

**May, 2018**

## CONQUER INSOMNIA AND DITCH THE SLEEP AIDS, NATURALLY!

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Greetings!

Thank you, Renee Groenemann, for the wonderful article "Conquer Insomnia and Ditch the Sleep Aids, Naturally!". What habits can you make to aid in your quest for a restful nights sleep? Renee does a fantastic job at giving you suggestions to help you conquer insomnia. It can be challenging to get a good night's sleep when that hamster wheel is turning. I'm taking many of her techniques to heart so I can rest easy and wake up vibrant!

Check out the latest in Dr. Piana's Corner talking about Understanding Skin Surface Temperature Measurements. This month I'm sharing Dr. Piana's Hot Topics!

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



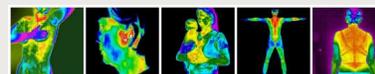
Conquer  
Insomnia and  
Ditch the Sleep  
Aids, Naturally!

By Renee Groenemann

Sleep can be allusive when you are anxious, depressed or in the throes of PTSD, but think about this: have you ever seen your dog toss and turn for hours on end trying to sleep? Of course you haven't because of one critical difference between animals and humans: ANIMALS DON'T TRY TO SLEEP.

Sleep is a natural state, and when we TRY to sleep, we are making things too

Dr.  
Piana's  
Corner



Understanding Skin Surface  
Temperature Measurements

I realize that there is a lot of emphasis on screening for diseases with thermal imaging. There are five approved adjunctive screenings by the FDA. These include breast cancer screening, thyroid pathology, cerebrovascular disorders, peripheral vascular disease, and neuromuscular disorders.

The use of a thermal camera extends far beyond screening for diseases. It can be used

complicated! But how do we get into this pattern of trying to sleep? Often it starts with a challenging life event that throws our sleep patterns for a temporary loop. When faced with stressors, the fight or flight response takes over and recruits the nervous system toward staying alert for danger, thus disrupting sleep. The problem comes with what we make of these temporary sleep disruptions. Do we see them as a blip that will pass, or do we build them into a permanent and health-threatening change? Do we have good sleep habits, or do we have habits that exacerbate problems when they arise? Do we feel a loss of control? Do we spend too much time in bed trying to compensate for lost sleep? Do we lie awake in bed, frustrated and tense? Do we turn to alcohol, caffeine, sleep aids, or attempts to relax in bed with alternative activities thinking this will inspire sleep? All these things are detrimental to our end goal of sleep.

Cognitive behavioral therapy for insomnia addresses our thought patterns, our sleep behaviors, our lifestyle habits, and the development of relaxation skills to create a healthy sleep drive without TRYING to sleep. When you learn simple techniques (for instance, like your dog, lying down only when you're tired and getting up when you wake rather than tossing and turning for hours), sleep comes naturally.

Cognitive behavioral therapy for insomnia is an effective approach for dealing with most sleep issues. CBTi is based on decades of research at Harvard Medical School and the University of Massachusetts Medical School, with over 10,000 patients. CBTi has been endorsed by the National Institutes of Health as an effective and preferred way to treat insomnia. In fact, research shows that up to 90% of clients have improved sleep patterns when employing CBTi techniques! CBTi is ideal, as well, for those who are wanting to get off of sleep medication. Believing that the cure for insomnia comes from something outside of ourselves (the next pill, supplement, potion, no matter how "natural") can foster psychological dependence and feelings of helplessness. CBTi helps you learn how to get out of your own way so you can enjoy a natural state of rest. It is

as a tool to measure skin surface temperature in any part of the body. We can't use our camera to look for melanoma, however, melanoma frequently shows up when we are screening on patients with this condition. We can't say that we are supposed to be screening for this, however by looking at the skin surface temperatures we are able to assess that there is something abnormal. Then clinical correlation is used to find that particular melanoma or other pathology that is present. The same applies to abdominal inflammation.

The doctor will use his clinical expertise to assess that area and determine why it has an increase in temperature. This may be due to a leaky gut syndrome, colon cancer, or other pathologies.

Determining a skin surface temperature baseline is of high importance in healthcare. All doctors understand the importance of measuring a person's Global temperature but fail to realize the importance of a particular temperature measurement on the skin surface of the human body. A large change in a small area of the body will not be seen on global temperature measurements but may appear as a small or focal hotspot on a thermal image that should be clinically investigated.



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

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**Essential Oil of the Month**

quite literally THE most natural approach to sleep.

Most of us have never learned just how simple sleep can be, and in fact, the information we are aware of from research can be misleading or present only a partial story. For example, many of us have come to believe that 8-9 hours of sleep is optimal and fret when we get less when optimal health outcomes actually occur at 7 hours. Or we believe we shouldn't be waking at night when the average person wakes 4-6 times per night due to "surfacing" at the end of natural sleep cycles.

