

December, 2018

Thermography Can Detect Back Problems and Help Avoid Surgery...

Greetings!



Thermography can detect back problems and help

avoid surgery!

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Thermography can detect back problems and help avoid surgery. Thermography shows inflammation around the joints in the lumbar spine and can show a problem way before pain and degeneration start. Using Thermography to detect inflammation in the lumbar spine and working with a therapist that specializes in natural treatment of back pain can save you thousands of dollars. Here are 3 of the most common conditions that can show as inflamed in the back after thermography.

3 Most Common Causes of inflammation in your low back:

1. Arthritis
2. Degenerative Disc Disease (DDD)
3. Spinal Stenosis

Here I will break down those three conditions.

Arthritis

We are seeing more and more arthritis in the 35 and older age group than ever before. Typically, symptoms begin as stiffness in the

NEW This Month

Guided Imagery....



A Guided Imagery Series to help you feel better...

Track #1 – Describes imagery and how to use this series

Track #2 – Imagery #1 - Reducing Stress (14:51)

Track #3 – Imagery #2 - Detoxifying the Body (14:51)

Track #4 – Imagery #3 - Releasing Pain (17:27)

This CD contains three Guided Imageries that are intended to help your mind, body and spirit find balance and a sense of wellness to enhance your life.

Guided Imagery is a system of visualization that can be used to help in healing and relaxation. Some studies indicate that positive thinking can have an effect on disease outcome. One example, is the use of guided imagery as “complimentary medicine” in some oncology centers and other medical facilities.

This CD is not intended to replace medical care. It can be added to your wellness protocols to supplement and support them.

Listen to a short sample of the 3 Part Guided Imagery Series by clicking on the selection

morning, which goes away as the patient begins to move. This is easily fixed, if caught early. If a person already has Degenerative Disc Disease (DDD) then it gets a little more complicated, but it's still fixable.

Degenerative Disc Disease

DDD is a disc, typically L4-L5 that has less fluid due to age and joint force over time. I tell my patients that when they are young the disc in your spine is similar to a fresh grape. *When it is degenerative*, it's more like a raisin causing the space between the spinal bones (vertebrae) to shrink is due to the degeneration causing pressure on the nerve. Usually, arthritis (bone growth and inflammation) has set in with this so the joint L4-L5 is restricted and is no longer moving in the directions that it should. Physical therapy can help, however, if left untreated, it can cause other spinal issues.

Spinal Stenosis

Stenosis is typically found in people ages 50 and older. It's a narrowing of the foramen, which is the space between the spinal cord where the nerve comes out. Arthritis and DDD narrow the disc causing the nerve to be pinched and makes it difficult for the patient to stand upright without pain.

The patient with stenosis has pain while standing tall and walking. Usually, they have to lean on the grocery cart to take the pressure off of the nerve. This too is fixable.

A successful treatment would use a hands-on joint mobilization of the L1-L5, hips, as well as the thoracic spine to make sure all restrictions are addressed. Then, you need to re-fire the hamstrings, glutes, and a series of muscles that are attached to the spinal column known as the multifidus muscles in order to stabilize the spine. A proper maintenance program is necessary to keep things moving and to avoid surgery. Decompression alone is not an effective treatment program.

And we need to take spinal stenosis seriously because — apart from a herniated disc — it's actually the number one reason people get

below.

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*CD's are available for purchase.
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Product of the Month Keeping Abreast of It



This potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage. It helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow. Feedback from our clients tells us it is also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles! Rub into underarm area, groin, neck and breast tissue two or more times daily to create or maintain wellness.

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surgery. Plus, surgery is not 100 percent effective because it scrapes the disc and fuses the area, which can cause the other joints to get arthritis and DDD. This essentially starts a bigger spiral for more surgeries.

A spine specialist and a physical therapist can work with you to find the root cause while fixing your discomfort without the need for surgery.

For more information, resources, and exercise examples, you can visit my website under the "back pain" tab for a free self-test to see if you have stenosis, which you can find here, <http://stretchphysicaltherapy.com/stenosis/>.

