

# MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

January 2011

## Speaking of...Mindful Wellness Natural Detox Methods to Feel Better...

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### Tea of the Month

#### Throat Coat

##### Directions:

Brew Well to be Well. For maximum benefit, medicinal tea must be properly prepared. Pour 8oz freshly boiled water over a tea bag in a ceramic cup. Cover cup and steep 10-15 minutes. Water temperature, covering your cup and steeping time greatly influence the yield of beneficial components that will end up in your teacup! Gently squeeze the tea bag to release the remaining extractive. Drink 2-3 cups daily, 30 minutes before or after meals.

##### What will Throat Coat do for me?

Throat Coat provides a protective coating on the membranes that line your throat.

##### How do I know it works?

Throat Coat contains herbs with demulcent (soothing)action. The components of these herbs have shown significant adhesive (coating)action on the lining of the mouth and throat.

##### When should I use it?

Drink Throat Coat as often as needed throughout the day. For a more concentrated brew, use two bags.

##### How does it taste?

It's sweet, aromatic, earthy, and viscous

Dear Jacky,

I hope the start of 2011 is finding you healthy and well. This is a perfect time of year to kick-start a healthy you. You'll find many suggestions, some old and some new to start you off in the right direction to reinforce all of your healthy new habits.

I'm looking forward to sharing many new ideas with you to help you continue improving your health & wellness during 2011. You'll find products, articles and my blog when you visit...  
[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Jacky

### The Healing Properties of Castor Oil

Castor oil is great healing tool that has positive health effects when taken for a number of ailments. Castor Oil has been found to be helpful in improving the health of the digestive system, lymphatic system, circulatory system, excretory system, and the nervous system.

In addition to aiding the health of your internal system, castor oil also serves as an excellent skin treatment. Simply applying castor oil a couple of times each week can show positive benefits for your skin, as well as helping to relieve aches, pains, and sore spots. Castor Oil can be used to treat acne, pigmented moles, corns, calluses, and any other skin ulcers or sores.

#### Castor Oil and the Lymphatic System

Use of castor oil has shown the most benefit on the lymphatic system. The lymphatic system is extremely important to even the most basic body functions. Be mindful that maintaining a strong lymphatic system keeps you healthy and well. By keeping your lymphatic system balanced it helps maintain the fluid balance in your system. Lymphoid tissue (a central part of the lymphatic system) is a carrier of white blood cells, which attack infections, diseases, viruses, and prevent tumors from growing in our bodies. The lymphatic system helps to prevent waste from gathering in our body while also playing an important role in metabolism. This aids in processing body fats and other materials more quickly.

While improving the function of the lymphatic system isn't possible with just the use of medicine, it CAN be improved through physical activity, massage, meditation, and through applying castor oil packs. Castor Oil has been a long-time treatment that many may remember hearing their parents or grandparents discuss.

The lymphatic system plays large parts in the functioning of the other systems as well. [Read more...](#)

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(which allows the herbs to coat your throat.) Children love the sweet, soft and soothing feel of Throat Coat.

**Our Price: \$5.49**

**[Buy now to help your throat feel better.](#)**



## Rosemary Essential Oil of the Month

**Wake up your mind and kick off the year in high gear with this wonderful oil.**

**Description:** Strong, herbaceous, fresh, balsamic scent. Powerful and camphoraceous. Smells a bit like Pine Essential Oil.

### **Suggested Use:**

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.

If you like you can make your own hair care blend, combining Rosemary with Clary Sage, Jasmine, Patchouli and Lavender according to your liking. Add to unscented shampoo or conditioner (5-10 drops per 1oz. of product), or apply 1 drop to your hairbrush to rejuvenate and naturally scent hair and scalp.

Adding just 5 drops of Rosemary to a warm bath brings welcome stimulation to sore, stiff and overworked muscles. In order to prevent the oils from floating on the surface, blend the Essential Oil with some Half & Half, honey, or vinegar before adding it to the water.

**Our Price: \$6.90**

**[Buy today!](#)**

## Winter Allergy Triggers...

During the winter, major allergy triggers move inside. If you are allergic to dust, animal dander, mold or mildew, then you may suffer more now than during the spring and summer. But there is one more winter air problem that often goes unnoticed or unappreciated: wood smoke.

Some people use wood as a primary source of heat; others have wood stoves as a back-up in case of emergencies. The comfort of a blazing fire in the fireplace warms many hearts during the long winter nights. But where there is fire, there is also smoke and smoke gets in your eyes, your nose, and your airways.

Sylvia, from Northern California, writes, "Every time I open the wood stove to put another log on the fire, I get exposed to wood smoke that is hard to avoid. It makes my eyes water and my nose run, and although I love the heat I sure don't like the smoke."

You do not have to have a wood fire in your own home to be exposed; the smoke from your neighbors' fires is in the air you breathe. Many people with chronic lung disorders can tell when fireplaces start burning wood in their community just by the worsening of their symptoms. Wood smoke is full of fine particles that are extremely toxic to our airways and lung tissue. Those of us with generally healthy airways are less sensitive to the smoke but just as vulnerable.

The tiny hairs (cilia) inside our noses and upper airways are there to protect us from this kind of particulate matter. They capture the particles and their constant out-sweeping motion pushes dangerous contaminants back out and away from the lungs. But these cilia can be immobilized in mucus and debris if the air is too contaminated.

Washing the nose keeps the cilia in good working order and sweeps out potentially dangerous impurities. During the winter months, it is especially important to use [Nasopure](#) to start your day, and again each evening after being exposed to indoor contaminants. Here at BeWell we encourage you to stay warm, but remember to keep your nose clean!

Be Well, Dr Hana  
Hana R. Solomon, M.D.

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## Detoxifying Juice

Grail Springs Spa's Detoxifying Juice

Courtesy of Grail Springs Spa, Ontario, Canada, [www.grailsprings.com](http://www.grailsprings.com)

"The human body has an incredible capacity for healing itself and fighting off potential disease, which generally always starts in the colon," says Madeleine Marentette, founder of Grail Springs. "Juice fasting gives your body the necessary break to cleanse and repair itself, a powerful purifier starting from the inside out. This particular combination of apples and beets are great liver cleansers, while cucumber and ginger make excellent immune boosters."

Serves 2-4

### INGREDIENTS

- 6 apples
- 4 medium-size beets
- 1/2 English cucumber
- 1 tbs. ginger, finely chopped

### PREPARATION

Combine the first three ingredients through your juicer. Stir 1/2 teaspoon of ginger into each glass. Mix and serve within 30 minutes of preparation.

## Contact Us

Office: 513-759-HEAL (4325)

Fax: 513-759-4324

Jacky Groenewegen

Licensed Massage Therapist Healing

Touch Certified Practitioner

Guided Imagery

Therapist

[e-mail Jacky](#)

Jennifer Concannon

Marketing and Customer Relations

Manager

[e-mail Jen](#)

## Rosemary in your Nasopure Unit

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

Comments, suggestions or questions are always welcome.

Start the year off with Healthy Habits...

### Here's to Healthy Habits,

*Jacky*

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