

MINDFUL  WELLNESS

massage & bodywork LLC.

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April 2015

Speaking of...Mindful Wellness

ENERGY...

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 Forward to a Friend

Dear Jacky,

I have so many exciting things to share with you! I've been very busy preparing for the upcoming **Conscious-Con Convention** being held at the Duke Convention Center, May 16th & 17th. Please watch the great commercial to learn more about Conscious-Con. And, feel free to use and share the coupons. I really hope you'll stop by and visit me. There are so many exhibitors and seminars all designed to help your well-being.

I'm also sharing the press release picked up by Cincinnati.com talking about Medical Thermography. I'm over-joyed and excited to help you on your wellness journey. Valuable information you can use and ways for you to receive discounts on your own thermoscan.

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, a Thermography Scan, Body Brushing or using Guided Imagery.

Jacky

Thermograms offered in West Chester as radiation-free adjunct for breast cancer screening

Contributed By: Melinda Zemper | Oak Tree Communications, LLC

Essential Oil of the Month

Clary Sage....



Enhances one's ability to dream and is very calming and stress relieving. Visualizing, spiritually connecting, centering.

It is great to balance extremes of emotion and restore inner tranquility.

Recent medical data indicates it naturally raises estrogen and progesterone levels. Mellow, warm, herbaceous/hay-like, with a musky/amber note. Important ingredient of Eau de Cologne.

How to use **Clary Sage Essential Oil**:

- For acne (yes, even adult acne), mix 10 drops of oil in small spray bottle and mist your face several times a day. Keep away from eyes.
- Diffuse 2-3 drops to keep

Women who fear radiation or have dense breasts that may make mammograms less effective in predicting breast cancer can now obtain thermographic images of their breasts at a West Chester wellness center.

Mindful Wellness Medical Thermography, 8859 Cincinnati-Dayton Road, Suite 007 in West Chester offers breast thermograms for women and men.



"Thermography is a safe, adjunctive screening tool that can be helpful in the diagnosis of many potential diseases," says Jacky Groenewegen, owner of Mindful Wellness. She is a certified thermographic technician and licensed massage therapist. "It's perfect for women with dense breasts, implants or women who are nursing or pregnant, when mammograms are not a good option."

The science of medical thermology was first published in 1956 and was cleared by the FDA in 1982.

Thermograms are 97 percent accurate in identifying breast pathology in women, according to a 2008 clinical study at Cornell University. Mammograms are 78 percent accurate for women under 50 years old and 83 percent accurate for women older than 50, says the Susan G. Komen website. Neither test alone can be used to diagnose breast cancer in women; only a biopsy can determine the presence of cancer.

A 15-minute thermogram requires no contact or breast compression and is radiation free.

Thermography uses a sensitive, infrared camera that creates thermal images of the body's heat patterns. Disease, inflammation and tumors increase blood flow in the body, which causes an increase in body temperature that can be seen on a thermographic scan.

Thermography can alert a woman's doctor to breast changes that can indicate early-stage breast disease, according to the American College of Clinical Thermography. Heat patterns on the images can detect physiologic changes that accompany breast pathology, whether it is cancer, fibrocystic breast disease, an infection or vascular disease.

About 40 percent of women in the U.S. have dense breasts, which increases their breast cancer risk.

Dense breasts, which are more common in women under the age of 40, are composed of less fat and more connective tissue, which

that calming "Ahh" feeling in your room and lower anxiety.

- Hormonal imbalance - try using a hot compress over the abdomen. Use two drops each of bergamot, lavender and clary sage. Can also use this combination in your Castor Oil pack to help relieve menstrual cramps.
- Feeling exhausted place a drop of clary sage on a cotton ball and inhale. The aromatherapy benefits help calm your mind.
- Did you know? Fear can cause the blood vessels to tighten, restricting the amount of oxygen and nutrients that can reach the cells. Calm fear by diffusing clary sage or adding to a carrier oil like jojoba.
- If you like, you can make your own hair care blend, combining Clary

appears white on a mammogram. Cancer also appears white on a mammogram, so tumors are often hidden behind the dense tissues, according to Are You Dense, an advocacy group dedicated to informing the public about dense breast tissue and its significance for early detection of breast cancer.

If a thermogram is abnormal, a woman can work with her doctor to monitor her breast health and treatments, Groenewegen says.

Recent guidelines in mammography are being challenged for safety and efficacy. Researchers noted in 2012 in the New England Journal of Medicine that breast cancer was over-diagnosed in more than 30 percent of women's mammograms overall over the past 30 years. Other organizations state that mammograms should be reserved for women over 50. This leaves a large percentage of the cancer population to fend for themselves without access to any method of breast screening, according to Dr. Anthony Piana, founder of Breast Thermography International, in a 2014 study called "Contemporary Evaluation of Thermal Breast Screening."

