

## Speaking of...Mindful Wellness Help for Sinus Problems, Muscle Aches and Bone Spurs...

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### Tea of the Month Breathe Easy

#### What will Breathe Easy do for me?

Breathe Easy promotes normal respiratory tract health by reducing mucus and helping to keep the nasal passages open.\*

#### How do I know it works?

Breathe Easy combines eucalyptus, fennel, and licorice; herbs that have been found to have beneficial effects on upper respiratory tract health. Their effects are complemented by the addition of "Bi Yan Pian," a traditional formula for the sinuses, widely recommended by practitioners of Oriental medicine.\*

#### When should I use it?

When experiencing difficult breathing due to common, non-serious conditions of the upper respiratory tract.

#### How does it taste?

It's a complex blend of herbal tastes - spicy-aromatic and cooling, somewhat bitter and astringent, and slightly sweet.

**Our Price: \$5.49**

Dear Jacky,

I've shared that Fall is my favorite season, but I know many of my friends, clients and colleagues suffer from a number of issues with the change in weather. My hope is that I'm able to give suggestions to help ease improve your health and well being.

In this issue, you'll find many benefits of using essential oils to help with bone spurs, natural methods to help ease sinus congestion, and a wonderful tea "Breathe Easy." Take a deep soothing breath and drink in the spectacular colors that Fall brings.

I enjoy providing you with helpful suggestions you can incorporate into your wellness routine. You'll find products, articles and past newsletters when you visit my web site... [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

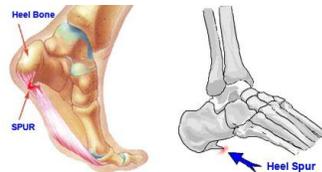
*Jacky*

### What is a Bone Spur and Can Essential Oils Help Dissolve Them?

Nancy Sanderson

(This testimonial is adapted for our newsletter)

What is a bone spur? A bone spur (osteophyte) is a bony growth formed on normal bone. Most people think of something sharp when they think of a "spur" but a bone spur is just extra bone. It's usually smooth but it can cause wear and tear or pain if it presses or rubs on other bones or soft tissues such as ligaments tendons or nerves in the body. Common places for bone spurs include the spine, shoulders, heel, feet and your fingers.



Although the cause of bone spurs is unknown most experts agree that they have an association with osteoarthritis especially due to the breakdown and deterioration of cartilage around the joints. Bone spurs are commonly seen in the aging population so specialists also believe it is a part of the aging process due to changes in the way the body works.

If a bone spur is causing a problem it is most often pain or discomfort. Surrounding tissues can become inflamed causing pain swelling and tenderness. Movement can also become restricted as the spur can interfere with the normal function of a joint if this is where it has developed. The spur can wedge itself in the joint and prevent smooth movements or limit mobility entirely. Severe issues arise when lumbar thoracic or cervical bone spurs grow to the point that they impinge on nerves or other bones. This can result in a number of serious effects including:

- Radiating arm and leg pain
- Weakness in the extremities
- Numbness
- Severe back and/or neck pain
- Restricted movement
- In some cases disability

Here's what I did for bone spurs on my heel which hurt like the dickens. At night I

[Click here to purchase.](#)



## Balsam Fir Essential Oil of the Month

Traditionally used for muscular aches and pains, the warm aroma of balsam fir soothes and rejuvenates body and mind. Known for supporting respiratory function,\* this herbaceous oil can be diffused for aromatherapy or diluted with a carrier oil for topical application. Also believed to create an uplifting sense of well-being, balsam fir is a 100 percent pure Young Living Therapeutic Grade™ essential oil distilled for the needles of the balsam fir tree.

### How to Use:

For dietary, aromatic or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Do not use near fire, flame, heat or sparks.

**Our Price: \$32.57**

[Click here to purchase.](#)

### Contact Us

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could hardly wait to get off my foot because it hurt so bad but when I did, it hurt worse. During the night when I had to get up to go to the bathroom it took all I could muster up, to hobble to the bathroom because I couldn't put any weight at all on the foot. I had tried [RC Essential Oil](#) because I had heard that it had dissolved other peoples bone spurs. But it didn't help mine. I was to the point where I was maybe considering going to the doctor to see about getting surgery on the heel because I was tired of the pain all the time. Then one day there was a medical doctor on T.V. and he was talking about doing laser surgery on bone spurs. So I was really interested in seeing what he had to say about it. He said-before doing surgery, they would give the patient cortisone shots and then see what happened. Da-a-a-a, What was the matter with me. Why hadn't I thought of that before? We have a natural cortisone like action with our tree oils so I applied Idaho [Balsam Fir](#) and [R.C.](#) together on my heel. The first night the pain was less and in three days the spur was gone and that has been over eight years and I have not had any problems since. What a relief not to have to resort to surgery and go through more pain and compromise the immune system when we have these wonderful oils to help us. Nancy Sanderson.

*Reprinted with permission by Linda Smith, ISHA Healing.*

# Save \$5

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### Create your own... Sinus Relief

**Directions:** Fill your [Steam Inhaler](#) with warm water adding a drop or two of Balsam Fir Essential Oil. Breathe deeply. Other Essential Oils that promote respiratory health include RC Blend, Eucalyptus Oil and Tea Tree [Essential Oils](#).

### Harvest Moon Fun Bath Fizzers

These fun milk-bath fizzers are simple to make and are a lot of fun to use. Simply drop one into warm bathwater, and it will instantly begin fizzing, creating a milky foam scented by the aroma of your favorite natural essential oil or blend. Sit back and relax as your body soaks up the natural properties of your chosen essential oils. These fizzers also make great gifts for family, friends, and others!

#### Ingredients Needed:

1. Baking Soda (1/2 Cup):
2. Citric Acid (1/4 Cup): This can be found at many grocery stores or at candy-making supply stores.
3. Powdered Milk (1 Tbsp + 1 tsp): Use low-fat or skim milk powder if possible.
4. Cornstarch (1 Tbsp):
5. [Jojoba Oil](#) (1 Tbsp): This natural liquid wax closely mimics the skin's own oils and can help moisturize the skin.
6. Water (1 tsp)
7. Essential Oils (20-30 drops): These not only give your bath fizzers their own unique scent, but they also add to your bath the benefits of the essential oil you choose.

[Click here for Instructions...](#)

Comments, suggestions or questions are always welcome.

Enjoy the crispness of the Fall air. Sit by the fire and enjoy a nice calming evening with friends and family.

Sincerely,

*Jacky*

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