Stretch Physical Therapy & Total Wellness takes a systematic approach to physical therapy. Focusing on finding the cause of your pain and providing a proven solution that will help you live pain-free as you age is their mission. They offer physical therapy, personal training, weight loss, effective stretching in a group or one-on-one sessions that are designed to get the best results.

Nartker is from Plains, Georgia, and has resided in Ohio since 2004. If any of you Backers happen to reside in that area too, feel free to stop by. And, if you don't live close, please don't hesitate to reach out to her directly.

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14 Client Do's and Don'ts Before and After Getting a Massage

Many massage therapists offer advice to clients on how to get the most out of each massage therapy session. Let us explore the many possible suggestions clients may receive. The intention of this article is to help clients understand why massage therapists offer such advice.

9 Items Your Clients Should Remember Prior to Receiving a Massage

Before receiving a massage therapy session, your clients should take note of these important items. These "do's and don'ts," if you will, should be shared with your clients to ensure their massage therapy sessions are the most effective they can be.

1. Stay hygienic. Hygiene matters with any health care treatment, especially involving skin to skin contact. Ensure proper hygiene by showering prior to session. Plan ahead accordingly, especially if outdoor activity, exercise, or heavy labor is planned for the day. A massage therapist uses professional grade media (product) that will be negated by filth upon the body. Clean skin can easily absorb the medicinal components of massage media, including essential oils with medicinal qualities.
2. Scents / lotions. Be aware of sensitivities to scents and lotions that a therapist may possess. Excessive scents can trigger allergic reactions counterproductive to the healing environment established by the therapist. Ask the therapist prior to treatment if a certain scent is welcome or not in their practice space.
3. Be open about conditions, injuries, state of health. Massage therapists need to know health changes clients possess. Massage therapy directly impacts all body systems including circulatory, nervous, digestive, and muscular. A therapist needs to know changes in a client's medical conditions, injury status, and overall state of health to be aware of contraindications and modifications to bodywork.
4. Do not eat 60 minutes prior to appointment. Shortly after eating a normal sized meal, much of our blood travels to the small intestine, located in our body's core, so the blood can collect nutrients from food consumed. Since massage will encourage blood

Pain Meds, Injections And Surgery"



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Sinus Relief

Directions:

Fill your Steam Inhaler or a
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adding a drop or two of **Breathe Well Essential Oil**.
Breathe deeply. Other Essential Oils that promote
respiratory health include **Rosemary** and **Eucalyptus**

flow throughout the body at large, pushing it away from the core will disrupt digestion. Please plan ahead to avoid eating a normal sized meal within an hour of your appointment.

5. Show up 5-10 minutes early. Arriving shortly before the appointment time ensures a client will receive the full allocated time for treatment. Consider that each instance of removing clothing to get upon the table and donning clothing upon session end, along with any necessary conversation between therapist and client, will take between 1-2 minutes per instance. Remember that most therapists need to stick to their established times, as clients are booked consecutively throughout the day. Therapists try to avoid large gaps between sessions.
6. Be considerate if you can't make your scheduled appointment. Please do not "no call, no show" your therapist. Most therapists are trained in business courses to charge a client for such instances. No shows equate to no income for a massage therapist which hurts business tremendously. Please contact your massage therapist as soon as you know you will not be able to attend an established appointment time. Keep in mind that the therapist will likely have a cancellation policy to honor.
7. Expect an intake before every session. Because a client's body presents differently every session, it is important for a massage therapist to conduct an intake before each session with a client. The impact of massage therapy sessions is not always instantaneous; rather, there can be changes which occur gradually for days and weeks post treatment. Muscle tension patterns, general integrity of tissue, range of motion, and overall state of health changes week to week. A therapist will keep track of progress and changes over time.
8. Massage is not the same each session. Massage therapy sessions change as the general state of the client's body changes. A therapist will adapt with proper modifications to the changing nature of the client's state of health. Different styles and techniques will be used that are congruent with the client's case and condition. Also, be aware that no two therapists will massage alike. The great diversity in training within massage schools encourages variety amongst therapists. Please do not expect two therapists to mirror each other's technique exactly.
9. Massage witnessed as a medical treatment, not merely a service. Massage therapy is an effective means of health care, allowing one to discover relief from systemic and organ related conditions. Medical based practices are abundant in the industry. Please inquire with your massage therapist how s/he may aid in the care of one's health condition.

