

October, 2018

## Indoor Air Quality & Lymphatic Brushing

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Greetings!

Whew! October was crazy busy, but in a good way! I've had the pleasure of helping so many new women with their annual breast thermography scan as it was Breast Health Awareness month. We've also had a number of presentations at local chiropractic and holistic wellness offices! No rest for the weary but when you're passionate it makes it all worthwhile!

Thank you to Stacy Do for a great article about Indoor Air Quality. I am thrilled to use Stacy's company, EcoPure to clean and keep the indoor air quality in my home healthy!

As I mentioned last month, Robin Hanson-Gobell has joined the practice to bring mobile thermography to your office, home or at a location you desire. We have days scheduled with Happy Hormone Cottage in Kettering and she is doing in-home scans for people who have mobility issues. Robin is working hard to schedule additional days with chiropractors and home presentations. 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](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

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#### Indoor Air Quality

*Stacy Do., of EcoPure*

##### Indoor Air Quality

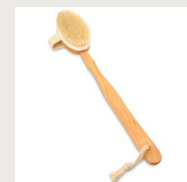
The AAAAI (American Academy of Allergy, Asthma and Immunology) states that "50 percent of all illnesses are caused by or aggravated by polluted

#### NEW This Month

##### How To Lymphatic Body Brush....

What is it?

It has been called many things: Dry Brushing, Skin Brushing, Body Brushing, Exfoliation



**indoor air”**. According to the US EPA, “Indoor air pollutants are 2-5 times and up to 100 times more concentrated than outdoors.” Indoor air pollution is created by many different sources. Typical pollutants are caused by:

- Moisture.
- Insects.
- Pets.
- Appliances, small heaters, and fireplaces.
- Materials used in household products and furnishings.
- Cleaning products, air fresheners, and personal care items.
- Smoke.

Typical pollutants are:

- Biological pollutants, such as molds, dust mites, animal dander, and cockroaches.
- Combustion by-products, including carbon monoxide.
- Formaldehyde.
- Radon.
- Volatile organic compounds (VOCs).
- Asbestos.
- Lead.
- Particulates (dust, pollen, particles from fireplaces, tobacco smoke).

Indoor air pollution is often hard to detect as gases are typically not visible and the particle sizes are too small to be viewed by the human eye. Because of this, we can look for signs of indoor air quality concerns. Signs of indoor air quality problems can include:

- Unusual and noticeable odors.
- A noticeable lack of air movement.
- Dirty or faulty central heating or air-conditioning equipment.
- Damaged flue pipes and chimneys or unvented combustion air sources for fossil-fuel appliances.
- Excessive humidity.
- Presence of molds and mildew.

Health signs of indoor air quality problems can include, but not limited to:

- Adverse health reaction after remodeling, weatherizing, bringing in new furniture, using household and hobby products, and/or moving into a new home.
- Feeling noticeably healthier outside.
- Unexplained increased symptoms of existing illness.
- Aggravated asthma, allergy and allergic-type illness or new symptoms of allergies and/or hay fever type symptoms.
- Unexplained headaches, dizziness, fatigue, and/or nausea.
- Irritation of eyes, nose, throat, skin, lungs.

While pollutants commonly found in indoor air are responsible for many harmful effects, there is considerable uncertainty about what concentrations

Brushing, Lymphatic Brushing, to name a few. As the names suggest, the technique involves lightly brushing the surface of the skin order to improve or enhance health.

Some say the technique originates from ancient China and is based on the concepts of acupuncture and acupressure. These teachings focus on points spread out over the surface of the skin. When these special points are stimulated, chi (or “life force”) flows through energy channels, called meridians, which then enhances the activity of organs, glands, and muscles.

What are the benefits?

Skin is the largest organ of the body. It consists of countless pores which often become clogged with dirt, toxins and pollutants. By exfoliating the skin, which involves the removal of the oldest dead skin cells on the skin’s outermost surface, we help rid the body of these accumulated build-ups, including cellular build-ups. Exfoliating also assists in the function of the sweat and oil glands by stimulating the skin’s ability to lubricate itself with sebum (the oil that our skin makes, which moistens and protects).

Skin Brushing stimulates the lymphatic system, which consists of tissues and organs that produce, store and carry white blood cells which fight infection and disease.

Body Brushing can help prevent lymph stagnation so that fluids, excess proteins, cells and toxins don’t accumulate.

Body Brushing increases blood circulation in all organs and tissues, especially in the tiny blood vessels near the surface of the skin, called capillaries. It also helps the skin improve its ability to rid the system of toxins. This places less of a burden on the organs.

Body Brushing rejuvenates the entire nervous system by stimulating nerve endings. It has also been known to reduce cellulite deposits. It can improve overall health and boost your immune system, while also toning, smoothing and tightening your skin. Additionally, it allows for deeper penetration of lotions, moisturizers and essential oils.

or periods of exposure are necessary to produce specific health problems. People also react very differently to exposure to indoor air pollutants. Further research is needed to better understand which health effects occur after exposure to the average pollutant concentrations found in homes, and which occur from the higher concentrations over short periods of time.

