

September 2011

## Speaking of...Mindful Wellness Try new healthy habits to celebrate Fall...

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### "Relaxing Aroma Blend" Essential Oil Blend of the Month Help with Back to School and Work concentration

A perfectly sweet blend full of lightness and peace. One of Mindful Wellness' most popular products, it's very inviting with the warmth of a ray of sunshine, exuding feelings of happiness and bliss, and bringing instant stress relief.

Taking a bath with this blend is like floating in a big, fragrant, delicious desert. Simply blend up to 10 drops with Half & Half (in order to prevent the oil from floating on the surface), and add it to the bath water.

This is a true classic that should not be missing in your collection of diffuser oils.

**Contains:** Essential Oils of Cedarwood, Sweet Orange, Ylang Ylang.

**Our Price: \$5.60**

[Buy Today!](#)

Dear Jacky,

Don't ignore this often used cliché "Fall into Healthy Habits." A change in season gives you a chance to wipe the slate clean and start fresh. Whether you've been putting off a daunting task or falling a bit short on staying healthy, Fall is the perfect season to enjoy.

Living in the Midwest, I find that many clients have major allergy problems. You don't have to let this stop you from enjoying the beautiful cool air, bright colors and outside fun. In this issue you'll find a very easy solution to help ease your symptoms.

In this newsletter you'll also find wellness ideas to help sore muscles, puffy eyes and a wonderful recipe for fresh picked apples. Find more suggestions to keep you healthy when you visit [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com). Look for products, articles, my blog, plus many more suggestions.

Jacky

### Grandma was right...

Castor oil is great healing tool that has positive health effects when applied 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 many 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.

[\(Keep Reading...\)](#)

Learn how to do a Castor Oil Pack



How to do a Castor Oil Pack compliments of  
Mindful Wellness

## So Easy to Stay Healthy and Find Allergy Relief



### 3 Kids Teaching Nose Washing with Nasopure, The Nicer Neti

You're never too old or too young to learn how to add a healthy habit to your daily routine. The precious children in this video show you how easy Nasopure is to use.

Nasal Irrigation provides a holistic or natural way to stay well and ease allergy relief. I know we've seen high mold and pollen counts causing all kinds of sniffles in the Midwest.

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

### [Try Nose Washing Today!](#)

#### Contact Us

513-382-3132  
Jacky Groenewegen  
Licensed Massage  
Therapist Healing Touch  
Certified Practitioner  
Guided Imagery  
Therapist  
[e-mail Jacky](mailto:jacky@mindfulwellnessmassageandbodywork.com)

513-497-0689  
Jennifer Concannon  
Marketing and Customer  
Relations Manager  
[e-mail Jen](mailto:jennifer@mindfulwellnessmassageandbodywork.com)

Win a  
**FREE 30  
minute  
Massage or  
\$35.00 in  
merchandise**

What Essential Oil did Jacky mention in the YouTube video "[How to do A Castor Oil Pack compliments of Mindful Wellness](#)"?

E-mail your answer to [support@MindfulWellnessMassageandBodywork.com](mailto:support@MindfulWellnessMassageandBodywork.com)

If your answer is correct you'll be entered into a drawing to win a free 30 minute massage or \$35 of Mindful Wellness Online Merchandise. Drawing to take place on November 1, 2011. (cannot be redeemed for cash)

## OOHH My Aching Muscles... Relief for Over Exerted Muscles!

Blend

5 to 10 Drops of [Lavender Essential Oil](#)

5 to 10 Drops of [Eucalyptus Essential Oil](#)

5 to 10 Drops of [Ginger Essential Oil](#)

Rub the mixture on your sore muscles after you exercise, rake up the fall leaves or just to make your achy muscles feel better. You can also add the mixture to 1 - 2 tablespoons of [Jojoba](#).

## Puffy Allergy Eyes?

Add a drop of [Peppermint Essential Oil](#) to a small amount of Jojoba. Rub on the back of your **neck**, make sure you avoid getting the peppermint oil near your eyes. (Do not rub Peppermint Essential Oil near your eyes.)

## Easy Apply Crisp

(complements of cooks.com)

1 c. sugar

2 tsp lemon juice or 1 drop of [Lemon Essential Oil](#)

1/4 c. water

1/2 tsp. cinnamon

6 peeled and sliced large apples

3/4 c. flour

1/4 tsp. salt

6 tbsp. butter

Combine 1/2 c. sugar, lemon juice, water and cinnamon in bottom of small baking pan. Slice in apples. Blend remaining 1/2 c. sugar, flour, salt and butter until crumbly. Spread over apples and pat smooth.

Bake at 375 degrees for 40 - 50 minutes, until apples are tender and crust is browned. Serve hot with ice cream. This is a good recipe for apple crisp if you don't like the over-sugary oatmeal taste. It's basically a rectangular apple pie, but healthier (no lard).

Comments, suggestions or questions are always welcome.

**Here's to Healthy Habits,**

*Jacky*

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