

July, 2018

Acupuncture and Thermography...

Greetings!

Thank you, Esly Caldwell of Caldwell Family Wellness, for the article "Acupuncture and Thermography." I love the way Esly promotes a gentle diagnostic tool. Acupuncture can help ease injuries or disease you may discover from your thermography scan.

Check out the latest in NEW This Month! You'll find information about how to do a Lymphatic Breast Massage. Improving lymph flow is a very important part of any wellness routine.

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



Acupuncture and Thermography...

By Esly Caldwell

As an acupuncturist and natural healthcare practitioner, I always encourage my patients to use the most gentle and non-invasive diagnostic tools to protect their health. So, I am a big fan of thermography for cancer screening and wellness.

Acupuncture has been practiced in China and other parts of the world for at least 3,000 years. It is arguably the oldest continually practiced form of healing in the world today.

Acupuncture is a holistic, non-invasive healing modality that uses small, thin, sterile pins

NEW This Month

HOW TO....



This month I'm providing you with something new. Something so simple and I do it every night when I remove my bra! There are so many health benefits received through improved lymph flow....

LYMPHATIC BREAST MASSAGE

To specifically effect lymph in massage, it is necessary to pump in a specific direction, at a specific pace. This mimics the natural action of the lymphatic system.

inserted at various points in the body to regulate and harmonize the flow of electromagnetic energy in the body. Acupuncture helps to facilitate the natural healing propensities of the body and to promote optimal health. In short, acupuncture helps the body to heal itself.

This electromagnetic energy flows through pathways that we call meridians. The diagnostic methods of Chinese Medicine include listening to the pulse, palpation of points on the body, and examining the tongue. These areas give us an idea of what is happening inside the body and help to guide the treatment.

Similarly, thermography enables an inner vision of what is happening internally in our bodies. Areas of increased temperature can indicate stagnation of blood and lymph which can lead to inflammation. More and more research is now showing that inflammation is the root of many diseases including cancer. Our goal with acupuncture is to harmonize the flow of energy in our meridians and to facilitate our body's innate healing wisdom and ability. And so, it's all about movement. We want to keep the energy in our bodies moving and flowing, just like water flowing through a river. If there is an obstruction in the flow of energy in our body, it creates stagnation and stasis that can lead to pain and disease. When the energy is flowing properly, our blood and lymph are moving properly, and we have less stagnation and inflammation.

At our Blue Ash office, we treat a wide variety of issues including: chronic pain, sports injuries, IBS, digestive disorders, painful periods, menopause, headaches, arthritis and more. Many of our patients continue to come in for maintenance and wellness care after an issue is resolved because acupuncture feels good and the stress relieving and relaxation effects are profound.

If you would like to try acupuncture, we have a special offer for the readers of this newsletter. We will give you \$25 off your initial visit. Just give us a call at (513) 834-8173 and

Lymphatic Breast Massage is easy to learn. It is different than just massaging your breast because you will specifically move the breast in a way that mimics how lymph moves in the body.

We will use a pumping movement where we move the breast using some light pressure and then release the breast gently, allowing it to return to its normal position.

Each move and return counts as one pump. Using the lymphatic breast massage model, the most important idea is to keep the lymphatic fluid moving in this area.

[*Click here to keep reading and watch a very instructional video to keep your breast healthy!*](#)

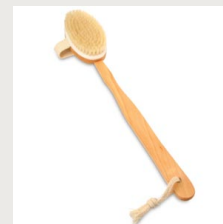


[**Click Here to Purchase an Instant Massage or Thermography Gift Certificate**](#)

[For more information...](#)

Product of the Month

Long Handle Body Brush



This is a brush made with natural boar bristles. It has a hand strap with a removable 12-inch handle and a hanging strap. It is perfect for exfoliating treatments or personal use. Measures approximately 17 x 2.5 inches.

The practice of dry brushing helps sweep away dead skin cells, stimulate circulation, eliminate toxins, reduce ingrown hairs and the appearance of cellulite and leaves the skin

we can get you scheduled.

Eslly Caldwell, LAc, LOM, is a licensed acupuncturist and owner of Caldwell Family Wellness, where we help you restore your health naturally without drugs or surgery. We have a decade of experience treating a variety of issues including: chronic pain, women's health concerns, infertility, digestive disorders, and sports injuries. You can learn more about our practice at www.caldwellacupuncture.com.

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"Restore Your Health Naturally without Drugs or Surgery."



A beautifully succinct description of the power of thermography and how it detects issues often years before other testing can. Dr. Minkoff discusses breast cancer, mammography, how mammogram results are read and thermography.

[Click here to join our new Facebook Group Holistic](#)

glowing. Proper dry brushing techniques start in small circles at the feet and work up to the neck and are followed by a shower or bath to wash away impurities released by the process.

