

MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

February 2011

Speaking of...Mindful Wellness Healing your Mind and Body...

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Tea of the Month

Think-O2

**Increase your mental clarity
with Think-O2 Tea.**

Instructions: When should I use it?
Drink 3-4 cups daily between meals.

Ingredients: Peppermint Leaf, Ginkgo Leaf and Ginkgo Leaf Dry Extract, Gotu Kola Leaf, Sage Leaf, Siberian Ginseng Root, Lemon Balm Leaf, Rosemary Leaf, Natural Lemon Flavor, Stevia Leaf.

What will Think-O 2 do for me?
Think-O2 promotes mental performance by combining herbs traditionally used to enhance memory function.

How do I know it works?
In laboratory tests, Think-O2 tea has demonstrated significant antioxidant activity, evidence that supports protection of brain cells. Ginkgo, guta kola, sage, rosemary, peppermint and lemon balm all contain beneficial compounds known to preserve neurotransmitter levels in the brain.

How does it taste?
It's a refreshingly aromatic blend of herbal tastes-slightly bitter, sweet, and spicy with mint.

Our Price: \$5.49
[Buy Think-O2 now.](#)

Dear Jacky,

Are you looking for a bright ray of sunshine? In this issue, you'll find lots of sunny ideas that you can incorporate into your winter routine. Think good thoughts....Spring is right around the corner!

The theme of this newsletter is providing you with ways to bring balance to your body and mind. I'm very excited to introduce you to "Resetting the Body with Color," a Guided Imagery that I created as my gift to you. As a Guided Imagery Therapist, I know the value you'll experience while listening to the imagery. Learn more about Guided Imagery by reading the article included with this newsletter.

Enjoy the healthy recipes using Grapefruit and other citrus fruits. Look for more wellness ideas when you visit www.MindfulWellnessMassageandBodywork.com. You'll find products, articles, my blog, plus many more suggestions.

Jacky

Looking for a new way to improve your Mind and Body? Try Guided Imagery...

Guided imagery has become increasingly popular in recent years, and for good reason. Guided imagery is a type of psychotherapy in which someone - usually the psychotherapist or somebody educated in guided imagery - leads you through a series of visualizations.

This facilitator or guide typically leaves a good portion of the guided imagery up to you, which allows your imagination to grab hold of the process and really make it your own. The facilitator prompts you to deal with whatever issues that you are working through while using imagery in a non-confrontational, calming way.

Because of the basic structure of the exercise, it is essentially an induced dreaming or daydreaming. It enables your subconscious to express itself while you're actually awake. The practice of guided imagery is similar, in effect, to meditation, though the difference lies in that meditation isn't an effort to engage the imagination as well as subconscious, but rather a focusing on the mind.

Meditation is more about mental preparation than about therapeutic mental calming (although guided imagery can do both of these things). The advantages of guided imagery are, as you would expect, immense.

What Do You Do During a Guided Imagery Session?

Typically, the goal of guided imagery is to get the person to relax. Should you be stressed about something, it is actually because you're worrying and are allowing your mind to operate on autopilot. Guided imagery consciously relaxes that worry, and consciously induces positive emotions that allow one's body to deal with whatever psychological or physical issues that you're facing. Incidentally, you don't have to be going through some form of mental or health ordeal to benefit from guided imagery, it can be useful to anyone.

Your facilitator/guide has a huge variety of scripts they can lead you with, so it's impossible to mention exactly where your mind is going to be going during a guided imagery session, but often, they will ask you to picture a specific soothing environment. It may be indoors or it may be in



Grapefruit Essential Oil of the Month

Grapefruit is also the fruit of the month... Bring a little sunshine into your day.

Description:

Fruity, bitter citrus scent, reminiscent of the peel of the fruit. Red Grapefruit has a unique flavor that is more refined and "yummy" than that of White Grapefruit.

Aromatherapy Properties:

Cleansing and satisfying. Popular oil to help with weight loss. Stimulating and refreshing, uplifting and nourishing positive emotions. Grapefruit's aroma inspires and clears the mind.

Citrus oils help to eliminate emotional confusion and increase ones sense of humor and well-being.

Suggested Use: Use a few drops in a diffuser to freshen the aroma climate of your home. Sniff directly from the bottle to curb appetite.

Add 10 drops of Grapefruit Essential Oil to 1oz. of Jojoba to help with toning treatments; add to shower gel and gently brush the areas you want to firm before rinsing, or add to lotion or massage oil for a stimulating massage.

Citrus Essential Oils are among the few Essential Oils with a limited shelf life. Keep your citrus oils away from heat and direct sunlight, and in tightly closed containers; your fridge would be great! Try using them within 6 months of purchase. Older oils may not be appropriate for medicinal or skin care purposes, but can still add citrus-power to a diffuser blend.

History: When peeling a citrus fruit, you may experience the Essential Oil freely spraying from the peel when applying pressure. Squirting the Essential Oil into a candle flame is a nice winter activity that fascinates children (and those that remained young) for long periods of time.