If you have concerns about your indoor air quality and/or the health effects, consider the following:

- All sources of pollution should be removed. This includes (but not limited to) excess moisture, radon, contents causing VOCs and/or formaldehyde.
- Keep your environment clean. Dirt, dust and unclean spaces can amplify pollutants and possible health effects.
- Take your health seriously.
- Seek professional assistance if needed.

EcoPure offers indoor air quality inspections, testing and consulting services. These services can determine the amount of indoor air pollution in your environment. EcoPure also offers healthy cleaning services that will improve the indoor air quality of your environment. One tool that EcoPure and Mindful Wellness share is using thermography. EcoPure uses a hand held thermal imaging camera to detect hidden moisture and other issues.

Mindful Wellness Thermography offers medical thermography which can detect tumors, inflammation, as well as other health conditions.

Thermography can take a non-invasive holistic approach in looking at both the body and the building in reference to indoor air quality concerns and effects.

For more information on EcoPure services, please see [www.ecopurecincinnati.com](http://www.ecopurecincinnati.com) or [info@ecopurecincinnati.com](mailto:info@ecopurecincinnati.com) or 513-335-5946 and while at Mindful Wellness Thermography, pick up an EcoPure discount card.

Who should do it?

- Anyone interested in enhancing their wellness.

[Click here to read more and get the instructions!](#)



Click Here to Purchase an Instant Massage or Thermography Gift Certificate

For more information...

## Product of the Month



### Aromaspa Diffuser

I'm always looking for ways to help you feel better. This month, I've found another winner with my *diffuser*. 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.

Diffusing essential oils is, by far, one of the best



This exclusive Mindful Wellness video is the first of three "How To" video's about Dry Skin Body Brushing.

To view the other videos in the series click here...

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.

## Essential Oil of the Month

### *Oregano Essential Oil*

Strong immune

system supporter, and great for the digestive system and coughs. Very peppery and spicy, hot and temperamental. Much like the fresh culinary herb; heavy, rich and very powerful/pungent.

This oil is very potent in its pure form and very likely to irritate skin and membranes. It should never be used on the skin directly, or ingested undiluted.

How to use Oregano Essential Oil



ways to purify our home or work environment. *Cinnamon bark oil, oregano oil,* and Thieves® oil were all tested by Weber State University, and were shown to kill 100% of the airborne bacteria present when diffused into the atmosphere. (KID-Radio with Lance Richardson and Dr. Gary Young, ND, March 5, 1996)

### 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

Click to keep reading...

Price: \$49.98



## Cleaning Help..

Enjoy the invigorating

scent of lemon as you clean.

Place a few drops Lemon Essential Oil directly on your dust cloth. Or you can add 10 drops of Lemon Essential Oil to an ounce of water in a spray bottle to use for disinfecting and cleaning. Lemon Essential Oil is a wonderful way to remove gum from your clothing.

## Aromatherapy Room Mist Air Freshener

Ingredients:

- 4 oz. *Blue Mist Spray Bottle* or a clean spray bottle with a fine mist setting (do not use a bottle that previously contained cleaning products or hair products such as hair spray).
- 30-40 drops of your favorite essential oil or essential oil blend
- 1.5 ounces of distilled water and 1.5 ounces of high-proof alcohol (vodka is suitable, isopropyl or rubbing alcohol is not). Alternatively, you may omit the alcohol and increase the amount of distilled water to 3 ounces. The alcohol helps the aroma linger for a longer duration.

- For cooking applications please use in Olive Oil, or make your own by blending up to 2% (18 drops per 1 oz. of product) Oregano Oil with Canola, Grapeseed or Olive Oil. Use this oil in salad dressings, sauces and savory dishes.
- Purify the air by diffusing 2 drops of Oregano for 4 - 6 hours
- Remove ticks and chiggers mix one drop of Oregano with one drop of water. Rub or spray on tick. The phenols in Oregano will usually cause the tick to release.
- Treat boil or skin infection. Dilute 2 - 3 drops of Oregano with the same amount of water and apply to the infected area 3 - 6 times per day. Note, Oregano is a "hot" essential oil and should not be applied undiluted to the skin.
- Ease chronic pain by applying 1 - 2 drops of Oregano on a warm compress to the area.
- Help for a sore throat. Add 1 drop of Oregano to a 32 oz glass of water and drink. Or, rub 1 drop of diluted Oregano to your throat.

## Purifying Room Blend

This wonderful blend freshens the stale odors you may find in your room. Great to use with a *Room Diffuser*.

- 10 drops *Lemon* Essential Oil
- 1 Drop *Tea Tree* Essential Oil
- 1 Drop *Grapefruit* Essential Oil

## Important news...



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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Website

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