 2018**

**Have you ever attempted to hold a beach ball under the water? (by Susan Gibson)...**

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Greetings!

Thank you, Susan Gibson, for the wonderful article "Have you ever attempted to hold a beach ball under water?". Are you bottling something up and feel like you're about to explode? Susan provides us with a wonderful perspective that our body will let us know when something just isn't right. Thermography, is ONE of the tools you can utilize so that dis-ease doesn't take hold.

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](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

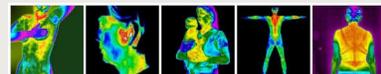


Have you ever attempted to hold a beach ball under the water?

By Susan Gibson

The year was 2009. My oldest son Bobby was a senior at Moeller, looking at colleges where he could also continue his football career. It struck me that he was going to be leaving soon, and my other son, Lucas, wasn't far behind. What would I have left? I hadn't been happy in my

## Dr. Piana's Corner



Are there circumstances that require additional ultrasound referrals?

Q. Based on the cerebrovascular screening of the carotid arteries, do you personally send your patients to get a doppler ultrasound of the carotid arteries or do you refer them out if their findings are above normal? How far

marriage for some time. We had the same fights over and over again, with no resolution. Is this what I wanted the rest of my life to look like? I had suffered from depression, anxiety, panic attacks, had gained a substantial amount of weight, and was drinking almost nightly. WHAT WAS WRONG WITH ME?!?

I began reading a book, *Living The Truth*, by Keith Ablow and doing the exercises required me to take a hard look at life. I realized that so much of my unhappiness stemmed from being raped when I was 16 and again at 18.

Have you ever attempted to hold a beach ball under the water? It takes a substantial amount of energy to do! And it is not a matter of if it will pop up, it's when it will explode.

That is what I had been doing with the sexual assault trauma. In my mind, it happened, I moved on, and forgot about it. *Most* of the time I forgot about it. Never had I thought that my unhappiness and discontent were related to it. But the trauma and the memories were stored not only in my mind but also in my body.

Here is what I know about the body—it is an amazing vehicle that lets us know when something isn't right. We call this dis-ease. It starts off small with minor aches and pains. When we don't listen it becomes more persistent. If we still don't pay attention, it will hit us like a 2x4 upside the head. What does this look like? Something big, like cancer, chronic fatigue syndrome, autoimmune disease, heart disease, death, divorce. *Then* we start listening and paying attention, and make healing a priority in our life.

Examining my life and doing the internal work started to shift my life. When I had done as much as I could on my own and didn't know where to go next, my friend Kristen told me I should go see an energy healer. I thought, "An energy healer? I don't know what that is or if I believe in it, but I'm willing to try anything!" What I experienced was so incredible. As she put her hands on my 2<sup>nd</sup> chakra, around my belly, she could feel the anger that lived inside. As she stayed there, I could feel something

above normal is it that you send patients out or before it's written in the report that it's recommended that they get an ultrasound?

A. It's not really that concrete. It depends on the age of the patient, on their history and any current symptoms they might have: vertigo, headaches and neck pain, etc. I can make an assessment and then decide if it warrants an ultrasound. On the reports anything over .3 degrees Celsius is cause for looking at it closer and in some cases, we'll recommend an ultrasound at that point. At times we will retest in 6 months or a year. That number is simply an abnormal difference from side to side in thermography. It doesn't mean that they're having a stroke or are at risk of having a stroke. It could be many other factors including eczema or neurological issues coming from their neck. Clinical correlation is necessary.



Mother's Day is right around the corner. Click Here to Purchase an Instant Massage or Thermography Gift Certificate

## Essential Oil of the Month

*Grapefruit*  
Essential Oil

Grapefruit has long been considered a helpful food for



coming up further and further, til it reached my throat. What was that? I kept swallowing because it felt stuck. Pushing things down was what I was used to doing, but this time it wasn't going to work. With a scream, all that pressure, anger and pain released and for once I experienced utter peace.

