



Greetings!

Speaking of Mindful Wellness...

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

- **"Inflammation Causing Mystery Pains?"** So, what can be done if you wake up one day with a mystery pain? One path is having Applied Kinesiology done, which is the individual and isolated muscle testing. Dr. Jared Bernstein of True2Form Chiropractic shares information about mystery pains.
- Join Robin & Dr. Jared Bernstein of True2Form Chiropractic for an online Zoom Event on July 8th.

Yours in health & Wellness,
Jacky

Inflammation Causing Mystery Pains?



Inflammation Causing Mystery Pains

I'm sure everyone has heard the term used at one point to describe what might be going on with their body. Heck, it's in the title of this article, in the title of our presentation July 8th, 2020 and in the title of millions of research papers, news articles, and blogs across the world. However, not every writer is talking about the same inflammation, and different forms of it can cause different types of pain. For example, the swelling you get from rolling your ankle is a type of inflammation. This is caused by blood rushing to the area in order to try and repair and clean any damage and is usually very tender to the touch. This is the acute stage. However, if this last for too long you enter the chronic inflammation stage where your ankle may no longer be as swollen but within the joint itself still be present and now causing that lingering pain and stiffness. This is one type of inflammation and within itself can have two different stages. Then you have inflammation caused from degeneration, and the list goes on. But what about the pain you feel that you just woke up with and do not remember any injury that explains it? This is usually caused by the form of inflammation that comes from diet or lymphatic stasis.

By now, leaky gut or metabolic syndrome are common words to hear. If you tear down all the fancy words that explain what causes it, you are left with inflammation. This form of inflammation is a troublesome one due to the various areas it can cause pains. By causing your lymphatic system to slow down, this inflammation can cause pain in any extremity, most often in knees, thighs, or

Holistic Health Mobile Thermography
ROBIN HANSON-GOBELL, LMT, CTT

Inflammation and Aligning your Health

Inflammation, the precursor to disease. Have you ever wondered where inflammation is in your body. Many times you can't feel it or see it by just looking at ourselves. Are you having any unexplained pain or discomfort?

Join us on Wednesday, July 8th from 8:00 pm - 9pm to learn steps on how to align your health & feel better.

True2Form Chiropractic
DR. JARED BERNSTEIN, D.C.





shoulders, but can be seen elsewhere as well. Not only can this inflammation cause obvious pains but can put stress on organ systems creating muscle imbalance elsewhere in the body. Due to these imbalances, or potentially the inflammation itself building up, various points of pain can mysteriously appear on people, and to a more extreme case even develop into autoimmune disorders.

So, what can be done if you wake up one day with a mystery pain? One path is having Applied Kinesiology done, which is the individual and isolated muscle testing. This will help determine which muscles are in a state of imbalance and narrowing down where inflammation may be accumulating. Muscle testing can also pinpoint the exact locations to adjust and thus created better lymphatic flow and drainage, as well as to find best nutrient support to help reduce the amount of inflammation in the body.

To find out if your mystery pains are coming from inflammation, join us for our Zoom meeting on July 8 at 8pm. If you want to know sooner, call now for a free consult.

Jared Bernstein, DC
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At True 2 Form Chiropractic we offer a variety of natural remedies with the goal of allowing you to get a grasp on your health..

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
Fully Alive Chiropractic

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



Inflammation and Aligning your Health

Wednesday evening, July 8, 8:00-9:00 PM ET. Come join our online discussion on inflammation and aligning your health.

Join Dr. Jared Bernstein and Robin Hanson-Gobell as we share with you how to detect inflammation in the body and steps you can take to reduce it to help you on you align your health and feel better.

- Inflammation, the precursor to disease. Have you ever wondered where inflammation is in your body. Many times you can't feel it or see it by just looking at ourselves.
- Are you having any unexplained pain or discomfort in your neck back or joints?
- Maybe hormone issues - headache or thyroid?

Join our zoom event on Wednesday, July 8th from 8:00 pm - 9pm to learn steps on how to align your health & feel better.

We will also be raffling off:

Dr. Bernstein Half off of your first visit at True2Form Chiropractic (Value \$75) At True 2 Form Chiropractic we offer a variety of natural remedies with the goal of allowing you to get a grasp on your health..

Also to be raffled off will be a voucher for \$50 off a full body thermography scan.

Register for our FREE Zoom Meeting

<https://us02web.zoom.us/meeting/register/tZ0rdeCrrz4vHdlHpDvNFrhMGw7MonG8>

Can you help me?



Leave a GOOGLE REVIEW

Leave a FACEBOOK REVIEW

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!

Women's Health Initiatives Foundation's 5th Annual 'WHIF' with a Purpose! Charity Golf Outing

Taking place Friday, September 11 at the Bel-Wood Country Club.

Come and join us as we get in our competitive spirit and raise funds for women in need.

[Click here to Register online](#)

SAVE THE DATE!

WOMEN'S HEALTH INITIATIVES FOUNDATION 5TH ANNUAL

WHIF WITH A PURPOSE!

CHARITY GOLF OUTING

BEL-WOOD

FRIDAY, SEPTEMBER 11, BEL-WOOD COUNTRY CLUB 8:30 AM SHOTGUN START

EARLY BIRD \$100

SPONSORSHIPS AVAILABLE

REGISTER EARLY AND SAVE!
 EARLY BIRD ENTRY FEE OF \$100 PER PLAYER MUST BE PAID BY FRIDAY, AUGUST 14
 PRICE PER PLAYER INCREASES TO \$125 AFTER AUGUST 14

ENTRY FEE INCLUDES: GOLF, DRINK TIX, LUNCH, GOODIE BAG, DOOR PRIZE TIX

PRESENTED BY

WOMEN'S HEALTH INITIATIVES FOUNDATION | HAPPY HORMONE COTTAGE | IHC | IHC

FOR MORE INFO, CONTACT: **KELLY BROWN, 937-371-4838 (CALL/TEXT)**
 KELLY@WOMENHEALTHINITIATIVES.ORG WWW.WOMENHEALTHINITIATIVES.ORG

Breast Care Corner



How often should I do a breast self exam (BSE)?

Give yourself a breast self-exam once a month. Look for any changes in breast tissue, such as changes in size, feeling a palpable lump, dimpling or puckering of the breast, inversion of the nipple, redness or scaliness of the breast skin, redness or scaliness of the nipple/areola area, or discharge of secretions from the nipple.

If you discover a persistent lump in your breast or any changes, it is very important that you see a physician immediately. Though 8 out of 10 lumps are benign, all require evaluation to confirm that they are not cancerous.

Women should perform their breast self exam 7-10 days after their menstrual period starts which is also when their breasts are the least tender and lumpy. If they are no longer menstruating, then she should select the same day of the month (first of the month for example) and mark it on the calendar to remind herself when to perform this self exam. What to look for is a change from last month's exam to this month's exam. It is not unusual to have lumpy or bumpy breasts.

All women should know the geography of their own breasts. If having trouble remembering, draw a diagram of where the lumps, bumps, grooves, and other findings are felt so that this can be used as a reminder from month to month. There is no added value in doing breast self exams more often than monthly. Also the findings may be different as well, in relationship to where a woman is in her menstrual cycle.

This info comes from the National Breast Cancer Foundation, Inc.

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.

Make a Donation



Contact Us

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Website

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www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



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