Click here for more information and usage instructions!

The following is a Service that is offered at Mindful Wellness Massage and Bodywork:

Lymphatic Body Brushing/Skin Exfoliation

This involves lightly brushing the surface of the skin with a natural bristled body brush. The benefits include: unclogging pores, removes the oldest dead skin cells on the surface, assists in the function of sweat and oil glands, stimulates the lymphatic system, increases blood circulation, rejuvenates the entire nervous system by stimulating nerve endings, may reduce cellulite deposits, can improve overall health and boost your immune system, while toning, smoothing and tightening your skin.

Click to keep reading...

Price: \$10.00



Yum! Can you tell I want to cool off and eat!

Lavender-Vanilla Honey Shake

Ingredients

- 2 T Raw Almond Butter
- 2 T Raw Honey
- 3 Vanilla Beans (add vanilla flav or if more vanilla is desired)
- 1 tray of small ice cubes
- 1/2 cup water (more or less to desired thickness)
- 1 tsp Lavender (dried flowers)

Blend until smooth. Serve in tall glass and garnish with Lavender.

Rose Petal Butter

A pink and delicately flavored butter than can add a touch of roses to anything you choose. What a lovely spread for fresh muffins or

Health Practitioners of Greater Cincinnati... We are building a trusted community of holistic practitioners and holistic minded people who are searching for holistic answers.

Essential Oil of the Month

Cajeput Essential Oil

Warming and

comforting. Aphrodisiac. A mental stimulant that is uplifting, strengthening and inspiring.

Suggested Use:

- Dilute a drop or two of Cajeput Essential Oil in an unflavored/neutral Carrier Oil such as Grapeseed or Canola Oil, and use in preparing sauces and savory dishes.
- Add a drop while preparing whipping cream; a wonderful addition to fresh, fragrant strawberries or mango!
- One of the key uses of cajeput is to relieve stiff, aching joints. You can mix a drop or two with one ounce of Castor Oil or Jojoba and rub on to help with sore joints.
- Cajeput also helps clear congestion from cold and colds and sinus infections. I sometimes mix a drop with my *NasoPure* to help relieve my stuffy nose.
- The sweet scent of cajeput uplifts the spirit while it cleanses the air.
- Apply the cajeput oil externally as first aid for burns, cramps, colic, earache, headache, muscle pain, and toothache.
- Cajeput is an astringent oil that can benefit oily skin and help clear eczema.

Aroma: Sweet, warm, even fruity pepper note.

Does not have the harshness associated with the freshly ground spice, yet is a very exotic, masculine, spicy oil. Pepper Essential Oil won't make you sneeze like fresh ground pepper does.



biscuits. Makes just under a cup of butter.

- 1 cup of fresh rose petals
- ¾ cup of butter

1. Let butter sit at room temperature long enough to soften up for mixing.
2. Once the butter is soft, chop rose petals finely and stir into the butter.
3. Cover the bowl and refrigerate. Let it sit for at least 24 hours so the rose blossom flavor can settle into the butter.

Home-made rose butter will last about 2 weeks in the fridge or for a few months if you decide to freeze it.

Edible Flower Salad

Edible flower flavors are unique and complement the berry vinaigrette in this easy summer salad.

Ingredients

- 6 tablespoons extra virgin olive oil
 - 1/4 cup roughly chopped strawberries
 - 2 tablespoons raspberry vinegar
 - 1 tablespoon yogurt
 - 12 cups mixed salad greens
 - 1/2 cup toasted pecans
 - Edible flowers (such as pansies, nasturtiums and geraniums) to taste
 - 1/2 cup feta cheese crumbles
- Put oil, strawberries, vinegar, yogurt, and pepper into a food processor and purée to make a dressing. Toss together mixed greens, pecans, flowers and feta with the dressing and serve, garnished with a few more flowers, if you like. Add pepper to taste. (WHFoods)

For more information...



Tired of Trying to

Membership in this community provides weekly live video coaching, recipes and weeks of meals complete with grocery lists, access to The 7-Day Sugar Reset and other

Get Healthy on Your Own?

Would you love to have someone guiding you in the process and a supportive community to help you reach your goals?

That is exactly what you receive when you join the Complete Health Huddle! Jen Beck, RNC, is a Registered Nutrition Consultant and has an exclusive membership community that helps people just like you reach their health goals. Whether you want to lose weight, recover from a chronic illness or simply feel your absolute best, the Huddle will give you the information and support you need.

acclaimed digital programs that Jen created along with a private Facebook group where you have daily access to Jen and the other folks in this life-changing Huddle.

And until August 31st, the \$97 activation fee is waived! Join now for only \$39 per month!

www.Completehealthrevolution.com/Huddle

Join the Huddle today and add some fun to your health journey while getting the results you want!

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



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tips to help your mind and body feel better.



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