

MINDFUL WELLNESS

massage & bodywork L.L.C.

HOLISTICALLY CENTERED...ON YOU.

December 2015

Speaking of...Mindful Wellness

Ho, Ho, Ho so many surprises to share...

Subscribe

Click on the Subscribe button to start automatically receiving our newsletter filled with therapeutic wellness information to help your mind and body feel better.

Like me on Facebook 

Like me on Facebook to receive short therapeutic wellness tips to help your mind and body feel better.

Click Here to Purchase an Instant Massage or Thermography Gift Certificate

 Forward to a Friend

Essential Oil of the Month

Oregano Essential Oil

Dear Jacky,

Oh, Ho, Ho, Ho the season brings such magic, wonder, joy, surprise and warmth. What memories are you going to create? You may enjoy the quiet serenity of a warm fire to relax after a stressful day. Or, the hustle and bustle of a busy shopping season. I personally enjoy the extra time I have to spend with family and friends. Plus, the pure joy on my grandchildren's faces as they embrace the magic the season brings. My holiday wish for you is to find an activity that makes you smile and that you maintain good health.

It's not too late if you haven't booked your Thermoscan yet? I have a few Thermography appointments open before December ends. Call me to schedule your scan before the end of the year so you can use your flexible spending or HSA funds to pay for it!

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.

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



Strong immune system supporter and great for the digestive system and coughs. Very peppery and spicy, hot and temperamental. Much like the fresh culinary herb; heavy, rich and very powerful/pungent.

This oil is very potent in its pure form and very likely to irritate skin and membranes. It should never be used on the skin directly, or ingested undiluted.

How to use **Oregano Essential Oil**

- For cooking applications please use in Olive Oil, or make your own by blending up to 2% (18 drops per 1oz. of product) Oregano Oil with Canola, Grapeseed or Olive Oil. Use this oil in salad dressings, sauces and savory dishes.
- Purify the air by **diffusing** 2 drops of Oregano for 4 - 6 hours
-

THERMOGRAPHY SAVINGS

Looking for a SAFE, PROACTIVE Way to Monitor Your Health?

MEDICAL THERMOGRAPHY
detects breast abnormalities EARLIER than any other test!*

*University of Wisconsin study shows the 70% of tumors can be identified on a thermogram 8-10 years prior to a mammogram.

Early Detection Is KEY!
NO compression
NO radiation • NO contact



6 more reasons to get a Thermography Scan:

1. Convenient, Fast & Easy.
2. Start at 20 years old. Follow-up as frequently as needed without the risk of radiation exposure.
3. Detect areas against the chest wall and armpit that can be missed on mammogram.
4. Check lumps and positive findings found on a mammogram for heat activity.
5. Few false positive findings, therefore less biopsies and worry.
6. Because we offer them right here in West Chester, Ohio!

Mindful Wellness Medical Thermography offers:

- Full Body Thermal Imaging
- Breast Health Screening
- Thyroid Screening
- Lymphatic Congestion
- Nervous System Disorders
- Abdominal Inflammation
- Vascular System Analysis
- Neuromuscular Disorders
- Muscular Disorders
- Vascular Screening
- Other Pathologies

Thermography is a safe, state-of-the-art health screening that is helpful in the diagnosis and documentation of many diseases. It uses heat detection to map, measure and monitor areas of temperature differences in the body which can be signs of illness or precursors to disease.



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

- No referral from a doctor is needed to book an appointment.
- Allow 45 – 60 minutes at the center to ask questions, fill out paperwork and to complete the scan.
- Your results will be available within one week.
*Available consults with thermologists.

Book your appointment today and save!
513.382.3132
 MindfulWellnessMedicalThermography.com

BTI BREAST THERMOGRAPHY INTERNATIONAL

SAVE
\$10 on Breast Scan
\$15 on Head & Torso Scan
\$20 on Full Body Scan

Must mention coupon at time of booking. Offer expires 01/31/2016. Cannot be combined with other offers.

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

Connie's Story... Do you want a way to prevent having a similar story?

Thermography isn't something to fear. It's no touch - no radiation screening tool works! Schedule your thermogram today by calling me or [scheduling online](http://www.mindfulwellnessmedicalthermography.com).

"In 2007 my thermogram indicated a possible pathology in the right breast between 9 and 12 o'clock. I was diagnosed in February 2012 with cancer exactly where the thermogram revealed it to be all those years ago.

- Treat boil or skin infection. Dilute 2 - 3 drops of Oregano with the same amount of water and apply to the infected area 3 - 6 times per day. Note, Oregano is a "hot" essential oil and should not be applied undiluted to the skin.
- Ease chronic pain by applying 1 - 2 drops or Oregano on a warm compress to the area.
- Help for a sore throat. Add 1 drop of Oregano to a 32 oz glass of water and drink. Or, rub 1 drop of diluted Oregano to your throat.

