

Speaking of...Mindful Wellness

Natural ways to warm your heart...

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Tea of the Month

Raspberry Leaf Tea

Raspberry Leaf supports the Female System

Herbal Dietary Supplement:
Herb Teas For Women
16 Wrapped Tea Bags* CAFFEINE
FREE * NET WT. .85 oz.(24g)

Instructions:

Pour freshly boiled water over a tea bag in a ceramic cup. Cover cup and steep 10-15 minutes. Gently squeeze the tea bag to release the remaining extractive. Drink 3 or more cups daily between meals.

Ingredients: Red Raspberry Leaf.
1500 mg

Raspberry Leaf is a renowned herb for women and helps temper the effects of natural feminine changes. Women will especially benefit from the herb's normalizing properties. Raspberry Leaf has a robust and distinctive flavor that is reminiscent of fine imported black tea.

This product can be used during all stages of a women's life including during pregnancy and while nursing.

Our Price: \$5.49
[Buy Raspberry Leaf
today.](#)

Dear Jacky,

We've passed the summer solstice and the warm days are just beginning. In this issue you'll find "mindful" suggestions to help use the enchanting spring flowers in your garden to stay calm, relax, improve concentration or to energize. Take care of your mind and body with these helpful suggestions. You'll find more wellness ideas when you visit www.MindfulWellnessMassageandBodywork.com. Look for products, articles, my blog, plus many more suggestions.

Jacky

Flowers Restore Hope to the Earth and to All our Hearts...

Unless you have been hiding under a rock, everyone knows that here in the United States we have had horrific storms and tornadoes ripping through the mid-west and south destroying everything in its wake. Even sturdy hospitals have been no match for nature's fury. In all of this, there is still hope for the future. The flowers growing in the countryside or in your own back yard help us to remember that in all things, there is a season to be joyful, a season to stop mourning and a season to plant.

The Emotional Factor

Essential oils can affect our emotions through stimulating the limbic system. Here are some thoughts on the emotional factors of flowers you might find in your our gardens.

Rose gives a sense of security and spiritual attunement, balancing and elevating the mind. It is an oil for the heart, keeping this emotional center open. It reduces depression and anger and eases sorrow, bringing harmony and comfort. Rose has the capacity to heal emotional wounds. When rejection or loss has injured our capacity for self-love and nurturing, rose oil brings a sweet, gentle comfort, binding the heart strings of the mind. Rose Oil can touch the deepest despair, restoring the trust that makes it possible to love again. Use rose oil to encourage contentment, devotion, inner vision, happiness, inner freedom, acceptance, completeness, patience, love, sensuality, and purity.

Lavender calms and stabilizes the mind and heart, bringing about a sense of equilibrium. It can ease nervous tension and decrease feelings of panic and hysteria. Use [lavender oil](#) to encourage security, gentleness, compassion, reconciliation, vitality, clarity, comfort, acceptance, awareness and emotional balance.

Roman Chamomile operates on the spiritual layers of the auric field. It is particularly helpful when the spirit is sad and in need of gentleness. Use [Roman chamomile](#) to encourage stillness, calmness, softness, gentleness, relaxation, serenity, spiritual awareness, emotional stability, inner peace, understanding and cooperation.

German Chamomile is just what we need for stillness. It can help the transference of prayers and gives clearer understanding of God's work. Use German chamomile to encourage communication, relaxation, understanding, organization, empathy, patience, calm and soothe.

Rosemary is wonderful in states of mental fatigue but can also improve poor memory. As a tonic of the heart, it is considered to prevent the loss of long-term memory. It helps to boost the confidence and morale of those who lack faith in their own potential. It warms the spirit and makes it bold. Like rose and neroli it inspires and revives. Called by many as the "herb of remembrance", rosemary helps us not only to recall loved ones but to remember our own true path. Use [rosemary](#) to encourage energy, upliftment, confidence, clarity, concentration, stability, purification and awareness.

