

May 2010

Speaking of...Mindful Wellness Help for your allergies and home remedies to help you feel better....

Follow Us



[Click Here to
Purchase an
Instant Father's Day
Gift Certificate](#)



Rosemary Essential Oil of the Month

Apply a few drops to a tissue and inhale; or add to a diffuser. This is great to wake up and get your brain cells going.

Students report that it helped them do better in exams to smell Rosemary during study time, and then surround themselves with the aroma during the test. This is due not only to the stimulating powers of Rosemary, but also because the area of the brain for memory and that which processes scent are closely connected.

Add to unscented shampoo or conditioner (5-10 drops per 1 oz. of product), or apply 1 drop to your hairbrush to rejuvenate and naturally scent hair and scalp.

Adding just 5 drops to a warm bath brings welcome stimulation to sore, stiff and overworked muscles. In order to prevent the oils

Dear Jacky,

Allergy season is upon us. In this issue, you'll find ways to help with your allergies and some helpful home remedies that you can try at home.

Also in this newsletter, help that special man in your life feel relaxed and rejuvenated. Special products and gift certificates for a massage are available for purchase for Father's Day or any day.

We look forward to helping you feel better with a wonderful variety of products, services and articles to help you maintain your body and spirit. Be sure to visit my web site www.MindfulWellnessMassageandBodywork.com.

Jacky

Allergies Are SO Bad this Year!

This is a common complaint that I overhear at the gym, in the grocery store, and countless other social gatherings. This statement is usually followed by, "I'm taking every medicine I can find, and I've even seen my doctor . . . but I still feel congested, I itch, I sneeze, I cough, and I miss my sense of smell and taste. It's just awful!"

Allergies are often caused by airborne particles. Hiking, riding bikes, and simply moving through the air on any day exposes us to countless allergens. During allergy season, the air is 'allergy soup' with pollen, dust and animal dander entering our bodies through our nose, mouth, and eyes.

Mucus membranes become overwhelmed with these tiny particles causing allergic reactions that make us miserable.

What I want to tell all the people complaining about allergy symptoms is: [Click here to read more....](#)

Reprinted with permission from Dr. Hana, NasoPure.

Jacky Groenewegen LMT, HTCP
All rights reserved.

Thank you for the great Testimonial...

A Valued client passed on this bit of thanks.

For the last 15 years, I've had sinus infections every year starting in October and lasting off and on till March. I was on and off antibiotics throughout the winter every year. Then, in May I'd start to suffer from allergies for about 3 weeks. My nose would run and run. I was on three prescriptions to control those allergies.

Then I bought a Nasopure system from Jacky Groenewegen at Mindful Wellness about 2 years ago. I started using the system in late September and use it once or twice a day through the end of March. I have not had a single

from floating on the surface, blend the Essential Oil with some [Jojoba](#), Half & Half, honey, or vinegar before adding it to the water.

Our Price: \$ 6.90
[Click here to purchase.](#)

Products

[Click here](#) to view the lovely products available at Mindful Wellness Massage and Bodywork.

Father's Day Gift Idea's

Treat your dad, husband, brother, uncle to a special day! We've got a number of products to help the man in your life.

The [Back Saver Wallet™](#) is a true thin Front Pocket Wallet. Because of its construction it always folds flat and slips into a front pocket. It is 60% thinner when full. No Bulk, No Bulge.

[Organic Sports Lip Balm](#)

Contact Us

Office: 513-759-HEAL (4325)
Fax: 513-759-4324

Jacky Groenewegen
Licensed Massage Therapist
Healing Touch Certified
Practitioner
[e-mail Jacky](#)

Jennifer Concannon
Marketing and
Customer Relations Manager
[e-mail Jen](#)

sinus infection since and I have not had a single allergy flare up either.

In addition, whenever I start to get a cold, the first thing I do is gargle and use my Nasopure. I've only had two small colds in two years!

Thank you so much for introducing me to this wonderful, life-changing product!

I can't say enough for the Nasopure system. It is terrific! Anyone who had sinus infections, allergies, or suffers from colds should buy one and use it often.

Sincerely,
Bob Rosselot

Save \$5

\$5 off your online purchase of \$25 or more. Go to www.MindfulWellnessMassageandBodywork.com discount code is not required to receive \$5 off your next purchase as a special thank you for being a valued reader. (Discount applied to merchandise before shipping and taxes. Minimum purchase of \$25 required.) Feel free to share with a friend.

Home Remedies....

Use Rosemary and Tea Tree oils in your [Nasopure unit](#) to enhance the effectiveness in clearing and decongesting sinuses.

Daniel Penoel, MD, recommends that the saline solution be prepared as follows:

12 drops of Rosemary oil
4 drops of Tea Tree oil
8 tablespoons very fine salt

The essential oils are mixed thoroughly in the fine salt and kept in a sealable container. For each nasal irrigation session, 1 teaspoon of this salt mixture is dissolved into 1 1/2 cups distilled water (or one fill of your Nasopure unit).

This oils/salt/water solution is then used to irrigate the nasal cavities. This application has brought surprisingly positive results in treating latent sinusitis and other nasal congestion problems.

Penoel, Daniel, MD and Rose Marie, Natural Home Health Care Using Essential Oils, Essential Science Publishing, 1998. pp. 166-167

Help keep your skin soft when Shaving...

In our [last issue](#) we talked about the many [benefits of Jojoba](#). Don't forget that Jojoba makes a wonderful start to a smooth shave. Simply fill you palm with a nickel size amount of Jojoba and rub it on your skin before shaving. This makes a wonderful base to your normal shaving cream. This technique helps your skin feel softer and helps with razor burn.

Comments, suggestions or questions are always welcome.

Stay Healthy & Well....remember to stay hydrated as the weather starts heating up!

Sincerely,

Jacky

Jacky Groenewegen , LMT, HTCP
Mindful Wellness Massage & Bodywork, LLC