



Greetings!

Speaking of Mindful Wellness...

How are you moving? Kim Nartker, owner of Stretch Physical Therapy and Total Wellness, talks about the role that joint inflammation plays in your mobility.

- Check out the new **Breast Care Corner** - we'll feature tips or services to help achieve and maintain breast health. This month, we're highlighting a service. One of my clients who had the service made the comment - "I didn't know my breasts could feel this relaxed."
- **Have you reserved your FREE ticket to our [Breast Caring & Sharing Event](#)**? More details can be found in the Upcoming Events section.

Yours in health & Wellness,

Jacky

Worried your joints may be inflamed?



Sore or Swollen Joints?

By Kim Nartker,
Owner, Stretch Physical Therapy and Total
Wellness

Worried your joints may be inflamed?
Thermography is the best way to find
inflammation, which can lead to chronic conditions
in the body. If thermography reveals inflammation
in *your* joints, finding a mobility specialist to help
you regain function is crucial to avoiding chronic
pain.

Joint inflammation, as found in thermography
results, can be successfully treated by use of a
proper diet and mobility. When inflammation is
within a joint capsule, it will restrict movement
causing muscles, tendons and joints to "hold" or
stiffen. This can lead to degeneration of the joint
structures, increased arthritis and continuous
inflammatory response that can be detected
through thermography.

[Click to continue reading and see the
special offer for Mindful Wellness
clients from Stretch Physical Therapy!](#)

Upcoming Events

We have some exciting events coming up! We're
excited to see you there...

March 19th - Bring your Breast Friends to this FREE fun evening all about Breast Health & Care... Event will be held in the conference room of Mindful Wellness Medical Thermography. Open house from 7 pm - 9 pm. Look for our announcement on FaceBook.

Mobile Thermography Scans...

March 5th - True2Form Chiropractic
March 10th - The Wellness Lounge
March 12th - Fully Alive Chiropractic
March 16th - Integrative Hormone Center & Pharmacy Centerville Office
March 19th - Covenant Natural Healthcare
March 20th - Happy Hormone Cottage Vandalia

Click to find out how to schedule at one of our mobile locations!



March 19th

Bring your Breast Friends to this FREE fun evening all about Breast Health & Care... Event will be held in the conference room of Mindful Wellness Medical Thermography. Open house from 7 pm - 9 pm.

Raffles, snacks, fun and informative!

Jacky Groenewegen - Thermography - Breast Scans

Robin Hanson-Gobell - Juice Plus

Debbi Silverman - CBD for Breast Health

Barb Dempsey Fisher - Supplements for Breast Health

Lyn Hogrefe - Hormones for Breast Health

Danielle Fritz - Ruby Ribbon Bras

Jackie Rusek Zofkie - Cancer & Wellness Coach

Erin Christen - Breast Health products

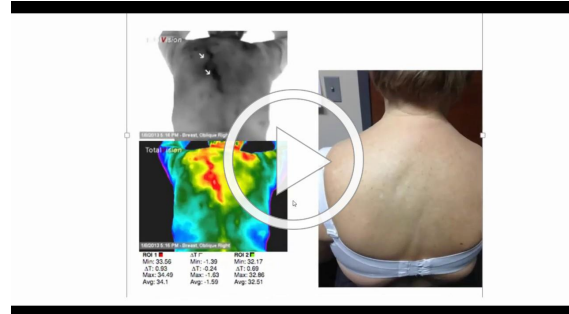
Pat Springer - Essential Oils for Breast Health

[Click here to reserve your FREE ticket to the Open House!](#)

Video Spotlight

Drs. Piana and Sepper offer a brief overview on the promises of skin cancer and thermography. 2 case studies are briefly offered along with a published research article. Full article available at www.medicalthermology.org

[Link to more videos.](#)



Breast Care Corner

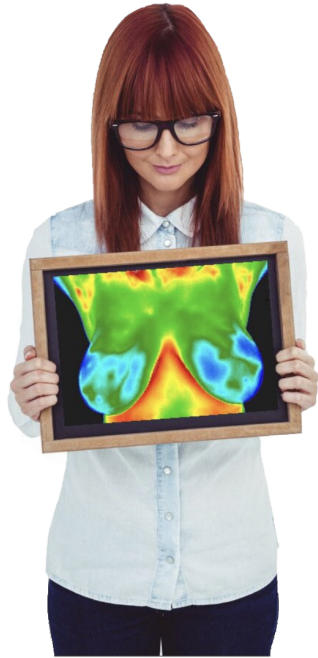
Service Highlight!

Breast Cupping

Cupping (vacuum style) massage is very versatile and can be used on the breast tissue to stimulate collagen, improve skin texture and tone and to increase blood flow to the breast which in turn may offer the plumping effect or fuller looking breasts.

We utilize the squeeze and release technique (suction) and move the cup toward the lymph nodes located under your armpits. We also use full-size specialized still breast cups. Cupping breast tissue is beneficial not only for cosmetic results but most importantly to promote healthy breasts. Cupping stimulates the lymphatic cleansing process, reduces inflammation, can help with scar tissue and adhesions, tones and firms skin

aiding in the rejuvenation of the breast, as well as assisting the body to break down any benign cysts in the area. Vacuum therapies have demonstrated a dramatic detoxifying effect, allowing for a healthy pH of the blood and surrounding tissue.



Looking for more....

Buy a Gift Certificate

Do a JIG and get your Lucky Leprechaun a Thermography or Massage Gift Certificate.

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!!!

Schedule an Appointment

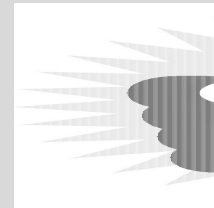
Schedule your Thermography scan online. Contact Jacky or Robin for more times!



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*

Our Mobile Locations

Bringing Thermography to you! Click to find a location near you!



Like me on *Facebook* to receive short therapeutic wellness tips to help your mind and body feel better.

to the application.

Make a Donation



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Website

www.MindfulWellnessMedicalThermography.com

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



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