

February 2010

Speaking of...Mindful Wellness

Careful tips to keep the Winter Blues Away....

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Clove Bud Essential Oil of the Month

Clove oil is commonly used today for this antimicrobial ability, as well as for its anti-inflammatory and pain relieving properties. For example, if you have a toothache you can use a drop of Clove Oil on your tooth to relieve the pain and kill the bacteria. By killing the bacteria you'll also help freshen your breath. Plus, you can gargle with Clove Oil to ease the discomfort of a sore throat.

Clove oil's warm, spicy

Dear Jacky,

The long days of winter are upon us and we've certainly had our share of winter snow. I'd like to bring you many useful tips to fight the Winter Blues and start looking forward to a new awakening in Spring.

You will find many interesting ideas, products, and articles on my site to help keep you well by incorporating some healthy habits into your daily wellness routine. Be sure to visit www.MindfulWellnessMassageandBodywork.com.

Jacky

Mindful Winter Survival Tips!

The country has gotten its share of snow, ice and bad winter weather recently. Be mindful that even if you have cold hands you should avoid putting them in your pocket while walking outside. Your sense of balance may be slightly off and navigating on a snow covered pathway may cause a tumble. If you start that tumble you'll need the use of your arms to keep or restore your balance. When the fall is inevitable having free use of your arms will help ease the fall's impact.

Keep a pair of gloves in your pocket to avoid chilly hands. Also, find a pair of warm boots that have great traction to prevent slipping. Bring an extra pair of shoes to change into if you're going someplace that isn't appropriate for boots. Stay safe with a pair of boots and prevent the salt from ruining your favorite pair of shoes.

Use extra care when shoveling...

Avoid injury by stretching and preparing before you begin shoveling. I found it very interesting that a shovel full of wet snow can weigh up to 20 pounds so proper lifting and bending techniques should be used.

- Stretch before you begin.
- Use an ergonomic shovel, found at a home improvement store, designed to push the snow instead of lifting.
- Use proper lifting techniques such as bending your knees while shoveling. You'll have a very sore back if you twist or bend from the waist not the knees.
- Try to keep the shovel as close to your body as possible. If you don't push the snow toss/dump the snow forward not over your shoulder.
- According to the American Academy of Orthopaedic Surgeons, "If you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your

aroma has also been said to be mentally stimulating, and to promote feelings of protection and courage as well.

Used in your Castor Oil pack, Clove can aid in recovering from colds and chest congestion. Put a few drops of Clove into the Castor Oil, then apply to your chest as well as over your liver area.

Even more uses....

- Diffuse or apply topically, mixed with Castor or Jojoba Oil.
- Use as a mouthwash or gargle by adding 2 drops clove to 4 oz. water
- Place drop on back of tongue to break smoking habit
- Apply directly to sore tooth or painful gum
- Add drop to rice milk and drink as dietary supplement
- Apply neat to soles of feet to ward off colds
- Place drop on back of tongue to stop hacking cough

Our Price: \$ 9.75

[Click here to purchase.](#)

Contact Us

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legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovelful of snow with your arms outstretched puts too much weight on your spine. Never remove deep snow all at once; do it piecemeal. Shovel and inch or two; then take another inch off. Rest and repeat if necessary."

- Take your time. Stop and enjoy the beauty of the crisp white snow.
- Stay [hydrated](#). The chill in the air may make you think staying hydrated isn't necessary. Keeping hydrated eases the dry skin.

Be careful when walking...

Be aware of where you're walking even when the pavement may look clear. Watch for black ice to prevent a slip. Better to walk slowly and test the pavement to see if it's slick before you risk an injury caused by a fall.

Be mindful of...

Be mindful of your friends and neighbors, especially if they're elderly. Volunteer to help them by running to the store or helping them clear a safe path. If you're older, don't be afraid to ask for assistance.

Take the time to enjoy a hot cup of [tea](#) or take a [Therapeutic Bath](#). Relax and stay well by breathing in calming aromas.

Finally...

Be sure to mention any muscle soreness or stiffness at your next session at Mindful Wellness Massage and Bodywork. That's what I'm here for! Be safe and have fun...

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Ease Congestion

Breathe a sigh of relief with this traditional method for clearing your nasal passages. Just fill cup with steaming hot water, [clip facial mask](#) onto cup, and breathe deeply. Soothing layers of steam gently help clear sinuses.

Add a drop of our Clove or Eucalyptus Essential Oil for even faster relief!

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

Stay Healthy & Well....enjoy the beauty the snow can bring!

Sincerely,

Jacky

Jacky Groenewegen , LMT, HTCP
Mindful Wellness Massage & Bodywork