

Speaking of...Mindful Wellness

Toxic Chemicals in Cosmetics and Skin Care Products

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Essential Oil of the Month

Citronella Essential Oil



Citronella's properties are similar to Lemongrass, its

Dear Jacky,

Now that Mother Nature blessed us with a little rain (well, some of us, a lot) to green up our grass, I guess we have to consider getting back out and mowing. I know our Labyrinth can use a little TLC. I hope to get out and enjoy the hummingbirds, fresh air and beautiful flowers in my free time.

THANK YOU, Cheryl Keitel for the wonderful article "Toxic Chemicals in Cosmetics and Skin Care Products." Your skin is the largest organ in your body so it's very important to take care of it. I know I'm all for eliminating as many toxins as I can. Please make sure you read the entire article it's very educational!

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. Your Thermography Scan offers a safe, proactive way to manage your health. Your thermoscan is a no contact, no radiation, no compression health monitoring tool. You can use your flexible spending or HSA funds to pay for your thermography scan. Start the year off on the right foot and schedule your thermography scan today!

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

Toxic Chemicals in Cosmetics and Skin Care Products

As a young child with wide-eyed vision and huge ideas, I dreamed of discovering the cure for cancer. I grew up in northern Indiana with a very large extended family and that

scent is light, fresh lemon scent with geranium-like notes. Very soft and round. Citronella is commonly used in deodorizing and insect repelling products, and as a raw material for the perfume industry.

- Used in Insect Repellents
- Deodorizing
- Cleansing

How to Use [Citronella Essential Oil](#)

- Blend with [Cedarwood](#), [Lavender](#), [Patchouli](#) or [Eucalyptus](#) to keep bugs at bay.
- Diffuse 2 - 3 drops outdoor to keep bugs away.
- Add 2-3 drops to a wax pool to create your own Citronella Candle.
- Add a few drops to a bucket of water when mopping your floors.

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

Dr. Piana's Deodorant

- 3 coffee scoops organic shea
- 2 coffee scoops Organic coconut oil
- 50 ml Organic Sodium Bicarbonate
- 30 ml Organic Corn Starch
- Melt and bottle

Homemade Bug Spray Recipe

- 3 1/2 ounces (basically 1/3 cup) Witch Hazel
- 1/2 teaspoon [Lemongrass Essential Oil](#)

dreaded disease took its toll on numerous family members and friends. Somehow I knew way back then that the human body was not able to handle the many harmful chemicals we were being exposed to in our foods and in our environment, and that this was the key to discovering a cure.

As a biology major in college, my goal was to go into medicine. I was in awe of the human body and how this amazing, well-oiled machine, with its complex systems, works to keep us healthy. Life took me in a different direction and although a career in medicine didn't pan out I am so lucky to have a wonderful husband of 41 years, two happy healthy children and two wonderful grandchildren.

When a health and wellness company entered my life four years ago my original passion was renewed. Arbonne has given me what I'd dreamed of for years - an opportunity to educate and help people to live their healthiest by making simple lifestyle changes.

Thank YOU for taking the time right now to educate yourself. "With knowledge comes power."

Our skin is the largest organ of the body and it is part of our immune system. It emits toxins and absorbs nutrients from the air. I'll admit that wasn't terribly exciting until I learned that what we put onto our skin enters our bloodstream in 26 seconds! We absorb up to 60% of what we put on our skin, and children's bodies absorb 40-50% more than adults, making them at higher risk for disease. Think about what our skin comes into contact with every day - lotions, household cleansers, sunscreens, bug repellants, not to mention things in the environment. We are bombarded by harsh chemicals!

The kicker is...

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SAVE THE DATE!

Area Wide Wellness welcomes
[Mindful Wellness Medical Thermography](#)
to explore [Managing your Mammaries](#) and how
thermography can help you
Sunday, September 18th 2:30 pm



The [Managing your Mammaries](#) Seminar will be held at: Huff Realty
6102 Muhlhauser Rd.
West Chester, OH 45069.

- 1/2 teaspoon
Eucalyptus Essential Oil
- 1/2 teaspoon
Citronella Essential Oil
- Place in a 4 oz Spray Bottle

Mist on skin and clothing.

Repel mosquitoes

Repel mosquitoes by diffusing Eucalyptus Lemon Essential Oil or Bug Biter Essential Oil.

Product of the Month

Body Brush Kit...



Body Brush Kit...

Skin Brushing stimulates the lymphatic system, which consists of tissues and organs that produce, store and carry white blood cells which fight infection and disease.

Body Brushing can help prevent lymph stagnation so that fluids, excess proteins, cells and toxins don't accumulate.

Body Brushing increases blood circulation in all organs and tissues, especially in the tiny blood vessels near the surface of the skin, called capillaries. It also helps the skin improve its ability to rid the system of toxins. This places less of a burden on the organs.

Please RSVP as seating is limited by calling (513)759-0070 or barb@areawidewellness.com.

Gentle Ways to Detox the Body...

When your mind is drained, your body aches and your energy levels are close to zero, it's time to detox the body.

Imagine yourself having clearer skin, a sharper mind, revitalized energy, a stronger immune system and feeling healthy inside and out - - these are the things that you can enjoy by undergoing a detoxification program.

Detoxification basically means blood cleansing through eliminating impurities from the blood in the liver, through kidneys, lungs, intestines, lymph and skin. Finding Gentle

Ways to Detox the Body will help improve your immune system and help you feel better.

Take the first step to Detox the Body

First, you have to reduce toxins in your body. Try to cut down on or eliminate the following: cigarettes, alcohol, coffee, eating foods with saturated fats and refined sugars (cola and ketchup contain a lot). These act as toxins in your body and as a hindrance to your healing process.

Gentler way to detox the body:

Here are gentler and safer ways to detox your body that you can try as part your routine.

[CLICK TO READ MORE...](#)

Thursday, September 29, 2016 6:00 to 8:30 PM Shaker Run Golf Club

"**Cancer Treatment; Time for a Paradigm Change**" Presented by Mark Rosenberg, MD,FACEP, FMNM, ABAARM. Dr. Rosenberg is an internationally known researcher, lecturer and integrative clinician. He is the founder of the Rosenberg Integrative Cancer Treatment and Research Institute, Fellowship Director of ICT, & FMNM Consultant. And, **Cancer & Nutrition** presented by Georgette Schwartz, MSHN. Georgette is Director of Nutrition Services at AMT's Institute for Healthy Aging & Integrative Cancer Therapeutics. She has been a nutrition and fitness educator and specialist focusing on complete mental and physical well-being for over 20 years.

Call Kelly Brown to RSVP by September 10, 2016. 937-371-4838. (Event cost \$125 per person & includes dinner)

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.

Body Brushing rejuvenates the entire nervous system by stimulating nerve endings. It has also been known to reduce cellulite deposits.

Click here to find out more interesting facts about Dry Skin Brushing!

Buy yours TODAY!

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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.

Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!

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!

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

How to get the best use of each thermography screening:

1. Compare your images visually to the last screening. What areas have improved? What areas do you need to focus your 2016 efforts on to reduce inflammation or improve circulation?
2. Follow the recommendations in your report and those given to you by the thermologist you spoke to during your consult, or by your doctor or other health practitioner.
3. If you completed your first scan, make sure your follow up scan is scheduled. Use that date as a goal to see improvements in your body through your hard efforts to gain optimal health.

MAKE 2016 YOUR HEALTHIEST YEAR YET!

Contact Us

513-382-3132

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