



Greetings!

## Speaking of Mindful Wellness...

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

- **"Inflammation, Immune System Function, and Nutrition Medicine."** Inflammation is a process by which our immune system is called upon to repair tissue damage or fight an infection, which is a good thing as long as the process completes full resolution to a resting, anti-inflammatory state. Thank you Ann Musick of iScriptNutrition, intelligently scripted to empower your best health.
- Don't miss the special pricing for the online Breast Health class? We are launching an online version you can take at your own pace. Special Pricing ends May 31st.
- Join Robin & Lyn Hogrefe of Happy Hormone Cottage for an online Zoom Event on June 4th.

Yours in health & Wellness,

**Jacky**

## Inflammation, Immune System Function, and Nutrition Medicine.

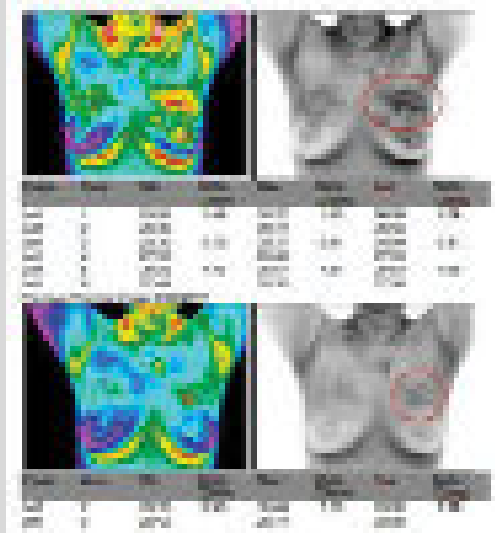
### Impactful Changes you can make...



Inflammation is a process by which our immune system is called upon to repair tissue damage, or fight an infection which is a good thing so long as the process completes full resolution to a resting, anti-inflammatory state. However, inflammation resolution becomes impossible to achieve when the immune system is chronically overburdened by inflammatory factors associated with older age, environmental toxicity, and obesity and chronic disease which disproportionately affects ethnic and racial minorities. Hormonal changes and other compounding health effects that typically result with advanced age leads to less efficient immune system function among older adults. Negative impacts from environmental exposures to toxins in our air, water, and food, as well as products we use to prepare and store our food, not to mention products we put on our body to stay clean and look good, have cumulative and often detrimental effects. Today, the number of individuals in American living with obesity and/or one or more chronic diseases is unprecedented. These are extremely pro inflammatory conditions wreaking a considerable amount of havoc on the immune system function of these individuals. According to the CDC's Centers for Disease Control and Prevention, the prevalence of obesity was 42.7% in 2017-2018 among adults, and 18.5% among children and adolescents aged 2-19 years. Adults and children alike who are non-hispanic Black or Hispanic make up the majority of individuals with obesity. In this country 6 in 10 adults have one chronic disease and 4 in 10 have two or more,

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Thermography - Tracking Lifestyle Changes



making chronic disease the biggest contributor to the Nation's \$3.4 trillion in annual healthcare costs, and the biggest cause of death and disability. Considering the corona virus pandemic and the associated news reporting over the past couple of months you're probably well aware by now that older adults, especially those with obesity (i.e. BMI>30) or abdominal obesity (i.e. waist size >35 in women, and >40 in men), or those with a chronic health condition such as heart or lung disease or diabetes, have the highest risk of developing more serious complications including death as a result of being infected with this virus. There's also data showing a higher prevalence of hospitalization due to coronavirus among Black/African American persons and Hispanic/Latino persons than that of white or Asian persons.

From a nutritionist's point-of-view the associations between inflammation and immune system function/dysfunction are apparent, however, there seems to be a disconnect that persists when it comes to understanding these associations in the context of nutrition and lifestyle, and how to adequately support immune system function through nutrition medicine. One of the most important things I do as a Certified Nutritionist (KY) and Nutrition Specialist is to help mitigate this disconnect. Two of the ways I do this is by serving patients of Dr. Achint Choksy, MD, at Ace Integrative Health in Mason (OH), and clients who work with me directly through my LLC, iScript Nutrition. I provide personalized and evidence-based nutrition consulting and counseling to chronically inflamed individuals who are committing to an anti-inflammatory diet and lifestyle plan that supports a healthy, robust immune system.

Here's my Top Five Highly Impactful Changes....

[CLICK TO READ MORE](#)

Ann Musick  
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<https://www.facebook.com/iscriptnutritionllc/>

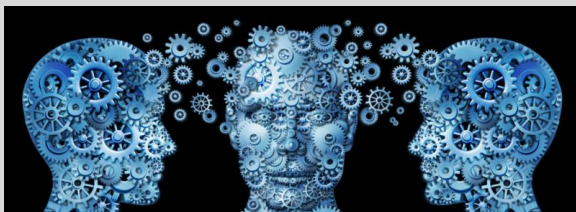
Ann is a Certified Nutrition Specialist (CNS) licensed in KY (#252465), founder and CEO of iScript Nutrition, and Chief Development Officer at the Institute for Nutrition Medicine. She earned her master's degree with honors in Clinical Nutrition from the Nutrition Institute, University of Bridgeport, and Bachelor's of Science with honors in Organizational Leadership with certification in Nonprofit Management from the School of Education, Wright State University. Her graduate and clinical training is based on the principles of functional nutrition medicine which looks at the complex and interconnected body systems reliant upon adequate nutrient status and addresses any imbalances to restore proper functioning and optimal health.