Holiday Travel Tummy Woes

Motion Sickness? Mix 4 drops of Peppermint Essential Oil in 1 ounce of *Jojoba*. Rub on chest and stomach before traveling to help settle your stomach.

Honey & Spice Bath Soak

Ingredients:

- ½ cup Baking Soda
- 2 Tbsp. Honey
- 6 drops of *Cinnamon Essential Oil*
- 4 drops *Ginger Essential Oil*
- 3 Drops *Clove Essential Oil*
- ½ cup Epsom Salt

Blend all ingredients together well and add to your nice warm bath. Relax in a nice “spicy” bath, the soak contains many antibacterial and antiseptic qualities. This is a wonderful soak to warm your body on a chilled day.

Save Your Wine...

Have a bottle of white wine you opened and really don't care for the taste? Try adding just one drop of *grapefruit essential oil* to slightly change its taste. I don't know about you but I love that little trick – it has saved me just a few bucks instead of tossing out the entire bottle.

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.

5 Things to Remember for After

Receiving a Massage

After receiving a massage therapy session, there are also important items your clients should do to ensure their results last longer.

Clients should:

1. Do homework assigned by therapist. Stretching, strengthening, movement-based exercises and muscle aid are homework items which may be assigned by massage therapists. The purpose of assigning homework is to present self-care means so clients will witness massage efforts become more effective with longer lasting health gains.
2. Remain active. Staying mobile encourages continuous blood circulation, thereby feeding tissues at a healthy rate.
3. Increase intake of fluids. Ensure proper intake of fluids, especially water, to keep circulation efforts strong within the body. Avoid drinks with high sugar or caffeine content as these drinks prove harmful and dehydrating in the long run. Also, **do not drink alcohol after a massage!**
4. Check in daily on changes and shifts within the body. As body awareness heightens, one will realize the effects of massage upon their body. Be sure to take note of physical changes witnessed and felt to inform your therapist prior to next session. A therapist needs to know how the physical body is responding to massage efforts as every person may experience different results from touch.
5. Be aware of mental and emotional changes. Massage efforts also impact the mental and emotional aspects of self-care. A client may recognize greater clarity and productivity of thought after massage sessions. Also, emotions may be easier to manage after massage sessions. If mental and/or emotional health are challenged, a conversation is welcome with the massage therapist to acknowledge how touch affects one's psyche and emotions.

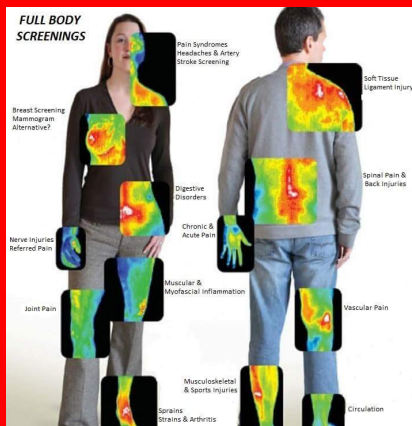
Conclusion

Open communication is key between therapist and client. This checklist of “Dos & Don'ts” will ensure massage clients amplify their efforts with their massage therapist.



After losing a mother to breast cancer, Suzanne is on a mission to help save lives through early detection of breast cancer. Breast Thermography.

Important news...



Don't end the year with unclaimed benefits...

Many flexible spending, annual deductible, health savings, and overall insurance benefits are about to renew for 2019. If you have unclaimed benefits, you're missing out. Come see me before January 1st to get the most from your 2018 benefits. Your thermography scan is an eligible benefit!

Schedule your appointment today!



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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



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