

Speaking of...Mindful Wellness

Heat versus Ice...

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Tea of the Month Eaters Digest

What will Eaters Digest do for me?

Eaters Digest promotes healthy digestion and relieves stomach discomfort. I don't know about you, but I need something like this after a big Thanksgiving meal...

How do I know it works?

Eaters Digest
Peppermint and fennel-based teas are approved in Europe for occasional indigestion, particularly when there is flatulence and a sensation of fullness.* Ginger has shown to promote the flow of digestive juices,* a normal process that supports the digestive system.

When should I use it?

Drink 1-2 cups after meals or when experiencing any digestive discomfort.

How does it taste?

It's a refreshingly aromatic blend of tastes - spicy, sweet, pungent and minty.

Our Price: \$5.49

[Buy now before your
holiday meal.](#)

Dear (Contact First Name)

As we enter into this Thanksgiving season I would like to thank all of you...my friends, clients and colleagues for reading and supporting Mindful Wellness. I personally, have a lot to be thankful for this year.

I know life tends to be even more hectic during this crazy time of year but take time to slow down and give thanks to all of the special people in your life. Be grateful for all of the positive things happening and don't dwell on the stresses. Stay upbeat and smile. Did you know a simple smile helps keep you calm?

I hope to provide you with helpful suggestions that you can incorporate into your wellness routine. You'll find products, articles and past newsletters when you visit my web site... www.MindfulWellnessMassageandBodywork.com.

Jacky

Heat versus Ice...

But the Heat made my back feel better.

Contributed by Dr. Chris Coffman, West Chester Chiropractic

Many of the patients I have seen who are in the most pain applied heat to their back after an injury. So, when is it appropriate to use ice as opposed to heat?

You may have heard about the benefits of ice for the first 24-48 hours after an injury to reduce swelling and inflammation. After that point, you can then switch to heat, right? This is not necessarily the case. If an area is injured, a knee for example, ice for 15 to 20 minutes each hour can be used for the first two days. However, if the knee becomes more swollen from daily activities or exercise then ice should continue to be applied, after the initial two days, as if it were a new injury. If an area is not reinjured and only mild swelling is present, contrasting the area with ice for 10 minutes, heat for 10 minutes, and then ice again for 10 works well.

When is it appropriate to use heat on a new injury? The answer is never, even if it feels like a tight muscle or a spasm. On the surface, it would seem like heat would help the muscles relax and it usually feels better than applying ice to your skin. If the muscles are strained (torn to some degree) then ice should be used. If the joints or a disc in the spine are irritated or injured, nerves fire excessively and cause the muscles to spasm to protect and stabilize the area. This is too often diagnosed as a muscle spasm and heat is recommended. Applying heat to an inflamed area may feel good initially but if it increases the swelling then pain and spasm will increase. I have experienced this scenario with new patients and on occasion have not been able to complete my initial examination due to the extreme pain. I send these patients home with instructions to use ice and most of them feel much better upon returning the next day.

A good rule of thumb is to use ice, even if it feels like muscle tightness, for the first few days. One exception would be the ankle. To avoid pooling of fluid in the area I recommend elevating the leg and applying ice behind the knee. I hope this helps make sense out of this confusing issue. Call me at 513-777-7575 if you have any question's.

Dr. Coffman has been helping our community improve their health and quality of life since 1989 in his office, West Chester Chiropractic Center. He is a Certified



Cypress Essential Oil of the Month

**Don't let Holiday Stress
Get you down**

Description:

Sweet, balsamic and spicy. This is a very pleasant Evergreen aroma, smoky, woody, dry and slightly nutty.

How does it help?

- Soothing fragrance that supports positive well-being.
- Comforting & Positive
- Reviving if your mood is low
- Restores and provides a sense of comfort.
- Improves concentration.
- Warming feeling when applied to the skin to help ease excessive fluids.

Suggested Use:

Place a few drops in your diffuser to improve your mood. Add a few drops of Cyprus to 1oz. of unscented body care product such as Jojoba.

History:

Cypress oil is derived from a tall, slender tree typical for the landscapes of the Mediterranean. Its appearance adds serenity and timeless grace wherever it is planted and it is a popular plant for graveyards - not surprising, maybe, considering its main emotional benefit - to ease grief and give emotional strength to get on with life after an emotional crisis. The plant is related to Juniper and its oil can be found in many Men's colognes and aftershaves. Used as purifying incense by the Tibetans.

Our Price: \$10.00

[Buy Now](#)

Chiropractor is Spinal Trauma, Chiropractic BioPhysics, and Chiropractic Pediatrics and the Webster Technique. He also completed the Chiropractic Sports Physician Program and the Chiropractic Wellness Program.

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.

Create your own...

Stomach Relief

Directions:

Keep yourself hydrated to aid with tummy aches. Add a little flavor to your favorite glass of water by adding a drop of [Lemon Essential Oil](#) and a teaspoon of sugar.

Orange "Basting" Dressing

- 1 garlic clove
- 2 tablespoons sesame oil
- 8 ounces frozen orange juice concentrate
- 1 drop [ginger oil](#)
- 1/4 cup pine nuts
- 3/4 cup Blue Agave
- 1/2 teaspoon cayenne pepper
- 1 cup olive oil

Add all ingredients (except olive oil) to blender and puree. Slowly add olive oil to assist in the emulsification process.

Before roasting the turkey, lightly coat the turkey's skin with olive oil, to prevent the skin from drying. Baste turkey with the orange dressing and prepare gravy from the juices in the turkey pan.

Makes 4 cups and may be refrigerated and stored for 2 weeks.

Recipe found from Younglivingcircleblog.com

[Click here](#) to view the wide range of therapeutic products available at Mindful Wellness Massage and Bodywork.

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.

Happy Thanksgiving,

Jacky

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