Before the juice of citrus fruits is

nature (or they could leave this up to you), but they'll lead you through a number of prompts that will have you visualize lots of the main aspects of the environment you are in.

Then they might have you meet a person or an animal, or they might ask that you picture any physical pain, desire, or mental stress, and view it as if from the outside. Often, chemotherapy patients undergoing guided imagery are requested to view the chemo as healing light.

What exactly you visualize is ultimately likely to be up to you and the person leading your guided imagery. There are actually countless possible prompts and countless potential images, and many of them may work better for you than others. You will learn over time how it really works and how to best make it work for you.

How Does it Work?

The best way to describe guided imagery is by explaining the placebo effect. In all medicinal studies, a medication needs to be compared against a placebo, or a fake, non-functional medicine (usually a sugar pill, if the other medicine is in the pill form), which is administered to a control group. The benefits of the medication in the patients that received the actual medication are compared with those that got no medication, but thought they were receiving the medicine.

The interesting thing about the placebo effect is that, despite the fact that many of the patients aren't getting medicine, if they THINK they are getting medicine, their well being still improves. And that's just with a mind that thinks it has taken a pill. Imagine if the entire mind is focused on helping you get better.

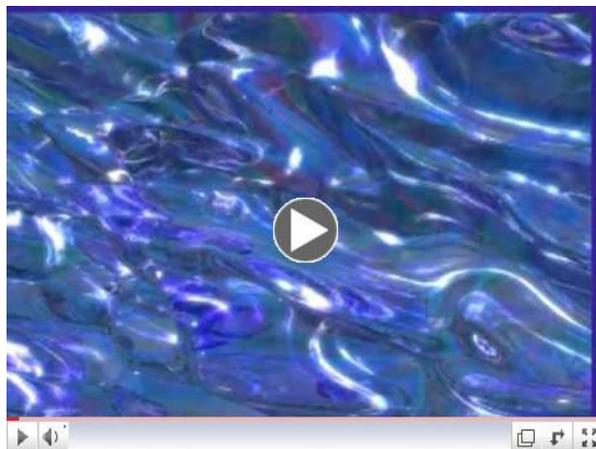
Guided imagery helps put your mind in a healthy, calm state, which can have huge benefits on your body. Its greatest effect is in neutralizing stress. Stress is a major health issue, and it takes place entirely in the mind. Stress can contribute to high blood pressure, insomnia, ulcers, headaches, stomach aches, as well as rashes. And all of these things can cause further health problems. Doing away with or reducing stress is a powerful boon to your health.

Guided imagery helps to reduce the power that stress has over your mind by allowing you to visualize the challenge you face, and then either overcome or dispel the harm of that problem. It takes the power away from the stress,

[Read more...](#)

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Take a few minutes for yourself and enjoy this gift of Guided Imagery from Mindful Wellness. "Resetting Your Body with Color."



color-meditation.mp4

processed, the peel of the fruits are carefully removed and the Essential Oil extracted from the glands contained in the outer layer of the peel. This is the process behind the term "cold pressed" and it is obvious that any chemical deposits applied to the skin of the fruit during conventional farming may leech into the oil. If you are using citrus Essential Oil for skin care or cooking, we strongly recommend our certified organic citrus Essential Oils.

Specific Safety Information: No known toxicity. GRAS (Generally Regarded As Safe) approved by the FDA as food flavor.

Use in low concentration in skin care since some individuals may react sensitive. Avoid exposing the skin to direct sunlight after using this oil in skin care - phototoxic effect possible, though less likely than with other citrus oils.

Our Price: \$8.80

[Buy today!](#)

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Yummy Grapefruit Chicken

Ingredients

2 grapefruits
4 boneless skinless chicken breasts
1 tablespoon chopped thyme
1/2 teaspoon salt
1 tablespoon apple jelly
1 teaspoon butter

Directions

Peel and section the grapefruits, reserving 1/2 cup juice. Set sections and juice aside heat a skillet and spray with non-stick coating. Sprinkle both sides of the chicken with the salt and thyme. Saute until browned and cooked through. Remove to a platter. Add the 1/2 cup grapefruit juice, jelly and butter to the pan, bring to a boil. Cook stirring constantly until the sauce thickens slightly, about 2 min. Spoon the sauce and sections over the chicken.

Recipe source "Grapefruit Diet"

Three Amigo's Salad

This recipe makes a delicious side dish or dessert that could go with the "Yummy Chicken" recipe.

Ingredients

1 avocado, cut into bite-sized pieces
1 mango, cut into bite-sized pieces
1 grapefruit, cut into bite-sized pieces
1/2 lime

Directions

Place the avocado, mango, and grapefruit into a mixing bowl. Squeeze the lime over the fruit, and stir gently until mixed.

Recipe source "Allrecipes.com"

Comments, suggestions or questions are always welcome. Please let me know if you enjoyed listening to the Guided Imagery Resetting the Body with Color.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, HTCP, GIT
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