

Speaking of...Mindful Wellness School -- Get off on the right foot...

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"Cypress" Essential Oil of the Month Help with Back to School and Work concentration

Essential Oils offer a subtle but powerful tool to help with concentration, attention, or calming an overactive mind. Essential oils can improve thinking by carrying oxygen to the brain and stimulating brain centers for learning - improving writing, work, and test marks.

Cypress Essential Oil is one of the powerful oils that calms your mind. Known for its sedative and soothing effect, cypress oil is used for calming and relieving irritation, anger, and stress. It calms stressed brain nerves and provides immediate anxiety relief. Try adding a drop or two of Cypress to a cotton ball and then gently inhale to calm your mind and get the creative juices flowing. Or, add a few drops of Cypress Essential Oil to your favorite diffuser.

Our Price: \$10.00

[Buy Today!](#)

Dear Jacky,

It's Back to School and Back to Basics! In this issue you'll find easy suggestions to start the school year off on the right foot. Don't think these tips are reserved only for your favorite student. Everyone can benefit from improved concentration & clarity.

Read about how aromatherapy can help you boost your brain power and learn ergonomic techniques to help your posture. Mother always said to sit up straight.

You'll find more wellness ideas you can use for work and school to keep when you visit www.MindfulWellnessMassageandBodywork.com. Look for products, articles, my blog, plus many more suggestions.

Jacky

Strong Work and Study Habits yield success...

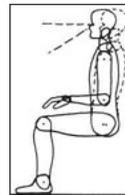
As a parent, I've always tried to instill that working in a focused manner will yield success in school, work and life. Sometimes it's easier said than done, but use these techniques to set yourself or a loved one up for success with these habits.

Organize your tasks

Keep yourself organized by making a list, using a planner or whatever organization technique that works best for your learning style. Focus on completing more difficult tasks first while you're fresh and energized.

Find a Comfortable Place to Work

I feel the tension built up in your shoulders and back by poor posture. Sit up straight and use a chair positioned properly. If you're sitting for a long period of time take a few moments to change your position to avoid strain. Take a break and walk around periodically to give your body a much needed stretch. Below you'll find the recommended sitting position if you're sitting upright. As you'll see the torso and neck are almost vertical and in-line, the thighs are approximately horizontal, and the lower legs are vertical. ([Click to see other OSHA Ergonomic Solutions.](#))



Eliminate Outside Distractions

Turn off extra gadgets and the TV to avoid external distractions that may pull you away from your task. Think about playing soft, [calming music](#) or play white noise in the background. If you're feeling overwhelmed, try Guided Imagery, similar to guided meditation. ([Click here to learn more about Guided Imagery.](#))

Get enough sleep

Fatigue easily creeps in if you haven't gotten enough sleep. Sleeping is your body's time to recover and reset. It's difficult when there are so many commitments pulling a family in all different directions, but a teenager needs 9 hours of sleep to be effective at school.

Healthy Eating

Fuel yourself and your student with healthy foods. A balanced diet including fruits and



Stay Healthy with Nasal Irrigation

Bringing kids back together brings many opportunities for illness. Keep your family healthy by making sure they wash their hands frequently, especially before meals and snacks. If they can't wash with soap and water have them carry hand sanitizer.

Keeping your hands clean is one way to stay healthy but another way is washing your nose. The nose is the body's respiratory filter and without cleansing, it can become a source of infection. Nasal washing whenever brushing teeth is one of the best habits we can develop to stay healthy from respiratory infections and allergies. We've found that washing the nose is more effective and refreshing than simply sniffing salt water, and children as young as two years old can easily learn the technique.

[Try Nose Washing Today!](#)

Thank you Dr. Hana for great tips. Dr. Hana is a frequent contributor to WebMD and other natural health publications.

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vegetables is a must to keep the body functioning well. Drinking water, instead of sweetened sodas, throughout the day helps keep the body alert and hydrated.

Try using Essential Oils for Better Learning

Almost any essential oil can help with learning and studying skills. Depending on your needs, most oils have either stimulating or sedative properties, either refreshing the mind or calming those who are worried about their performance.

Several oils are known for their ability to improve mental acuity and focus. These are:

- [Frankincense](#) (*Boswellia carteri*) - one of the most powerful healing oils, frankincense stimulates the limbic system of the brain as well as the hypothalamus, pineal and pituitary glands. It has been used against cancer and depression.
- [Rosemary](#) (*Rosmarinus officinalis*) - the bright, sharp fragrance of rosemary is clarifying to the mind and emotions.
- [Peppermint](#) (*Mentha piperita*) - stimulating and refreshing, the sweet smell of peppermint oil is used to awaken the mind and heighten the senses. It is one of the best oils to boost energy, creativity and learning skills.

Developing good study skills benefits you and your loved one throughout their lifetime.

Here's to a successful year!

Buy 3
get the
4th
FREE

Buy 3 Guided Imagery CD's and get
the 4th FREE

Special Offer available for online purchases or purchase during your massage therapy session. (If purchasing online the 4th CD "A Guided Imagery 3 Part Series" will automatically be added to your order. No discount code necessary.) Go to www.MindfulWellnessMassageandBodywork.com

Thank you for being a valued reader. Feel free to share with a friend.

GOOD UNTIL SEPTEMBER 30, 2011

Got Smelly Uniforms...

Save money and make your own Dryer Sheets

Making your own dryer sheets is not only healthier but it produces a much more pleasant scent than store bought dryer sheets.

Place a few drops of pure, therapeutic grade [Lavender](#) or [Lemon](#) essential oil on a wet washcloth and toss into the dryer with your laundry. This will deodorize and freshen your laundry... without nasty dryer sheet chemicals!

Hiccup Remedy

Do you have a case of the Hiccup's that won't go away? Try rubbing a couple of drops of [Ginger](#) essential oil onto the diaphragm, to stop hiccups.

Comments, suggestions or questions are always welcome.

Be mindful and take necessary time for yourself as Back to School and fall activities wreak havoc on your schedule. In the midst of the crazy schedule take a few deep breathes to keep your mind and body calm.

Here's to Healthy Habits,

Jacky

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