

Greetings!

Speaking of Mindful Wellness...

With so much going on in the world we thought we'd provide...

- **"Bloat, water retention, irritability"**. You may be experiencing these because you've been cooped up in the house, but Kaylee Koozer gives you excellent information about Adaptogens for Hormone Balance.
- Check out the article about Thermography and Coronavirus
- Scroll down for an AMAZING coupon for Thermography scans for the month of April. You DO NOT want to miss this very rare opportunity!

Yours in health & Wellness,

Jacky

Adaptogens for Hormone Balance



Bloat, water retention, irritability...

By Kaylee H. Koozer,
Certified Holistic Nutritionist

Have you ever experienced those...less than savory symptoms around the time of your period? You know the ones – bloating, water retention, irritability, fatigue, maybe you've experienced the all-over body aches *that feel worse* than the flu, or even those awful cramps that leave you doubled over and lying in bed with a heating pad when you'd rather be accomplishing your to-do list or going out with friends.

What if I told you that there are several adaptogens that could help regulate your hormones and balance out your menstrual cycle? Whether you are menstruating, peri-menopausal, menopausal, or post-menopausal, there's an adaptogen somewhere that may be useful in your journey!

Kaylee H. Koozer
Certified Holistic Nutritionist
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[Click to continue reading and see the special offer for Mindful Wellness clients from Vivus Holistic Health!!](#)



Thermography & the Coronavirus

Thermography and the Coronavirus:

Many people are asking questions about thermography and its ability to detect the Coronavirus.

Let's do a quick review of what thermography can and cannot do. Thermography is great at detecting inflammation/heat signatures in the body. It never provides a diagnosis.

Having said that, thermography is being used throughout the world right now to detect fevers in people who have been infected with any flu or virus...especially travelers.

Right now, Carnival Cruise Line just bought the exact same cameras that we use in our office to monitor their passengers for fevers.

The accuracy of these cameras is incredible and can also provide detailed information on inflammation throughout the entire body. Additionally, we are able to locate areas of the lymphatic system that may be compromised or blocked. Armed with that info, we can direct you with next steps to help clear those blockages to restore optimal immune system function.

Remember...the best defense against ANY illness is a strong immune system.

Let us help you assess where yours stands now so you can take steps to enhance yours and the ones you love.

Our thermography lab is kept clean and disinfected at all times.

Nothing touches your body and there is no radiation at all.

Put your mind at ease to see where you stand. We're here to help!

Upcoming Events

We hope that things will return to some normalcy after weeks of fending off COVID-19...

Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly for dates and locations for the month of April.

513-443-5161

Dates TBD:

The Wellness Lounge
Happy Hormone Cottage ~ Vandalia
Integrative Hormone Center & Pharmacy ~
Centerville Office
True2Form Chiropractic
Covenant Natural Healthcare



RESCHEDULED FOR September 24th

Due to the health of all of our participants we decided to reschedule our Caring and Sharing Breast Health Event! Mark your calendar... 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

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

Thermography

Special

ENJOY 10% OFF

As soon as we are permitted to reopen in April, we will be offering 10% off all thermography scans for the duration of the month.

This only applies to scans that are performed in April, 2020. This offer cannot be combined with any other offers.

To book with Jacky, call 513-382-3132.

To book at one of our mobile lab locations, please call Robin at 513-443-5161.

Call to schedule ASAP!

This offer expires on April 30, 2020 and cannot be honored past that date.

This is a rare opportunity!
We encourage you and your loved ones to take advantage of it!

Breast Care Corner

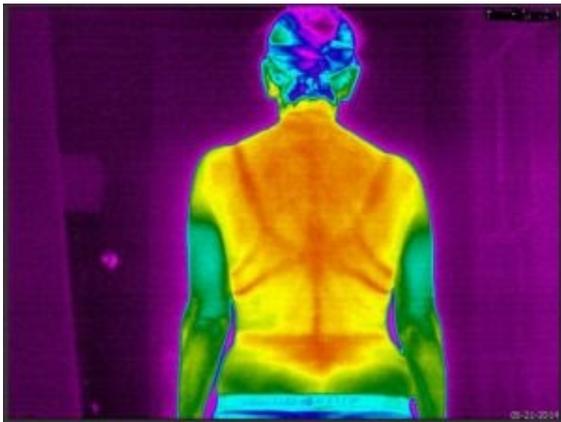


Bra Use and Abuse

BRAs we USE

A bra can restrict lymphatic and interstitial fluid from circulating throughout the body and inhibits its very function of protecting the body from disease and cancer.

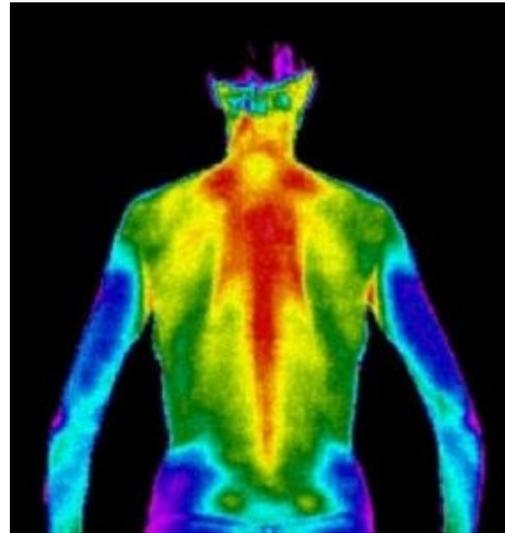
Take for example the elastic strap that is wrapped around your arm for a blood draw. The purpose is to restrict blood flow and create back pressure on the veins. Apply this principle to the bra and now you understand the impact a bra can have on the circulation. Thermal imaging shows this effect:





The strap marks can be seen 10 minutes after the bra is removed

A bra is similar to the elastic band on a blood test.



Trapped Interstitial Fluid

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 to the application.*

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.



Contact Us

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Phone: 513-443-5161 Robin

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Website

www.MindfulWellnessMedicalThermography.com

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



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