Marjoram is another aromatic herb that possesses an ability to both strengthen and relax. It calms the mind, is strengthening especially for nervous exhaustion. It helps



**"Cypress"
Essential Oil Blend
of the Month**
Great natural way to help
with Summertime Foot
Odor.

Description:

Purifying, warming, supports eliminating excessive fluids, concentration enhancing, reviving, restorative, comforting and protective. A great oil for times of grief and difficult transitions. Soothing and positive.

Uses: Help for your summertime smelly feet.

Let me know if it helps your little piggies smell better!

Smelly Foot Bath

Fill a foot bath or tub with enough warm water to cover ankles. Add 3 drops of Cypress Essential Oil. Soak your feet for a few minutes, then pat dry.

No time for a foot bath?

...then try this simple spray.
Add 4 oz of water (distilled if you can) to a [Spray Bottle](#). Then add 24 Drops of Cypress Essential Oil. Gently shake the bottle before spraying your feet each time you use it.

Our Price: \$10.00

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to calm obsessive thinking, ease emotional craving and promote the capacity for inner self-nurturing. It can help us to accept any deep loss, especially when combined with oils of cypress and rose. Marjoram oil shows us "the joy of the mountains." Use marjoram oil to encourage calm, balance, integrity, perseverance, and sincerity.

Jasmine I include it here because many people grow jasmine on their decks or in their gardens. The fragrance is strongest in the middle of the night. In traditional terms, jasmine has been classified as a fertility herb, primarily because it is an aphrodisiac. It harmonizes the sensual aspect of our being with the emotional. Whenever fear and vulnerability or anxiety and depression keep us from our ability to share physical pleasure and affection, [jasmine oil](#) can support, reassure and delight. Jasmine can reawaken passion but also restore a capacity for creativity. The oil may be used to enhance intuition and the potential for original thought. Use jasmine oil to encourage upliftment, optimism, openness, sensitivity, harmony, awareness, profundity, inspiration and joy.

Geranium is particularly helpful if you feel "stuck" and are afraid to move on to the next stage in life. Use [geranium oil](#) to encourage solace, adjustment, regeneration, balance, assurance, tranquility, and steadiness, and the feeling of being cushioned, soothed, shielded, and mothered. (Of course the flower I am referring to here is the rosey geranium, not the stinky varieties we put in our flower pots!)

These are but a few of the beauties you might have in your garden that can fragrance your whole area.

Taken from the June 2011 Institute of Spiritual Healing & Aromatherapy, Inc. newsletter.

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Go to www.MindfulWellnessMassageandBodywork.com
Enter discount "June10" to receive 10% off your online product purchase as a special thank you for being a valued reader. (Discount applied to merchandise before shipping and taxes. No minimum purchase required.) Feel free to share with a friend.

Lavender Lemonade

Citrus juice enlivens this brew while lemon zest adds depth of flavor. Use organic fruit to avoid detergents and dyes in the rind.

Prep: 10 minutes Total: 25 minutes, plus cooling

Ingredients

Serves 4

4 lemons

1/2 cup dried lavender

1/2 cup raw honey

Directions

1. Using a vegetable peeler, remove zest from two lemons, leaving white pith behind. Squeeze all of the lemons for 2/3 cup juice and set aside. In a large pot bring 5 1/2 cups of water and zest to a boil over high heat. Stir in the lavender. Partially cover the pot, lower the heat, and simmer for 10 minutes.

2. Meanwhile, place a large strainer lined with cheesecloth or a damp paper towel over another pot or heat-proof bowl. Strain tea, pressing on herbs to extract all liquid. Stir in honey until dissolved. Stir in lemon juice. Let cool completely, about 45 minutes. Fill four tall glasses with ice. Pour tea over ice and serve immediately.

Source Wholeliving.com

Comments, suggestions or questions are always welcome.

Please let me know if the many natural solutions provided in this newsletter helped you find new ways to enjoy your Spring Flowers.

Here's to Healthy Habits,

Jacky

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