

November 2011

Speaking of...Mindful Wellness Giving thanks...

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"Frankincense" Essential Oil of the Month

Lift your Holiday Mood!

Frankincense is a very useful essential oil.

1. Mood uplifting - I really love the mood uplifting oils. Frankincense is very powerful this way. Wear it like a perfume and inhale. Frankincense is a great essential oil to diffuse.
2. Stress Relief - Apply to temples or wear as perfume. Inhale.
3. Frankincense is intensely therapeutic for skin - Frankincense promotes the generation of skin and healthy cells. It is an excellent choice for preventing or reducing wrinkles when used topically. I personally use it neat, but some prefer to dilute it with a carrier oil.
4. Relieve Skin Itching - Apply a couple drops of Frankincense to the area of itching.

Dear Jacky,

This month I give thanks for the wonderful blessings I've been granted. I'm so thankful I can bring you suggestions to help ease stress, fun recipes you can add to your Thanksgiving celebration, help for your sore feet, plus many more tips!

Find more suggestions to keep you healthy when you visit www.MindfulWellnessMassageandBodywork.com. Look for products, articles, my blog, plus many more suggestions.

Help your wellness by thinking about all of the things you're thankful to have...

Jacky

Meditation to keep Holiday Stress Away...

Not sure if meditation is for you? Do you have any idea how meditation boosts your mental and physical health? As we enter into this hectic time of year, don't let the nay sayers make you feel funny about this practice. The health benefits meditation brings are spectacular.

Our friends in Eastern cultures have had thousands of years using meditation to help the body and mind. This is such a common practice, you're often looked at as being a little weird if you don't meditate. Hmmm...maybe we should rethink this practice to help stay calm, healthy and well.

Meditation Boosts your Heart Health

Meditation can have a major, positive impact on your body's wellness. Most importantly, you'll find that it may boost your heart health. Sounds a little crazy to think that meditation can help your heart? Stop and think about the impact stress has on your body. So often we see that over-stressed people have high blood pressure. Your heart is working extra hard when you're over-stressed. If you can find little nuggets or coping strategies to lower your stress levels, your heart won't have to work as hard to pump blood throughout your body.

I'm not against using conventional medicine to treat ailments but, I like to use holistic practices as much as I can to keep my body healthy. Meditation is one practice that does so much: provides a sense of Self, helps you become more focused, helps with emotional regulation, and helps with overall body awareness.

Taking on a new practice may seem a bit foreign at first... don't be afraid to try it. So much research has been done on cardiovascular health. One researcher said that meditators got so many benefits that it was as if they had been given some powerful new drug. In that study, the patients who practiced a popular form of meditation were 50 percent less likely to suffer from heart attack, stroke or even death from any cause during that study period as compared to non-meditators.

Wow, that's powerful! Other studies have found that meditation improves concentration, plus lowers stress and anxiety. Taking even baby steps during this stressful time of year can reap big benefits for your body. Try simple meditative techniques like deep breathing to keep your holiday stress low!

5. Relieve Pain - Rub on sore joints to relieve arthritis pain and pain from injuries.
6. Disinfect Cuts and Scrapes - Apply a drop of Frankincense to wounds to clean and disinfect.
7. Remove Warts - Apply topically to the wart. Apply a couple of times a day until the wart is gone. May take a few weeks.
8. Reduce Inflammation - Put a few drops in capsule or apply topically.
9. Strengthen Immune System - Apply to bottom of feet.
10. Enhance Visual Acuity - Many have eliminated the need for reading glasses by applying frankincense around the eye area - on the cheek bone and brow bone. Over a period of months, the vision often improves. Some have even regained the peripheral vision that had been limited. They put one drop of frankincense in the palm, rubbed the palms together, and cupped the palms over open eyes for 3 minutes 2-3 times each day. NOTE: This can cause the eyes to water and/or tingle as the molecules of the essential oils disperse. In addition, remember that the condition did not occur "overnight", and it may take many months before significant improvement is noticed.

Our Price: \$9.75

[Buy Today!](#)

Contact Us

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Thoughtful Gift Ideas...

Create your own bath salts.

Ingredients:

- 1 cup Epsom Salt
- 4 drops of [Peppermint Essential Oil](#)
- 10 drops [Tea Tree Essential Oil](#)
- 10 Drops [Sage Essential Oil](#)



Blend all ingredients thoroughly. Place in a glass container and wrap with a decorative bow. Tell your friend or loved one to add to a warm bath. This is a favorite to refresh the body. Plus, Peppermint Essential Oil helps with your digestive health even when you absorb it topically as part of this soak. Tea Tree and Sage offer lovely anti-viral, anti-fungus, and anti-bacterial benefits to your well being.

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Get a Free Gift with your online product purchase over \$25. Go to www.MindfulWellnessMassageandBodywork.com Free gift will automatically be included with your order. No discount code necessary. Feel free to share with a friend.

Congratulations to Paula P. the winner of a FREE 30 minute massage. She correctly answered that "Grapefruit Essential Oil" was mentioned in the YouTube video. Paula is looking forward to her massage.

Stomach Upset...

Don't let this holiday season cause an upset stomach. When I eat too much or have an upset tummy I add one drop of Peppermint Essential Oil to a glass of water. Or you can always have a cup of Peppermint tea. Both work great!

Achy Feet from too much Shopping?

Pick your favorite Essential Oil from the list and mix a few drops in a small tub of water: [Peppermint](#), [Lavender](#), [Patchouli](#), [Myrrh](#) or [Frankincense Essential Oil](#).

Keep water agitated while soaking feet.

Comments, suggestions or questions are always welcome.
Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, HTCP, GIT
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