

August 2014

Speaking of...Mindful Wellness

Recharge Your Life

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Essential Oil of the Month

Orange California....



Effect of aromatherapy with orange essential oil on salivary cortisol and pulse rate in children during dental treatment:

Dear Jacky,

Summer heat is finally arriving and with it, we are starting to see an increase in bugs. Yuck... I know I could live without some of the pesky insects. In this issue, I'll share ideas to cleanse your water and help with fighting the mosquito invasion. I am also pleased to provide you with more information about ways you can "Recharge Your Life."

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

Recharge Your Life

Of all the wonderful natural healing modalities available to us today - nutrition, organic diets, chiropractic, massage therapy, cold laser therapy, bio-feedback, ionic foot baths, etc. - the primary stumbling block in many cases is the **Patient's Energy Level**. One patient may try a natural therapy and see miraculous results within the first week. Another patient may take weeks or months to see results. Often, the difference between the two is the level of energy available inside the cell to make the repair or benefit from the modalities. Though we have understood this for years, what to do about it has eluded us ... until now.

Pulsed Magnetic Cellular Exercise (PMCE) increases the energy in your cells. But what does that really

A randomized controlled clinical trial.

Credit: Adv Biomed Res.
2013 Mar 6;2:10. doi:
10.4103/2277-9175.107968.
Print 2013.

Jafarzadeh M1, Arman S,
Pour FF.
Isfahan, Iran.

Citrus essential oils have been used by aromatherapists for the treatment of anxiety symptoms. Based on this claim, the purpose of this study was to investigate the effect of orange essential oil on child anxiety during dental treatment.

Thirty children (10 boys, 20 girls) aged 6-9 years participated in this study at the pediatric department of Isfahan Dental School in 2011. Every child underwent two dental treatment appointments including dental prophylaxis and fissure-sealant therapy under orange aroma in one session (intervention) and without any aroma (control) in another one. Child anxiety level was measured using salivary cortisol and pulse rate before and after treatment in each visit. Based upon the results, the authors concluded that the use of aromatherapy with essential oil of orange could reduce salivary cortisol and pulse rate due to child anxiety state. meaning."

mean for you? Every cell in your body is a small electrical battery, and how well that battery is charged is inevitably going to determine how much work it can accomplish. When your cells don't have enough energy, your body becomes more stressed, making you more vulnerable to illness and injury. You can have chronic pain because your injuries can't repair fully, and you're often tired or feeling rundown. The Russians and Eastern Europeans have been successfully using this technology over the past 30 years, but it has only been available in the U.S. for about five years.

The following analogy will help to explain how PMCE works and why we believe it will change the future of holistic healthcare.

Let's visualize a construction crew building a new home. The workers are our cells that have a job to do. The home they need to build could be any injury, organ, gland or tissue in the body that needs "re-building". What do the workers need to accomplish their task?

[Click here to read the rest of the article...](#)

Thank you
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Using Thermography to See Into the Body?

In the way that ultrasound revolutionized how women experience pregnancy, thermography offers a different way to see what's going on within the body. With widespread concerns about radiation exposure from mammograms and other X-rays, this safe, radiation-free screening method helps diagnose and document many diseases. Its imaging can provide information about what is occurring in the body based on an intricate map of skin receptors and blood flow.

Jacky Groenewegen, a certified thermography technician and owner of [Mindful Wellness Medical Thermography](#), in West Chester, Ohio, uses a multidisciplinary approach to wellness and the treatment of pain and dysfunction. A licensed massage therapist since 2005, she opened a

Reprinted from ISHA's Aromatherapy Newsletter (August 2014)

[Click to read about more benefits of Orange Essential Oil...](#)

Service of the Month

Seaweed Detox Treatment

Combines the detoxifying properties of sea algae with the hydrating and the exfoliating benefits of clay, sea salt, Brewer's Yeast (an excellent source of vitamin B) and Spirulina to provide metabolic stimulation and detoxification of the skin. Essential oils that could compliment the individual are also incorporated into the seaweed mixture. This, combined with heat, is applied to the skin of the back. When removed, organic jojoba is massaged onto the back to condition and soothe the skin.

Cleanse & Support your immune system....

- 1 drop [Lemon](#) or [Orange](#) Essential Oil
- Glass of Water

Yummy, adding a drop of these essential oils to your glass of water cleanses and supports a healthier immune system.

thermography lab in January 2014 after extensive training through the Professional Academy of Clinical Thermology (PACT). Groenewegen says, "The most exciting thing about thermography is that it is completely safe and painless. It works without compression or radiation and can show breast abnormalities earlier than any other test." Annual thermograms are recommended starting at age 20 to establish a baseline and closely monitor changes over time. This proactive wellness approach enables monitoring of responses the body has to various treatments.

For anyone that winced while their soft breast tissue was pushed, prodded and squished between two screens of glass, thermography is an excellent alternative to breast cancer screening. It uses heat detection via an infrared camera to locate areas of temperature differences. Many diseases such as cancer, heart disease, diabetes, stroke and arthritis cause an increase or decrease in temperature. Breast disease can be detected by looking for areas of excessive or increasing heat (inflammation) that could be the result of blood vessels feeding a growing tumor. Inflammation is considered a primary indicator that our bodies are trying to fix something, and fevers are symptoms of many diseases. Thermography is the only system that allows us to view inflammation and congestion...

[Click here to continue reading Using Thermography to See Into the Body.](#)

Thank you

Lucy Moorman and Gayle Wilson

Article [originally published in the July 2014 issue](#) of Natural Awakenings - Cincinnati www.naturalcinci.com

Can Infrared Cameras Help Detect Ebola?



Can Infrared Cameras Help Detect Ebola

Mosquito Spritz...

- 4 drops Citronella or Lemongrass Essential Oil

Add to a 4 oz Spray bottle filled with water. This helps prevent mosquitoes from landing on us or our space. Shake before each use. I like it...



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.

Contact Us

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Licensed Massage Therapist,
Certified Thermographic
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Breast Cancer Awareness is coming soon... book your screening for October and receive \$25 off!

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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