

MINDFUL WELLNESS



massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

December 2010

Speaking of...Mindful Wellness A festive season of thanks...

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Tea of the Month Eater's Digest

What will Eater's Digest do for me?

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

How do I know it works?

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

Dear Jacky,

My Christmas wish for all of my valued friends, clients and readers is that you have a joyful holiday season spending time with your friends and loved ones. Remember the true meaning of the holidays is not the craziness of searching for the perfect gift but the caring we feel for one another. Create meaningful times with those you care about this year. Sometimes the greatest gift we can give...is time spent with one another!

As 2010 begins winding down take time to be thankful for all of the positive things you've done 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 try not to dwell on the stresses. Stay upbeat and take deep soothing breathes when you feel a bit overwhelmed.

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

Simple ways to Ease your Holiday Stress

I know the holiday season can be challenging for many but there are simple things you can do to help ease your stress so you can enjoy this wonderful time of year. It can be very overwhelming and depressing trying to find the perfect gift or trying to please everyone, or remembering loved ones who may not be with us this year.

- I'm trying to simplify this year and not stress over the things I don't have time to finish. I know that's easier for some than others.
- Smile more. A simple smile calms your nerves and makes those around you happier.
- Take a deep soothing breath in through your nose and release slowly through your mouth.
- Walk away from a stressful situation to gather your composure. This may help prevent a family misunderstanding.
- Take a calming bath, Lavender is a wonderful essential oil to help calm your mind.
- Enjoy the beauty of newly fallen snow. Look at the inconvenience as a way to slow down and enjoy the natural beauty.
- Breathe in the scents of the holiday season with your favorite essential oil.

Here are a few suggestions you can use in your favorite [diffuser](#)... I enjoy the fresh scents many of the conifers add to the holiday season like...[balsam fir](#), [cedarwood](#), [juniper](#), and pine are a few of my favorites. Create your own holiday baking scent without the mess... try [orange](#), [ginger](#), [cinnamon](#), nutmeg or [clove](#). And for that sacred fragrance, you want [frankincense](#) and [myrrh](#).

Buy now before your holiday meal.



Citrus Spice Essential Oil Blend of the Month

Bring a sense of holiday cheer to your home this festive season...

Description:

This cheerful blend spreads joy in abundance. A rich, uplifting synergy that is so delicious and heart-warming, it will turn your holidays into jolly days!

How does it help?

It smells like Christmas - freshly cut evergreen branches and Christmas cookies. This aroma is likely to become a cherished holiday essential for you and your family.

· Add Citrus Spice to a [diffuser](#), sprinkle it on your Christmas tree or wreath, place Celebrate-scented potpourri throughout the house, etc.

Suggested Use:

- Place a few drops on your favorite wreath to add a special holiday scent.
- Place in your favorite diffuser and make new holiday memories this year.

Our Price: \$6.99

Buy now to enjoy during this festive holiday season

Contact Us

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Jacky Groenewegen
Licensed Massage Therapist
Healing Touch Certified

Save \$5

\$5 off your online product 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.

How to Roast a Turkey

How to Roast a Christmas Turkey:

This is delicious!

- 1 - 12-18lb Turkey, thawed with giblets and neck removed (Note: it can take 2-3 days for a frozen turkey to thaw in the fridge, so plan ahead for this)
- 3 TBSP sea salt
- 1 1/2 TBSP black pepper
- 1 medium onion, quartered
- 1 medium apple, halved
- 8 sprigs fresh thyme
- 4 tbsp butter, cut into four pieces
- 2 stalks celery, cut in two or three pieces each
- 2 cups turkey broth, water or a mixture of half water and half apple juice
- Optional: I like to add some chopped bulb fennel either in the cavity and/or in the stuffing, which I prepare either on the stovetop or in a casserole dish and bake.

Directions:

1. At least four hours before roasting, rub turkey inside and out with sea salt and pepper; refrigerate. Remove from refrigerator 45 minutes before roasting. Heat oven to 425 degrees.
2. Set turkey in roasting pan fitted with a V-shaped rack. Slip your fingers under skin to loosen it. Rub butter over breasts. Stuff vegetables, apple and thyme into cavity. Tuck wingtips under bird.
3. Pour broth or water into pan, around bird. Put turkey in oven and roast, uncovered, for 30 minutes. Reduce heat to 325, baste turkey with pan juices, cover with a foil tent and return to oven. Cook for another 30 minutes. Remove foil, baste again and place foil back on turkey. Cook for 30 more minutes. Remove foil.
4. When turkey has roasted for a total of two hours, insert a meat thermometer straight down into fleshiest part of thigh, where it meets drumstick. Check a second spot, then remove thermometer. (Do not let thermometer touch bone.) Thigh meat should reach no more than 165 degrees. Juices should run clear. (If bird is larger than 14 pounds, keep foil on longer and begin checking meat temperature at two and half hours.) To assure perfectly cooked white and dark meat, you may remove bird when meat thermometer shows thigh temperature at 155, then remove legs and roast them separately for another 15 to 30 minutes, depending on size of bird.
5. When bird has reached desired temperature, remove from oven and let rest for at least 30 minutes, covered in foil and with a damp towel on top of foil, to retain heat and allow juices to return to meat. Remove foil and towel and serve.

Serves 8-12.

Homemade Tangerine-Cranberry Sauce

This is the absolute BEST cranberry sauce!

- 1 1/2 cups organic natural sugar
- 1-1 1/2 cups water
- 16 oz package organic cranberries
- 1-2 drops [Tangerine Essential Oil](#) (add one drop at a time and taste) - if you prefer [Lemon](#) (tips) or [Orange](#) essential oil go ahead and substitute it for the Tangerine.
- Optional: you can also add a grated apple to the recipe

Heat sugar (or Agave) & water to boiling over medium high heat. Add cranberries, and return to boiling. Reduce heat to low and cover and simmer for 7 minutes or until cranberries pop. Let mixture cool, then add essential oil to taste, refrigerate for 2 or more hours, serve. Yum!

About Tangerine Essential Oil

Practitioner
Guided Imagery
Therapist
[e-mail Jacky](#)

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Marketing and Customer Relations
Manager
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Tangerine (*Citrus reticulata*) is a calming essential oil with a sweet, tangy aroma, similar to orange. It helps with occasional nervous irritability. An excellent oil to help uplift the spirit and bring about a sense of security, tangerine is also rich in the powerful antioxidant d-limonene. Tangerine may also be used to enhance the flavor of food only if it is superior quality (therapeutic-grade) and states on the label it is safe for dietary use. Young Living Tangerine oil is food-grade quality and can be used in cooking and as a dietary supplement.

Additional Tip: Plain Yogurt with Leftover Homemade Cranberry Sauce

I just wanted to share with you that my homemade Cranberry sauce with [Orange essential oil](#), leftovers from Thanksgiving, is absolutely delicious spooned over a dish of plain yogurt. The only thing that may make it even more tastier is to add some shaved dark chocolate on top!

Comments, suggestions or questions are always welcome.

Enjoy the lovely falling snow. Enjoy the blessings the holiday season brings.

Happy Holidays,

Jacky

Jacky Groenewegen , LMT, HTCP, GIT
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