



August 2015

Speaking of...Mindful Wellness

No more lazy summer...

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Forward to a Friend

Essential Oil of the Month

Cajuput Essential Oil



Dear Jacky,

This time of year is often exciting, anxious, overwhelming and just plain crazy for many of you. What am I talking about? It's back to school time and although my children are grown, I talk to & work with so many of you who are in the throes of this mayhem. My recommendation is to really take the time to enjoy this new cycle. Trust me, you'll make it through this period and you may even miss it someday.

Embrace each day as it unfolds. It is such a privilege for me to help you on your wellness journey through thermography, massage and providing you with this newsletter filled with holistic solutions. Take advantage of our special pricing in honour of Breast Health Awareness month. I'm giving special pricing to celebrate!

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

In honor of Breast Health Awareness Month, we're offering you the biggest discount of the year! Give yourself or your loved one, the gift of life by booking your thermoscan today. Print it, copy it, or forward it and share the coupon with your friends and family!



Warming and comforting. Aphrodisiac. A mental stimulant that is uplifting, strengthening and inspiring.

Suggested Use: Dilute a drop or two of Cajuput Essential Oil in an unflavored/neutral Carrier Oil such as Grapeseed or Canola Oil, and use in preparing sauces and savory dishes. Add a drop while preparing whipping cream; a wonderful addition to fresh, fragrant strawberries or mango!

One of the key uses of cajeput is to relieve stiff, aching joints. You can mix a drop or two with one ounce of Castor Oil or Jojoba and rub on to help with sore joints.

Cajeput also helps clear congestion from cold and colds and sinus infections. I sometimes mix a drop with my [NasoPure](#) to help relieve my stuffy nose. The sweet scent of cajeput uplifts the spirit while it cleanses the air.

Apply the cajeput oil externally as first aid for burns, cramps,

Looking for a Safer, Proactive Way to Monitor Your Health?



Early Detection Is KEY!

Thermography detects breast abnormalities EARLIER than any other test!

**NO radiation!
NO compression!
NO contact!**

Clinical Thermography maps physiological patterns indicating both normal health and disease. Thermograms are interpreted by PACT accredited physicians. FDA cleared since 1982.



513.382.3132

MindfulWellnessMedicalThermography.com

October is Breast Health Awareness Month

Use this coupon to get

**\$25 off Breast Scan
\$35 off Head & Torso
\$50 off Full Body.**
booked in the month of October.

Give yourself or a loved one the gift of life.



[Listen to my Interview](#)

Listen to



[my interview](#) with Tara Robinson and Waves of a New Age on WAIF Radio recorded on July 14, 2015. I am thrilled she gave me the opportunity to share my passion for medical thermography.

Breast Cancer Death Rates in Canada didn't improve with Mammograms...

Annual screening in women 45-59 at average risk doesn't reduce breast cancer mortality beyond physical exam

CBC News Posted:Feb11,2014 4:22 PM ET Last Updated: Feb 11, 2014 9:48PM ET

Mammography screening makes no difference to

breast cancer death rates but it can lead to harm from over-diagnosis, a 25-year study of nearly 90,000 women suggests.

In Monday's issue of the British Medical journal, Canadian researchers conclude annual screening in women aged 45 to 59 at average risk does not reduce breast cancer mortality anymore than a physical exam.

colic, earache, headache, muscle pain, and toothache. Cajeput is an astringent oil that can benefit oily skin and help clear eczema.

History: Well known as a domestic spice worldwide. Specific Safety Information: Non-toxic, irritating in larger concentration, use sparingly.

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

Coconut Body Cleanser

Just one more reason to love coconut:

- 1/2 Cup Virgin Coconut Oil
- 1 Cup Organic Sugar or Salt
- Can add: 15 - 20 Drops of [Lemon](#) or [Lime](#) or your favorite [Essential Oils](#)

Melt coconut oil over low heat until it is completely liquid. Add sugar or salt, Stir well.

Add 15-20 drops of your favorite Essential oil or can use plain If you're not adding Essential Oils than you can mix this without heating the oil first.

Put in an air tight container. Use in the shower or as a face scrub. Coconut has a natural SPF so, I don't leave the house without my coconut on!