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## Can you help me?



Do you have a few moments to share your opinion?

We're asking for your support?

Thank you for being a loyal customer. As a locally-owned business, we strive to provide the highest quality service and care deeply about how our work affects customers like you.

As such, we would love if you could send us an email and tell us what we can do to better serve you next time.

Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

[Leave a GOOGLE REVIEW](#)

[Leave a FACEBOOK REVIEW](#)

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### 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



#### The Connection Between Thermography and Hormones: An Online Discussion

Thursday evening, June 4, 8:00-9:00 PM ET. Come join our online discussion on how a thermography scan that detects inflammation "hot spots" in the body can not

Happy Hormone Cottage ~ Vandalia  
Integrative Hormone Center & Pharmacy ~  
Centerville Office  
True2Form Chiropractic  
Covenant Natural Healthcare  
Fully Alive Chiropractic

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

only identify potential thyroid issues, but  
breast health issues, as well.

You are invited to the discussion between  
Robin Gobell, Thermographic Technician,  
LMT, Certified, Certified Integrative Health  
Coach, Lyn Hogrefe MS Ed, founder of the  
Happy Hormone Cottage, & Jeff Hogrefe,  
RPh, AFAARM as they discuss the benefits  
of thermography and natural hormone  
balance in the prevention and detection of  
breast cancer.

We will share tips and tools on your next  
steps to reduce inflammation and balance  
hormones and thyroid issues.

We will also be raffling off:

DNA Life Oestrogen Metabolite Kit (Value  
\$299) This includes the follow-up  
consultation with Jeff Hogrefe, RPh,  
AFAARM and certified in genetic testing, to  
go over the results of this testing. He will  
also provide actionable strategies to help  
prevent breast cancer from occurring or  
reoccurring.

Also to be raffled off will be a voucher for  
\$100 off a full body thermography scan.

Join Zoom Meeting

[https://us02web.zoom.us/j/5133050478?  
pwd=VzVPQ2pyZGQzd21abkVaTml1aEpp  
UT09](https://us02web.zoom.us/j/5133050478?pwd=VzVPQ2pyZGQzd21abkVaTml1aEppUT09)

Meeting ID: 513 305 0478

Password: HOT

**Online Breast**

**Care Class**

**ENJOY  
50% OFF**

### Breast Health - Online Class

There are often simple ways to make positive  
changes in breast tissue. We're launching our  
online course for you to learn about common  
sense approaches to better breast health  
using tools that are affordable and already in  
your grasp.

- Learn simple ways to make positive  
changes in breast tissue.
- 5 classes taught by Aubrey Lesicki,  
BS, LMT
- Learn breast care at your own pace.
- Do you know the proper way to  
massage your breasts?
- Learn how to do a Breast Self-Check
- How well do you know your breasts?
- Does your bra support healthy lymph  
flow?

Course Presenter:

Aubrey Lesicki, BS, LMT has been studying  
alternative medicine with a focus on breast  
care for 10 years. She applies a mind-body-





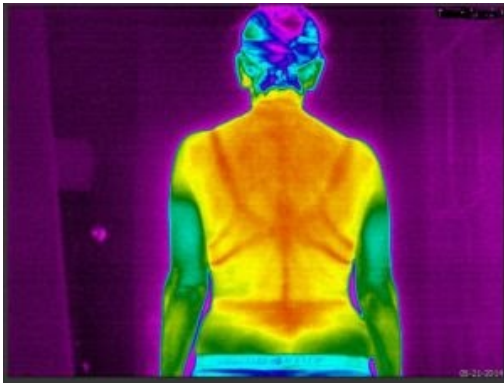
spirit approach to her massage and wellness coaching practice, emphasizing that the body's wisdom is our best teacher. Through teaching hundreds of clients, she has distilled a decade of information into simple instructions to empower women to take their breast health into their own hands.

Course Sponsor:  
Jacky Groenewegen, owner of Mindful Wellness Medical Thermography, is passionate about holistic wellness. As a Certified Thermographic Technician and Licensed Massage Therapist she frequently shares her knowledge of health screenings like medical thermography or therapies like medi-cupping, lymphatic drainage, myofascial release and therapeutic massage.

**LIMITED TIME OFFER Course cost \$49.99 enroll before May 31st the cost is \$24.97**

[Click to enroll now....](#)

### Breast Care Corner



### Bra Use...what it can do for you!

**Thermal Imaging shows strap marks 10 minutes after her bra was removed!**

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.

## Looking for more....

### Buy a Gift Certificate

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

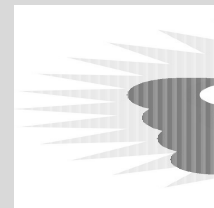
### Schedule an Appointment

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

### Our Mobile Locations

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

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!!!

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.*

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

Make a Donation



#### Contact Us

Phone: 513-382-3132 Jacky

Phone: 513-443-5161 Robin

*e-mail Jacky*

#### Website

[www.MindfulWellnessMedicalThermography.com](http://www.MindfulWellnessMedicalThermography.com)

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com)

[www.HolisticHealthMobileThermography.com](http://www.HolisticHealthMobileThermography.com)



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