

Speaking of...Mindful Wellness

The Pros and Cons of Massages for Runners

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Essential Oil of the Month

Basil...



Warming and toning. Restoring peace of mind and counteracting depression. Clarifying, uplifting, energizing. Also helps:

- Sharpen Memory
- Combats Colds, Flu and Herpes
- Eliminates Infection
- Anti-bacterial properties

Dear Jacky,

Finally, the weather is turning to sunny bright skies. At least it is until the spring rains start to water the trees, flowers and grass. I just know it's nice to have a bit of warmth for a change.

I'm still keeping busy with the new service I've added to my practice, Medical Thermography. Please read the two articles about Thermography in this issue. I'm especially thrilled to include the article from Drs. Piana and Sepper.

See it also published in the latest edition of Natural Awakenings magazine. NaturalCinci.com

With the warmer weather you will also find the article about massage and running very helpful. More details and wellness tips you can easily add to your routine can be found by visiting www.MindfulWellnessMassageandBodywork.com.

Having a problem or need assistance to feel better? Please ask me during a session or send me a note via e-mail or Facebook. I may be able to provide a simple solution using essential oils, Thermography Scan, Body Brushing or using Guided Imagery.

Jacky

Saving Lives with Infrared Thermal Imaging

By Anthony Piana, DC, FPACT
 Alexander Sepper MD, PhD

The history of thermography can be traced back to when the first cave woman felt the forehead of the first cave baby. Excess heat is a sign of inflammation, infection, or another pathological process in the body. Many early physicians knew this. Hippocrates put a clay/mud mixture on his patients to see which areas dried first. He labeled those areas "areas of pathology."

A Long History of Taking Temperatures

Most of us grew up in households where school could only be missed if we had a temperature higher than 98.6. Typically, a parent would take our oral temperature to determine if we had a

- Removes phlegm & mucus
- Treats bug bites
- Helps to de-stress

How to use [Basil Essential Oil](#)

Apply a few drops to a tissue and inhale; or add to a diffuser. This is great to wake up and get your brain cells going, while staying centered and conscious.

Blend Basil Essential Oil with Grapeseed or Olive Oil to make it less concentrated. Then add it to sauces and salad dressings, or stir into savory dishes before serving. Tastes just like freshly harvested basil!

[Click to read more...](#)

Service of the Month



Paraffin Bath

Sore, aching muscles and joints get quick relief with the TherabathPRO Paraffin Hot Wax Bath. It provides one of the most effective methods of applying heat therapy and delivering fast, drug-free relief of painful arthritis, bursitis and chronic joint inflammation. Penetrating paraffin wax heat therapy relaxes sore, tired muscles, relieves stiffness and muscle spasms. In addition, hot paraffin wax therapy stimulates circulation as well as moisturizing and nourishing dry skin. It also delivers temporary relief from minor pain and softens hands and feet.

systemic infection. Modern hospitals take body temperatures on the initial intake. Early 20th-century medical research focused on taking temperature readings of smaller body regions. The theory that the body is symmetrical both anatomically and physiologically was explored. Point-to-point comparative temperature analyses were made and shown to be effective in diagnosing diseases. As technology improved, finer temperature differences were studied.

In 1956, Dr. Robert Lawson of Montreal published the first paper on diagnosing breast cancer with thermal studies. This approach to breast cancer detection caught on quickly and many researchers dedicated their careers to refining this science. Other pathologies also were explored with thermography, including thyroid disease, cerebrovascular function, neurology, and other systemic diseases.

Read the complete article in the May edition of [Natural Awakenings](#) or

[Click to continue reading...](#)

The Pros and Cons of Massages for Runners

Research finally reveals just what massages can and can't do for runners.

There is good reason massage therapists are part of an elite runner's entourage. And why the lines for a post race massage seemingly extend for miles. A rubdown-even a deep, intense one-feels great. Runners report that massages help lessen muscle tension and improve range of motion, while also making them feel relaxed and rewarded for their hard efforts.



Yet despite massage's popularity and positive reputation, there's been little scientific evidence to support why athletes feel so good when they hop off the table. "It can be hard to merge basic science with alternative medicine," says Justin Crane, Ph.D., a McMaster University researcher who conducted some of the first objective studies on massage in 2012. Practitioners say massage relieves muscle soreness, promotes circulation, flushes toxins and lactic acid from the body, and eases joint strain-claims supported by centuries of anecdotal evidence from China, Sweden, and around the globe. But science hadn't confirmed just what massage actually achieves-until now. Recent research has sorted out what's true and what's not.

[Click to read more.](#)



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Call or e-mail me with any questions you may have about Medical Thermography. You can also [view additional information by clicking here...](#) You'll find many of your questions may already be answered.

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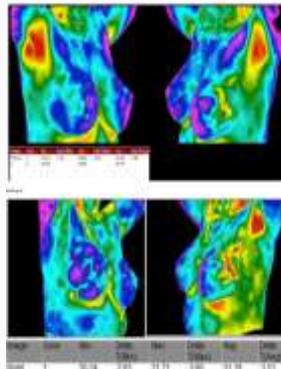


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Abnormal Findings warrant further clinical correlation



PACT certified Thermologists recommend a follow up screening in 3 months, 6 months or 12 months from your baseline screening. The time frame is determined by any abnormal findings in your baseline screening, your history and your concerns. Review your report to see when you should follow up.

[Click on the image to gain a better understanding of your report.](#)

These images show us the importance of a 6 month follow up. You can see the hot spot on the left breast increased from 1.86 degrees C delta T to 3.51 in a 6 month time period. When we see abnormal findings, it's very important to follow all the recommendations in your report to best utilize this safe screening tool, Medical Thermography. When someone shows abnormal findings in the follow up screening, 1 of 3 things will happen. The abnormal findings will increase in heat (warrants further anatomical testing), the abnormal findings will stay the same (probably hormonal or toxicity in the body) or the abnormal finding will decrease in temperature (most likely, you followed the recommendations and decreased your abnormal findings).

8 Hand Exercises to Ease Arthritis Pain

Arthritic Pain Relief



Making a Fist Thumb Bend Finger Bends



Making an O Table Bend Finger Lift



Fan and Fist Wrist Stretch

Must Share!!

Add equal drops of **Peppermint**, **Lemongrass**, **Frankincense**, and **Eucalyptus** Essential Oil blended with a **jojoba** or **castor oil** has been found by some to be the effective formula for arthritic pain.

An oil or blend should be applied directly to the affected areas using light massage. Use a hot compress or **heartbeat pillow** after massage application for deeper penetration and relief.

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\$10

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... includes consultation and screening.

Save \$10.00 off your scan for every friend or family member that you refer. No limit to how many people you refer.

Offer Expires: May 31, 2014

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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