This is why I decided to become a healer, to help others who have experienced similar events. If I could heal this wound that was hidden beneath the surface and running my life undetected, like a virus that has infiltrated a computer, than this could help so many other women.

Statistics are that 1 in 3 women will be sexually assaulted in their lifetime, and that number only includes reported rapes. I believe it to be closer to 1 in 2 women. That number is appalling and shameful.

What happens in the body and energetic body of a survivor? Often it is difficult to be in the body because the body hasn't been a safe place to be. A survivor will tend to be more analytical, constantly figuring things out, subconsciously scanning for potential threats. She (or he) may shut down in the emotional areas, so they don't feel things—numbing out to life in some way. She may be living in push, using her will to get through things. If those emotional memories are not processed and released, eventually this will cause dis-ease in her system, to get her attention.

It is easy to ignore the body until you can't any longer. This is a great time to get a clearer picture of what's actually going on inside. The best way I've found to do this is thermography as it pinpoints hot spots of inflammation, stuck energy within the body. I believe that's where some of these uncomfortable memories and feelings live more densely. That empowers the client to start paying more even attention to those areas, and to send love and healing. Working holistically, that information can be shared with appropriate practitioners to address those issues. As an intuitive energy healer, I can concentrate more fully on those areas in a client to shift the energy of it, raising

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...

- 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 1 oz. of unscented body care product to help with toning treatments; add to shower gel and gently 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.***

For more information...

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**Product of the  
Month**  
*Aroma Spa*

the vibration to start healing that dis-ease process.

Ideally, thermography is just ONE of the things that we each do yearly to take care of ourselves in a proactive way, before a dis-ease process takes hold. But if you are already at that point I urge you to gain every awareness you can about your body, because you can't change what you don't recognize, and what you resist will persist.

In my practice I work with clients of all ages, gender, and dis-ease process (whether mental, emotional, physical, or spiritual). While my main focus is survivors, because it's what truly breaks my heart, if you are ready to shift your energetic patterns, I am here to help. Even if something just doesn't feel right, and you are not sure what it is and don't know where to go, feel free to book a complimentary consultation with me at 513-520-5656 or **by clicking here**. I'm here to help.

*Susan Gibson is an intuitive healer, transformational coach, and speaker who puts people at ease and grounds the "woo-woo" into reality. She believes that everything is energy, and when you shift an energy that no longer works for you, lives change. Susan has helped hundreds of people do just that, through support groups, Meetup groups, speaking engagements, and individual work. Susan holds a B.S. in Brennan Healing Science from the only accredited energy healing school in the country, The Barbara Brennan School of Healing, and is trained in Healing Touch.*



## Healthy Cleaning Recipes!

From Dr. Ryan Berlin

### **Bathroom Cleaner**

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

## **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, known as the father of modern medicine, used aromatic smoke and vapors to purge Athens of the plague.

### **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

### ***Sink Scrub***

- 1/2 Cup of Coarse Kosher Salt

Use on surfaces that can tolerate abrasive scrubbing. Sprinkle on Coarse Kosher Salt and use cloth to remove grime and build up. Great for stainless steel sinks, make sure the surface can take abrasive scrubbing before using.

### **Wood Polish**

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

- 1/4 Cup Olive Oil
- 5 - 10 Drops *Lemon Essential Oil*

Use a soft cloth with a small amount of mixture and gently polish.

### **Dresser/Closet Scented Sachet**

- Cheese Cloth
- String or Ribbon
- Dried Herbs (Lavender, Geranium, Rosemary)
- 5 Drops of your favorite *Essential Oil*

Cut herbs into 2.5" pieces and add drops to the herbs. Place mixture in the middle of 12" double lined cheese cloth. Gather ends of cloth and tie with string or ribbon. Place in drawers or closet space.

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 maximized life!

### **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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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.

Click to buy an instant  
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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!!!



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and body feel better.



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