

August, 2018

Massage Therapy supports Weight Loss & Featuring Dr. Troy Eden - Facebook Live

Greetings!

Dr. Troy Eden from Breast Thermography International came to Mindful Wellness this week and he provided a spectacular presentation at our office! Thank you, Dr. Troy!!

You'll definitely want to watch the entire Facebook Live Video. Dr. Eden takes the mystery out of thermography. He shares his vast knowledge about thermography, the evolution of the cameras used and how much the latest technology can isolate disease the naked eye can't see!

I'm also excited to announce that Robin Hanson-Gobell will be joining the practice to bring mobile thermography to your office, home or at a location you desire. Welcome aboard Robin, we are very excited to have you join our team! She brings a wealth of education and experience and I really can't wait to see her in action. She is wrapping up her training to be a Certified Thermography Technician and will be ready to go this month! Watch our Facebook page for events near you!

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



Dr. Troy Eden gave a presentation at my office recently. *Click here to watch the Facebook Live Video from start to finish.* You'll be amazed at the things you'll learn from Dr. Eden.

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

- disease.
2. How Cancer Grows - don't you want a screening tool to detect growth sooner than traditional testing? Thermography can find small tumors much sooner!
3. How the camera's used in your thermography scan can see lumps, bumps, and tumors the naked eye can't see. Thermography looks for heat to tell if a lump or bump is something to worry about.
4. Thermography is an excellent screening tool for individuals with dense breasts.
5. Thermography is SAFE - No Radiation, No Squeezing, No Contact!
6. When you catch inflammation, disease early enough you can make lifestyle changes to reduce the risk of disease growing.

Thermography isn't just for breasts.

Thermography can monitor the progression of cancer for individuals who choose to watch as they make necessary lifestyle changes. Take the time to watch the entire video you'll walk away amazed at the power you have to control your health.

6 Ways Massage Therapy Supports Weight Loss Goals

Yvonne Zipter, LMT, BCTMB

It may seem too good to be true that massage can help with a weight-loss program. However, there are indeed many ways in which massage therapy can support your exercise and weight-loss goals.

Massage is unlikely to have a direct impact on weight loss, such as physically bursting fat capsules as some have claimed. But these 6 benefits are real.

#1 Massage Loosens Tight Muscles

To begin with, massage will improve your flexibility by loosening tight muscles. Muscles that are therapeutically manipulated will experience an increase in blood flow, which helps lubricate muscle fibers that are sticking together. An added benefit of loosening tight muscles is that you will be less stiff and sore, making it easier for you to stay on track. In short, because massage increases oxygenation of muscle tissue, it can shorten recovery times and prolong your endurance.

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.

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 it's 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

Jojoba

WHAT IS HobaCare Jojoba?



#2 Massage Can Reduce Your Risk of Injury

Massage can also help reduce your risk of injury, especially as you increase your level of activity, putting greater stress on muscles that have been less active. By stretching and manipulating the connective tissue that enwraps all muscle tissue, massage can help reduce adhesions, or scar tissues, which are common with muscle injury.

#3 Massage Increases Your Metabolic Rate

Research has shown that massage will increase metabolic rate, thereby allowing your muscles to burn more calories. This improved metabolic rate is a result of the endorphins released during massage. Endorphins make you feel better, too, and will help you remain motivated and active.

#4 Massage Reduces Cortisol Levels

A frequent factor in weight gain is the production of cortisol, a hormone that is released in response to stress and has been shown to increase appetite and cause fat to be deposited in your abdominal area. Exercise is the best way to reduce cortisol levels, but massage can reduce it as well by lessening your stress level.

#5 Massage Promotes Digestion

Digestive health is another critical factor if you are going to achieve your target weight, since the digestive tract supplies your body with the fuel it needs for energy and eliminates waste products. Abdominal massage not only promotes digestion, it also reduces:

- Constipation
- Bloating
- Flatulence

All of which are facets in belly size.

Abdominal massage should therefore be given serious consideration if you are intent on decreasing your body size.

#6 Massage Is a Healthy Way to Reward Yourself and Stay Motivated

Finally, although losing weight and regular exercise are rewards in themselves—improving

HobaCare Jojoba is the pure extract of the jojoba seed, which has been 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 your furry pup!

your health, your self-esteem, and more—the results are not instant and it can be easy to feel discouraged. Therefore, if you are working hard, it's important to find healthy ways to reward yourself regularly to maintain your motivation. Massage is an excellent way to do that because, not only does it feel great, but it can also be an important adjunct to any exercise and diet plan.



Calm your girl crazy dog..