Click to read more about the benefits of **Oregano Essential Oil.**

Ho, Ho, Ho the smells of the Holiday Season

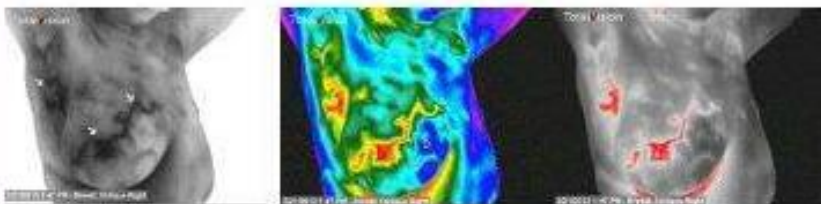
I love the special scents of the holiday season! One of my favorite blends is [Celebrate Essential Oil](#). I frequently sprinkle a few drops on my wreath or on a cotton ball I hide near my Christmas Cactus.

I had a mammogram in 2009 with negative results. In 2011 my general practitioner performed an exam, felt nothing and gave me a clean bill of health. One year later the GP felt a mass and strongly urged a mammogram. It revealed a large mass between 9 and 12 o'clock. My concurrent thermogram showed not only the mass, but possible involvement of the lymph nodes as well.

Due to my doctor's dismissive attitude towards thermography, I did not take the 2007 report seriously. I allowed three years to pass before my next mammogram. Now I have been diagnosed with invasive breast cancer (5.4 cm mass), 31 lymph nodes removed of which 16 were involved (stage 3 or 4 cancer).

This was truly a learning experience for me - thermograms do count! I could have prevented this! Now I am engaged in a battle with cancer; including chemotherapy and possible radiation."

Connie's recent thermogram



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.

Improve your Environment for better health...

I'm always looking for ways to help you feel better. This month, I've found another winner with my new [diffuser](#). I've touted the benefits of Aromatherapy many times. Scents can mean many different things to an individual. It may conjure up a pleasant memory or it may be used to help you clean the air. Diffusing therapeutic grade essential oils like those carried at Mindful Wellness Massage and Bodywork help me, my

Hand Sanitizer

Combine 10 drops of oregano oil with two tablespoons of coconut oil. Rub it into your hands as a natural hand sanitizer.

Product of the Month

Aroma Spa Diffuser....



Aroma Spa Diffuser

The Aroma-Spa Vaporizer™ features a calming, subdued, rotating, multi-colored LED lighting feature. With the touch of a button your Aroma-Spa Vaporizer™ emits a beautiful ring of color to enhance your tranquil Spa experience. Simply add water and your favorite pure essential oil and the ultrasonic element produces consistent and fragrant vapor.

Add a few drops of your favorite pure essential oils to enhance the soothing vapor and provide immediate and effective aromatherapy. The Aroma-Spa Vaporizer™ will

family and most of all, my clients. Many of you may go to your local store and purchase cleaning/disinfecting

agents with air fresheners. Now don't get me wrong, I'm all for convenience, but you must know that many of these products contain harmful toxins. This defeats the initial purpose of using these products. Diffusing therapeutic grade essential oils not only gives you the benefit of aromatherapy, but is also helps clean the air of many impurities.

A little bit of History...

The term "aromatherapy" was coined by the French chemist René-Maurice Gattefossé in the early 1920s. Gattefossé spent his life devoted to essential oils and their healing properties. However, for more than 6,000 years prior to Gattefossé, aromatherapy had been used by the Egyptians, Romans, and the Greeks. Imhotep, an Egyptian physician, suggested that oils be used for massage, bathing, and embalming the dead. Hippocrates, known as the father of modern medicine, used aromatic smoke and vapors to purge Athens of the plague.

Dr. Jean Valnet, M.D. (also a friend and colleague of Dr. Gattefossé), a world renowned medical researcher, stated that essential oils provide remarkable protection against viral infections ranging from shingles to influenza. Dr. Valnet used essential oils successfully to treat wounded soldiers during WWII. This is when he discovered the powerful effect essential oils have in fighting infection. He was able to save the lives of many soldiers who might have otherwise died.

Two of Dr. Valnet's students, Dr. Paul Belaiche and Dr. Jean-Claude Lapraz, went on to expand his work and investigated the antiviral, antibacterial, antifungal, and antiseptic properties in essential oils.

Diffusing essential oils is, by far, one of the best ways to purify our home or work environment. [Cinnamon Leaf oil](#), [oregano oil](#), and Thieves® oil were all tested by Weber State University, and were shown to kill 100% of the airborne bacteria present when diffused into the atmosphere. (KID-Radio with Lance

automatically shut off when empty. UL approved adapter included.

Add a few drops of your favorite pure essential oils to enhance the soothing vapor and provide immediate and effective aromatherapy. The Aroma-Spa Vaporizer™ will automatically shut off when empty. UL approved adapter included.

Buy yours! On sale now!

Enter "Diffuse10" to save 10% while supplies last.

Aroma Spa Diffuser

Regular Price: \$49.98

Sale Price: \$44.98

Buy a diffuser and save 20% off any Essential Oil in stock.

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Visit my blog



Richardson and Dr. Gary Young, ND, March 5, 1996).

Primary Benefits of Diffusing

Transform your surroundings: Create a relaxing, spa-like atmosphere or instantly brighten the mood of your home or office.

Eliminate odors: Remove lingering smells without resorting to synthetic air fresheners.

- Protect your family's health: Safeguard your family's health by detoxing your home from harmful household chemicals.
- Introduce [healing oils](#) into the air for amazing health benefits

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

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

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!!!



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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