



Greetings!

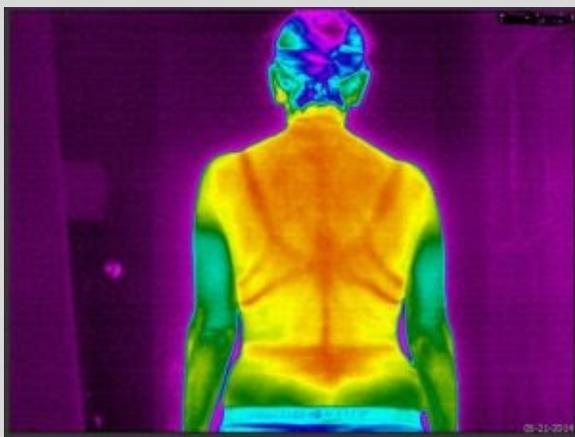
Speaking of Mindful Wellness...

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

- **"Is your bra bad for you?"** Health risks caused by ill-fitting bras that don't offer the correct support can range from constricted breathing, back pain and restricted circulation.
- We recently hosted a week long virtual Caring & Sharing Breast Health Open House. For those who may have missed the Monday, Sept 21 through Thursday, September 24 Day Program, here is the link for you to get caught up on all of the posts and info that was shared throughout the entire event. There's TONS of info in there and you don't want to miss any of it. **Click here to view on FaceBook! You will need to scroll all the way down to "Discussion" to see the posts.**

Yours in health & Wellness,
Jacky

Is your bra bad for you?



Health risks caused by ill-fitting bras....

Health risks caused by ill-fitting bras that don't offer the correct support can range from constricted breathing, back pain and restricted circulation to muscle strain and irritable bowel syndrome.

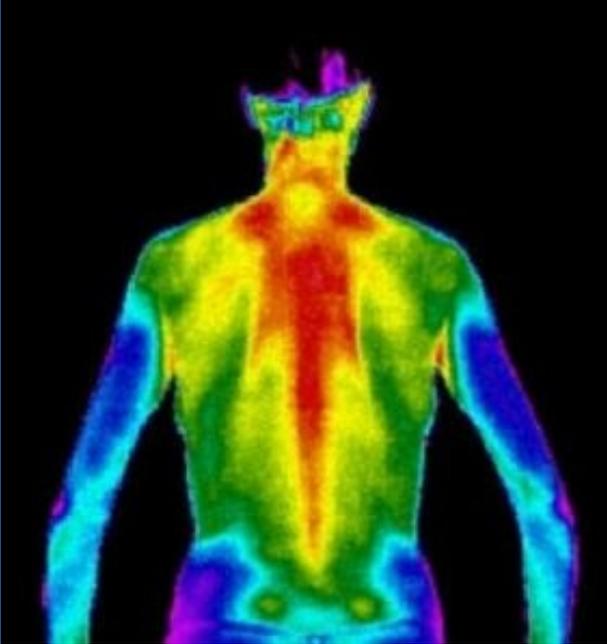
Some studies have even suggested a link to breast cancer.

We investigate why wearing a bra that doesn't fit could damage your health.

Three years ago, a U.S. study carried out by scientists Sidney Ross Singer and Soma Grismaijer surveyed 4,700 women and concluded that the odds of getting breast cancer increased dramatically the longer women wore bras.

The survey showed that those who had breast cancer were also the ones who reported wearing bras for more than 12 hours a day.

The study concluded that the constricting effect of bras suppressed the lymphatic system below the armpits, blocking an



internal network of vessels supposed to flush toxic wastes from the body. Over time, these toxins accumulate in the breast tissues and create an environment in which cells can turn cancerous.

However, many breast specialists and breast cancer organisations have disputed this study.

Two years ago, a study was carried out by Japanese researchers which found that increased skin pressure caused by a tight-fitting bra could suppress the nocturnal elevation of the hormone melatonin, which some doctors have claimed could also increase the risk of breast cancer.

But there is evidence that bras can cause other health problems, too. A study by the University Hospital of Wales asked 100 pre-menopausal women to go without a bra for three months, then return to wearing one for another three months. On average the number of pain-free days went up by 7 per cent when the women stopped wearing bras.

The study concluded that breast pain and health complications relating to the breasts were increased by wearing a bra. Although the study did not find a specific link between wearing a bra and an increased risk of breast cancer, it did report lower incidences of breast cancer in cultures who spent more time bra-less.

Can your bra cause breathing problems?

[Click to read more....](#)

Upcoming Events

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

Mobile Thermography Scans...

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

513-443-5161

Dates TBD:

The Wellness Lounge
Integrative Hormone Center & Pharmacy ~
Centerville Office
True2Form Chiropractic
Covenant Natural Healthcare
Fully Alive Chiropractic



Join us on Thursday, October 1 at 8 p.m. when Robin Hanson-Gobell hosts a Zoom call all about the benefits of Thermography.

Topic: Healthy Breasts, Healthy Body with Thermography

Time: Oct 1, 2020 08:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/5133050478?pwd=SWhXa3hMQWRPUUZEa3hjeTYyaTg2Zz09>

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

Meeting ID: 513 305 0478
Passcode: Healthy

(Please make sure to capitalize the "H" in Healthy when you input the passcode.)

Breast Care Corner

MEDICAL THERMOGRAPHY
Wellness is a journey...

- HOLISTIC HEALTH BREAST SCREENING
- NO RADIATION
- NO SQUEEZING
- START BY AGE 20
- PREVENTION
- FIND AREAS OF CONCERN EARLY
- PERFECT FOR DENSE BREAST TISSUE AND IMPLANTS
- SAFE FOR EVERY AGE AND STAGE OF LIFE including Pregnancy and Breastfeeding
- EARLY DETECTION

OCTOBER SPECIAL

Call Before October 31, 2020

\$50.00 OFF
FULL BODY SCAN*
Now \$449.00

\$35.00 OFF
HEAD & TORSO SCAN*
Now \$294.00

\$25.00 OFF
BREAST SCAN*
Now \$224.00

*Cannot be combined with other offers.

www.MindfulWellnessMedicalThermography.com

www.HolisticHealthMobileThermography.com

Member of Breast Thermography International

West Chester, Ohio Lab - Jacky - 513-382-3132

A mobile location near you - Robin - 513-443-5161



October is Breast Health Awareness Season

October is Breast Health Awareness Season and we are offering our biggest discounts of the year. This is THE time to get your baseline started or to have your follow-up scan performed. Let's get this scheduled for you!

Click here to schedule your thermography scan!

We encourage you to consider taking our online Breast Health Program course which consists of 5 classes and is taught by breast health specialist Aubrey Lesicki BS, LMP. Cost \$49.00
Click to register for the class!

Learn:

- * Simple approaches to better breast health.
- * Breast massage
- * Breast Self-Check
- * How well do you know your breasts?
- * Learn simple ways to make positive changes in your breast tissue
- * Do's and don'ts of bra use.
- * Promoting a healthy lymph flow

Finally, don't forget to like Mindful Wellness Medical Thermography on Facebook. We regularly share breast health info there.

Like us on Facebook

Contact Jacky or Robin to schedule your Thermography Scan....

West Chester Location

Jacky Groenewegen LMT, CTT
513-382-3132

Mobile Locations

Robin Hanson-Gobell LMT, CTT
513-443-5161

Hostess Incentive

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.



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!

Looking for more....

[Buy a Gift Certificate](#)

Get your 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

[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

[Our Mobile Locations](#)

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



Like me on *Facebook* to receive short therapeutic wellness

an entire year!!!

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.*

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

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



Visit our Website