Our thoughts are potent, and when we have inaccurate sleep beliefs... ***CLICK HERE TO KEEP READING***

*RENEE A GROENEMANN, MA, LPC, NCC, C-IAYT, CHt*

*Renee is a mental health counselor, life coach and yoga therapist. She earned her Masters in Mental Health Counseling from the University of Cincinnati and co-founded a local yoga and wellness community. She has turned her attention to her private practice, **Spirit(ed) Growth**, where she specializes in trauma recovery, anxiety, grief, and resiliency building using concepts in mindfulness, somatics, EMDR, neuroscience, and positive psychology. She is a Certified Connected Kids Tutor and teaches and promotes mindfulness skills for "gifted and anxious" or twice exceptional youth. She teaches health professionals on a local and international level, and is on faculty for Phoenix Rising Yoga Therapy, where she guides mental health professionals in the integration of somatic mindfulness techniques into the counseling process.*

Spirit(ed) Healing is located in  
The Healing Space of Cincinnati\*\*  
217 Wyoming Avenue  
Wyoming, OH 45215  
***renee@spiritedgrowth.com***  
***http://www.spiritedgrowth.com/***  
**513.289.6759**

## **Tranquillite Essential Oil Blend**



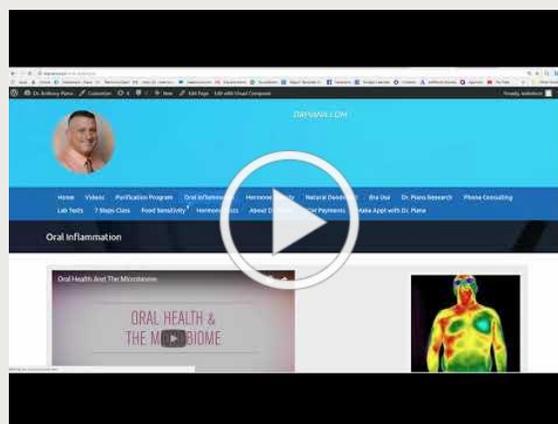
Everyone likes Lavender! It is a prime skin and hair care ingredient, a long-time soothing remedy and a delightful aroma. In harmony with other beneficial Essential Oils, this Lavender-based synergy provides a complete Aromatherapy experience that nurtures and calms the mind. It has a very fresh, yet relaxing aroma that makes it a great complement to any body care treatment.

- Tranquillité is great for diffusion, creating an upbeat and inspiring environment.
- You may want to enrich a bath with Tranquillité by blending up to 10 drops with Half & Half prior to adding it to the water (in order to prevent the oil from floating on the surface).

Essential Oils of Lavender, Lavender, Super, Orange, Geranium, Cedarwood, Wild Marjoram, Omanese Frankincense.

**For more information...**

Dr. Piana Shares information about the importance of your Consultation!



## **Product of the Month Jojoba**

WHAT IS HobaCare Jojoba?



HobaCare Jojoba is the pure extract of the jojoba seed, which has been



## All about restful sleep!

### *Dream Blend*

The combination of these essential oils in a *diffuser*, on a tissue or rubbing on your feet will help with deep sleep.

#### Dream Blend

- 5 drops *Lavender Essential Oil*
- 4 drops Cedarwood Atlas Essential Oil
- 1 drop Vetiver Essential Oil

### *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 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.

### Bedtime/Quiet Time Sprays

Spray into the air or to spritz your pillow....create your own spray by following the directions below.

#### Ingredients:

- **4 oz. Trigger Spray Bottles:** These bottles work perfectly for this spray and are easy for little hands to operate!
- **Essential Oils:** Use lavender oil, or your favorite calming blend. You will need 10-20 drops of oil for each spray.
- **Water:** Distilled water works best. You will need approximately 4 oz. (1/2 cup).

#### Instructions:

1. Add 10-20 drops of essential oil to your glass bottle.
2. Fill the rest of the bottle with distilled water.
3. Screw the trigger-sprayer onto the glass vial and shake to combine the liquids. Spray the mixture into the air at bedtime to help soothe and calm, shaking before each use to re-combine the oil and water.

#### Extra Ideas:

1. Place these bottles on a bed-side table for children to use during the night to spray away bad dreams and other night-time fears!
2. Take the clip from the neck of the

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:

- 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!

*Click to keep reading...*

**Price: \$17.99**

**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.**

trigger-sprayer (that keeps it from spraying during travel), and place it on the spout of the sprayer for a fun way to help them "aim" their sprays where they want them to go.

## Important news...

Mention this  
ad and save  
\$10 on your  
Thermography  
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.

Click to buy an instant  
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

Phone: 513-382-3132

e-mail Jacky

Website

[www.MindfulWellnessMedicalThermography.com](http://www.MindfulWellnessMedicalThermography.com)

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