Dr. J.T. Carson, a West Chester internal medicine physician who treats cancer patients, says he recommends thermograms over mammograms because they are better tests and there is no radiation involved.

"The best course is to self-examine breasts each month between menstrual periods," says Carson. "If you find a lump, see your doctor. If you have had breast cancer or have a history of breast cancer in your family, you should avoid radiation."

The U.S. Preventative Services Task Force, an independent, volunteer panel of national experts in prevention and evidence-based medicine, recommends mammograms every two years for women aged 50 to 74 years old. The task force recommends women under 50 should talk to their doctors about when to start and how often to get them.

Ohio women with dense breasts must be notified after mammogram screening by a letter that explains the limitations of mammogram readings. Ohio is the 20th state in the union to enact a breast density law.

The law was passed in January, 2015, after a campaign by a northeastern Ohio woman whose sister died of breast cancer despite repeated mammograms that did not reveal problems, according to a recent story by Columbus Dispatch medical reporter Misti Crane.

Cost of breast thermograms at Mindful Wellness is \$249. Health savings accounts and flex-spending accounts can be used to pay for thermography. Full-body thermograms are also available.

Sage with Rosemary, Jasmine, Patchouli and Lavender according to your liking. Add to unscented shampoo or conditioner (5-10 drops per 1oz. of product), or apply 1 drop to your hairbrush to rejuvenate and naturally scent hair and scalp.

- It's also wonderful in helping mature skin look its best, as well as being a great hair care ingredient.
- To add to a bath - in order to prevent the essential oils from floating on the surface - you may want to blend the Essential Oil with some Half and Half, honey, or apple cider vinegar or Epsom salt before adding it to the water.
- Apply a few drops to a tissue and inhale; or add to a diffuser. Make sure to use in moderation and

All scans are interpreted by board-certified physicians of the Professional Academy of Clinical Thermology.

Groenewegen says Mindful Wellness will have a booth at the upcoming Conscious-Con Convention at the Duke Energy Center in Cincinnati on May 16 and 17.

For more information or to schedule a thermogram, go to www.MindfulWellnessMedicalThermography.com or call Groenewegen at (513) 382-3132.

http://local.cincinnati.com/share/story/221766?fb_action_ids=10152849619529072&fb_action_types=og.recommends&fb_ref=artsharetop



This woman tells her story about how a mammogram and Ultrasound missed her breast cancer. It was found on thermography. Click on photo above to view or [click here to watch the YouTube video](#).

[Why Choose Thermography Over Mammogram?](#)

THERMOGRAPHY SAVINGS



Referral program:

It's very basic. You refer 1 person and you'll

receive \$25 off your next screening (it can even be your first screening!). There's no limit. Have your screening paid for with our referral program today! Tell anyone that you

send to us to mention your name and we'll adjust your total accordingly.

Previous screenings not included. Cannot be combined with other offers.

Call (513) 382-3132 or [email](#) me to get yours scheduled!

only if you are about to rest since Clary Sage can alter your state of mind if used in high doses.

Click to read more about the benefits of Clary Sage Essential Oil.

All is "Right" with the World

When I'm feeling blue or simply challenged I like putting together this little mixture to improve my mood.

- 7 drops of **Clary Sage Essential Oil**
- 10 Drops of **Frankincense Essential Oil**
- 8 Drops of **Orange Essential Oil**

I'll add it to my **diffuser** or a **spray bottle** & 1 ounce of an alcohol like Vodka. The positive "ENERGY" created will leave you feeling so much better.

Essential Waters

Clary Sage (contains natural scleral - helps stimulate production of estrogen). Spray into air or add to your diffuser. Pretty powerful!

Buttered Basil Garlic Melt

- 1 loaf cheese bread or any artisan bread, cut into 1" slices.
- 1/2 stick butter
- 1/2 teaspoon garlic powder
- 4 drops **Basil Essential Oil**
- Sliced mozzarella cheese.

Save
\$25

Book on time!

Book your Thermography scan in the month it is due and receive \$25.00 off.

Offer Expires: The month your Thermography rescan is due!
Cannot be combined with other offers.



Please visit my booth (Booth #011) at the Conscious-Con. I can't wait to see your friendly face being bathed in ENERGY!

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WWW.CONSCIOUSCON.COM

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

Melt butter then add garlic powder & stir well. Add basil oil, mix well. Brush mixture onto bread until saturated. Cover sliced bread with slices of cheese and bake at 350 degrees until golden brown. YUMMMMMMMIE!

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



Call for your Medical Thermography Appointment Today

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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Contact Us

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