Contributed by Karin C.

Twenty-two per cent of women with screen-detected invasive breast cancer got treatment that they really didn't need,"says study author Dr.Cornelia Baines, a retired professor at the University of Toronto's Dalla Lana School of Public Health.

"All over-diagnosis results in unnecessary surgery, unnecessary chemotherapy, unnecessary radio therapy and unnecessary hormonal therapy," she says.

In the Canadian national breast screening study,women aged 40 to 49 were randomly assigned to receive mammograms annually for five years while women in a control group had a single physical exam.

All participants aged 50 to 59 had a physical breast exam each year.

Over the course of the study, 3,250 women in the mammography group and 3,133 in the control group were diagnosed with breast cancer.

There were 500 deaths from breast cancer in the mammography group and 505 among those who didn't receive mammogram screenings.

"We'd explain by saying in Canada that both groups of women when diagnosed had excellent treatment and therefore enjoyed the same opportunity for being saved by treatment,"Baines said of the equal mortality rates.

The trial was very well run, said Dr. Amir Eitan, a medical oncologist at Toronto's Princess Margaret Cancer Centre, commenting on the study.

"The bottom line is that as breast cancer treatment improves, the outcomes of average risk patients diagnosed at an earlier stage thanks to mammography and those diagnosed later due to lack of mammography become similar,"he said in an email.

Cancer researchers are trying to find ways to find the subset of women, such as those at higher risk because of genetic susceptibility,who could benefit from early detection.

In the mean time, Baines wants all women who are going to be screened to be completely informed... [Click to read the rest of the article](#).

THERMOGRAPHY SAVINGS

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

Foot Rejuvenating Bath

- 4 drops **Peppermint Essential Oil**
- 4 drops of **Grapefruit Essential Oil**
- 3 drops of **Cajuput Essential Oil**
- 15 ml of a **Jojoba** or carrier oil

Blend together and add 7-9 drops in foot bath, swirl water to disperse the oils, insert feet and relax for 15 minutes.

Product of the Month

Lymphatic Body Brush Kit...



Body Brush SUMMER Blow-out SALE

Save 30% Buy your Kit Today!!!! Hurry before we run out...

Click to read more and to find detailed instructions on how to Dry Skin Brush...

Retail Price: \$28.99
Sale Price: \$20.29
Fine print.... Enter coupon code Brush30 at checkout. Offer is available on-line and in-store on the purchase of a Lymphatic Body Brush Kit. Discount will be applied before shipping



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!

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 follow-up scan is due! Cannot be combined with other offers.

No more lazy summer...

It's back to school for many...

Back to studying, juggling practices, homework and getting the right amount of sleep. Crazy, crazy times for so many families! This time of year may bring anxiousness to you and your children. My children are grown, but I know many people juggling so many

balls that I want to duck my head, expecting them to crash at any moment. They are the queen of stress. I've had a lot of practice dealing with stress and helping to keep it from driving me over the edge. I help clients everyday through massage ease their stress and feel better.

I also try to let the little things go. This is really big for me, because I want to control everything and every situation - because I can do it better. ;) I've had to let go of the things that really don't matter so that I can devote my energy and focus on things that do. Even though I don't have children heading back to school, and many of you may not either, it's still a good life lesson to remember.

When you feel things getting out of hand and you don't have a second to spare, that's the time when you need to take a minute and stop. Just stop. Take a deep breath and stretch your arms up high in the air. Circle them around and stretch them to the sides.

and taxes. Coupon offer extended expires September 30, 2015.

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Breathe in and out. Then continue what you were doing, and you should find that it's a little easier to deal with.

Get some help. When you just cannot do it all, find others that can help you. This is another area that is hard for me. It goes back to the fact that I feel that I can do it best and I want it done my way. Realize that other ways will work just as well and let someone help you.

It is so important that we watch our stress and make sure that it doesn't take over. Stress affects so many things in our bodies and controls how we interact with other people. Watch your stress levels and take care of yourself. You and your body will thank you later.

[Comments, suggestions or questions are always welcome.](#)

Here's to Healthy Habits,

Jacky

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