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## Does your mental health impact your physical health?

### Greetings!



Does your mental health impact your physical

health?

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Let's face it...life is hard. Anxiety and depression are rampant in today's culture, and some days it can seem like there is no way out of the darkness and confusion of mental distress that plagues so many of us. In addition, our mental health is known to impact our physical health, so in connection to struggles with mood, many individuals experience inflammation and disease as a result.

Studies have shown repeatedly that individuals who have experienced abuse and trauma have a much higher incidence of inflammation in the body and tend to have many more health challenges than those who have not been through this kind of adversity. So what can we do if we are one of the millions who are struggling with health challenges as a result of our mental distress? How can we reduce the load on our body so that we can curtail inflammation, and live healthier, richer lives both emotionally and physically? Here are a few core things I have learned over the years that I would like to invite you to consider:

### 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.

"This gift comes at a time when breast issues are epidemic, I am so grateful to our Creator for this remedy." Love, Barbara

Please visit [www.breasthealthproject.com](http://www.breasthealthproject.com) for lymphatic massage instructions and an abundance of important information to regain and maintain breast health. Because we love you!

Formulated with: Unconditional Love and Gratitude, Organic Whole-leaf Aloe Vera, Borage Seed Oil, Organic Rosehip Seed Oil, Evening Primrose Oil, Aloe Butter, Castor oil, Beeswax, Orange Oil, Grapefruit Oil, Cypress oil, MSM, Olive Oil infused with St. John's Wort and Calendula, Chaparral, Poke Root, Echinacea, Pau D'Arco, Essential Oils of Tangerine, Lemon, Clove, Lemongrass, Lavender, Marjoram, Thyme, Cedarwood, Ginger, Juniper, Rosemary,

1. **See a counselor.** A good counselor can help you to process past trauma or even just difficult life experiences. I strongly recommend EMDR therapy for this. It's magical. Processing what you have been through will help to reduce your body's locked-on stress response. Your body will thank you and your emotions will become more stable.

2. **Neurofeedback.** This is a form of brain training that helps your brain to see itself, much like a mirror. When your brain is able to get a better sense of how it is functioning, it will begin to self-correct wherever it is able. The results tend to be better overall functioning, better bounce-back, and feeling more relaxed. More relaxation = less inflammation. To learn more, go to [www.freedomneurofeedback.com](http://www.freedomneurofeedback.com)

3. **Breathe deeply.** Even a few minutes a day of meditation and mindfulness can bring some measure of relief, both physically and emotionally. There are loads of free resources for this on YouTube if you would like a guided meditation.

4. **Connect to a friend.** Individuals who reach out to others fare much better both emotionally and physically than those who choose to isolate or to conceal their difficulties from loved ones. Just spending quality time with one or two safe people a week in person can make all the difference in the world. We are not wired to be alone all the time. We also need to be touched, so consider working in a hug!

5. **Move.** Exercise, even moderate walking, can make a dramatic difference in how you feel. When we are experiencing anxiety or depression, this can especially feel like the hardest thing in the world, but it's so worth it.

6. **Begin to make even small changes in your diet.** I invite you to consider removing one or more of the usual inflammatory suspects such as sugar, gluten and dairy. All of these foods, especially sugar, have been linked to anxiety and depression. Eat green things. Consider some supplements that are known to impact mood. Maybe hire a nutrition coach. (Jen Beck with Complete Health

Myrtle, Clary Sage, Nutmeg and Helichrysum, Co-Enzyme Q-10, Vitamin E and Electrolyzed 24kt Gold.

***Click here to purchase. Price: \$29.95***

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**NEW This Month**

**Guided Imagery Reducing Stress....**



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

This CD contains "Reducing Stress" Guided Imagery that is intended to help your mind, body and spirit find balance and a sense of wellness to enhance your life.

Enjoy a 60-minutes of "self-care!"

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 Reducing Stress Guided Imagery Series by clicking on the selection below.

***Click here to hear MP3 Sample***

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

***CD's are available for purchase. \$17.95 each***

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7. **Have your numbers checked.** Poor thyroid function, hormone imbalance, sleep apnea, unstable blood sugar, undetected allergies or food sensitivities, nutrient deficiencies...these are just a few of the things that can cause or exacerbate mood problems. I recommend a functional medicine M.D. or Chiropractor because they will check your numbers in greater detail, and will look for what is causing issues, rather than merely suppressing the problematic symptoms. A full-body thermogram can be especially helpful to identify crucial areas of inflammation in the body. Mindful Wellness Medical Thermography is a great place to go for an annual thermogram!

Each one of these items takes time to accomplish. It can feel overwhelming to see a list like this, but remember, it doesn't all need to be done at once. I like to think of it like a buffet. There are lots of choices and you can just pick the one that seems to make the most sense for you to start with and go from there. Go at your own pace. Enjoy the journey. Most of all, be encouraged. There is hope and healing coming your way!

**Bio:** Kristin is a holistically-minded Licensed Professional Clinical Counselor who loves to partner with individuals that want to feel and function better in their relationships with themselves and with others. Her specialties include trauma, anxiety, depression, & grief. She utilizes evidence-based therapies such as cognitive-behavioral therapy, mindfulness, and EMDR therapy, and incorporates the knowledge of what the physical body needs in order for us to feel our best emotionally. Kristin resides and practices in the community of West Chester, OH and is the owner of both Freedom Counseling Services and Freedom Neurofeedback Services.

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## 6 Ways Massage Therapy Supports Weight Loss Goals

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.

### #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

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Thermography is a safe, no contact, radiation-free, state-of-the-art screening procedure that uses heat detection to locate areas of temperature differences in the body. Thermography for children looks for the same things they look for in an adult. Any heat imbalances or posture deviations are mentioned. The common thermal impressions in young kids could be toxicity, hormonal imbalance, gut and back inflammation.

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 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.



### *Neck & Chest Rub*

Help for the common cold.

Combine 2 Tablespoons **Jojoba**  
4 Drops **Breathe Well Essential Oil**

Massage a little of the blend on neck and chest. Save the extra in a closed glass container in a cool, dark place and use as needed. For additional therapeutic effect, place a heated water bottle over your chest area.



Thermograms are interpreted by PACT accredited physicians. FDA cleared since 1982. \*Fine Print - Age sixteen and under. Good until 02/28/2019



William Li - Can we eat to starve cancer?

## Relaxing Bath

This bath is ideal before bedtime, as ylang ylang promotes a restful sleep.

### Ingredients

4 cups distilled water

3 Tbsp. jojoba

4 drops **Ylang Ylang 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.

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.

## Important news...

**2019 Western Ohio Wellness Expo**  
Exhibitor's Fair & Education Forum

*Presented By:*  
**HEALTH INITIATIVES**

**Saturday, February 16**  
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At the Holiday Inn Cincinnati North  
5800 Mulhauser Rd, West Chester

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Western Ohio Wellness Expo & Education Forum...

Join Womens Health Initiatives Foundation for an all-day event like NO other. This is the region's only EXPO focused exclusively on health and wellness. As part of our Wellness Expo, over 50 Health and Wellness Exhibitors will be on-hand to educate you on myriad wellness products and services! Admission to the EXPO is just \$5 at the door. Additionally, area leaders in integrative health will gather to share their knowledge on how to get well and stay well in today's world at our Education Forum which is just \$69 for a day packed full of invaluable information. To learn more visit:  
<https://www.womenshealthinitiatives.org/our-events/>

**CLICK HERE TO REGISTER FOR THE EVENT!**



WHIF Individual Grant Program

Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to

announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*



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!!!



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