

## Speaking of...Mindful Wellness

### Exciting Times are here....

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#### Tea Tree Essential Oil of the Month

The leaves of the melaleuca tree (or tea tree) have been used for centuries by the Australian aborigines to heal cuts, wounds, and skin infections.

Today, melaleuca oil is often used to help with fungal or bacterial infections, inflammation, and congestion.

Melaleuca's fresh herbaceous aroma is said to promote cleansing

Dear Jacky,

This is a very exciting time for Mindful Wellness Massage and Bodywork. I would like to introduce you to the newest line of holistic products available through [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com). You'll find many products centered around your well being. A sample of the products available are Organic Tea's, Nasal Irrigation Systems, a number of Essential Oil & Aromatherapy Blends, Therapeutic Bathing Products, Castor Oil products and Mindful Wellness' exclusive Sore Muscle Soak to name a few. You'll find many items centered on your well being or to give as a special gift for the holidays. These products are unique and ones typically not found in local stores.

*Jacky*

### Swine Flu - What, Me Worry?

The following article is from a holistic doctor Hana Solomon, M.D. I have been working with her for a number of years and she offered to share this valuable information with us. After reading this article be sure to order your [Nasopure unit](#) from Mindful Wellness Massage and Bodywork.

*Jacky*

The headlines continue to appear: "TWO MORE DIE OF SWINE FLU IN THE MIDEAST", and "NEW POWERS TO QUARANTINE MAY BE TESTED IN FLU OUTBREAK."

How much of this media hype is for the sake of dramatic headlines and how much is educating us about a serious risk to our health?

There is no doubt that the swine flu is real. Now known as H1N1, the swine flu is a new influenza virus. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

With school in session and cooler weather we should expect to see a dramatic increase in the number of influenza cases.

So who is most at risk for complications? Contrary to the usual seasonal flu age profile, it appears that young people and pregnant women are the

and purity. Melaleuca blends well with citrus oils, cypress, eucalyptus, lavender, rosemary, and thyme.

Our Price: \$ 8.70  
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most likely to have complications from the swine flu.

Evidence of this bug's unusual age profile can be found in the fact that school and camp-based outbreaks have been common while nursing home outbreaks have not been seen.

Those over 50 rarely experience severe illness from the H1N1 virus. Early in this outbreak, tests by the U.S. Centers for Disease Control and Prevention found that those over 50 may have pre-existing antibodies that protect them against swine flu, with those over the age of 60 showing the highest levels of antibodies.

The H1N1 age profile presents treatment challenges because we must be especially careful when giving children and pregnant women medications.

### How is the H1N1 virus spread?

Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Studies have shown that the influenza virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface.

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

### What can I do?

Prevention is always better than treatment, so let's start with the CDC recommendations: <http://www.cdc.gov/H1N1flu/qa.htm> :

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

But the CDC leaves out one of the most effective, economical, and important ways to protect you and your family: Washing your nose!

If you are washing your hands, the bathroom counters, your phone and your desk, doesn't it make sense to wash your body's personal air filter too?

## Wash Your Body's Personal Air Filter!

We know:

- The nose functions as our external filter.
- The H1N1 virus invades the nasal membrane lining.
- The body reacts to the virus invasion within just a few days.
- Nasal washing is safe, even for young children and pregnant women.
- Nasal irrigation can wash away viral particles before they have the opportunity to invade the body's mucosa (the lining inside the nose).
- Saline mixes vary in strength and effectiveness. Hypertonic saline works best for killing virus cell walls by osmosis (drying up the viral body).



Patients of mine who wash their nose as part of their daily hygiene stay well for long periods of time.....often going years without getting ill. This is true even for those who experienced 3-6 infections per year before adopting this hygiene habit. Scientific evidence supports these findings.

### Can Medications Prevent the Swine Flu?

Researchers are working on developing a vaccine for the H1N1 virus, and they hope to have at least some of it ready before cold weather lifestyles increase our risks of contagion. The vaccine will not be 100% effective, but it will help prevent severe cases and complications.

"FluMist" is a nasal spray (non-injectable) vaccine. The company is working to produce about five times as much swine flu vaccine as it had originally expected to need. We do not yet know how effective this vaccine will be. In addition, caution must be exercised in its use; nasal spray vaccines contain live viruses, limiting their safety profile especially for children and those with compromised immune systems.

### Are There Treatments That Can Help Me If I Get The Swine Flu? [read more....](#)

Be sure to sign-up for regular newsletters that support your health and well being. Comments, suggestions or questions are always welcome.

Sincerely,

*Jacky*

Jacky Groenewegen , LMT

Mindful Wellness Massage & Bodywork