We are supporting this very worthy cause this month as pet shelters

are near and dear to my heart. Please read this and see if there is any way you can help.

Little Hills of Kentucky Animal Rescue is a 501C3. It is 100% volunteer based. We just started fostering dogs this year and so far have had 47 dog adoptions!!! We take dogs from 2 high kill shelters in Albany and Wayne County (near Cumberland Lake area) and take them to a temporary foster home for a few days/weeks where they begin their vetting.

Once we have an opening in a foster home in Cincinnati we then make arrangements to transport the dogs approximately 4 hours up to their new foster home. The dog is then cared for in a foster home-- he is loved and will learn how to be a dog again. Once spayed/neutered, had all needed vaccines, and microchipped then we put them up for adoption.

A dog age 1 year and under is \$250, and any dog over age 1 year is \$200 (and that is a great deal).

We also have collaborated with a dog trainer in West Chester. He will look at our new dogs and see if any dog has potential to be a service dog. Once we raise the

Yes, many people have reported that girl crazy dogs (especially when the girls are in heat) **marjoram essential oil** helps your pet stay focused and calm when using this oil. Rub a few drops on your dog's fur. Marjoram combines well with lavender, orange and rosemary; and is excellent for muscle spasms as well!

Shampoo to help with Fleas

Ingredients:

- Your favorite Doggy Shampoo
- Add 1 – 2 drops of **Lemongrass Essential Oil** to the shampoo you're using on your pet

The oil repels fleas and other external parasites. Use this trick to wash the bedding and blankets your dog uses. Simply add a few drops to your wash during the rinse cycle. Also, place 1 – 2 drops of Lemongrass on your dog's collar to help keep fleas away.

Tick Removal for Dogs

These are the oils that you can use for removing ticks from dogs. These are also effective for human tick removal.

- **Peppermint Essential Oil**
- **Cinnamon Leaf Essential Oil**
- **Oregano Essential Oil**

For proper tick removal, apply a drop of oil directly on the tick and wait for the tick to release its grip. If it is in a hard to reach place, you can place the oil on a cotton swab and swab the tick.

\$200 needed for adoption fee, then the dog will be placed with a PTSD Veteran at no cost to them. They will then go into a 15 week dog training program. The program is through TADSAW (Train A Dog, Save A Warrior). We have 2 dogs in the program but need more donations to be able to provide more dogs.

If interested in fostering a dog, adopting a dog or donating please go to our website Littlehillsofkentucky.org. You can donate through our PayPal link or send a check directly to --- Little Hills of Kentucky, P.O. Box 855 Albany, Kentucky 42602. Phone number-- 513-818-2245.

It is very expensive to feed, vaccinate, spay/neuter, microchip. We bring in sick dogs sometimes and just caring for 1 dog with parvo, broken bones, surgery etc could be thousands of dollars.

All donations are tax deductible.

Thank you,
Emily E. Crawford
Little Hills of Kentucky Animal Rescue.



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.

the Month

Helichrysum

Essential Oil

Helps with arteriosclerosis, anticoagulant, anesthetic, antiviral, liver protectant/detoxifier/stimulant, regenerates nerves, improves circulation, regenerates tissue. Helps release feeling of anger. Uplifting to the subconscious.



How to use Helichrysum Essential Oil

- Use in a *diffuser* to uplift your subconscious.
- Add a drop to a cotton ball placed in a plastic bag. You can inhale directly.
- Use it in the sauna/steam bath.
- Apply 2 - 4 drops on location, temple, forehead, back of neck, or outside of ear. One of the benefits Helichrysum will help improve concentration.
- Add 2-3 drops to a bowl of hot water to inhale the fragrant steam.
- Add 2-3 drops to a carrier oil like *Jojoba* to help ease bone pain.

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.

For more information...

Bones & Balance...

An Osteoporosis Workshop



*Finding and Fixing the Root Cause of Osteoporosis
Restoring Bone Health Naturally
Exercises to Restore and Maintain New Bone Growth*



Presenter: Lyn Hogrefe
Happy Hormone Cottage



Presenter: Kim Nartker
Stretch Physical Therapy
and Total Wellness

Tuesday, Sept 11, 7:00-8:00

Happy Hormone Cottage, 6860 Tylersville Rd, Mason, 45040

Refreshments served * No cost to attend

Men and Women welcome!

Please RSVP to Kim Nartker: 513-440-9480

Important news...

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ad and save
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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.

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Thermography
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scan



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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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Website

www.MindfulWellnessMedicalThermography.com

www.MindfulWellnessMassageandBodywork.com

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