

Speaking of...Mindful Wellness

Are you ready to clean your drains?

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Essential Oil of the Month

Tea Tree....



There are so many interesting uses for Melaleuca alternifolia essential oil, it was hard to narrow down

Dear Jacky,

Cleaning may make you think of spring. I sure hope it comes soon, I've had enough of the cold weather. This issue isn't devoted to the cleaning you may be thinking about, although I know I need to do some serious cleaning. Instead, this issue will give you suggestions to detoxify or cleanse YOU. How do you go about cleaning your insides? Keep reading and I'll give you suggestions. I'd love to hear more of your own tricks, post some of your ideas on my [Facebook](#) page.

Also in this newsletter, I'll give you a way to help your favorite group or help yourself earn extra funds that you can put toward your own Thermography Scan. Plus, you'll find recipes using our featured product of the month, Jojoba.

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

RAISE SOME MONEY!

Do you have a favorite group, church or charity that you'd like to raise money for?

Or...

Have you wanted to get a thermography scan, but didn't have the extra funds to pay for it?

Or...

Perhaps you just need some extra cash...

Consider hosting a Thermography Presentation in your home, church or meeting place. You can earn 10% of the proceeds from the scans booked at your event!!

It's fun, informative and easy to host such a gathering and I will help you every step of the way.



to a top 10 list!

Did you know that the common name for *Melaleuca alternifolia* is Tea Tree oil and it is also called Snake Oil?!

Now you know what *Melaleuca alternifolia* is - it is Tea Tree!

Melaleuca alternifolia is one the best selling essential oils of all time and is famous for being gentle on skin. It's practical and useful, like how the perfect essential oil should be.

10 Uses for *Melaleuca alternifolia* (tea tree) Essential Oil

1. Cleanse Acne - Dab a little bit of *Melaleuca alternifolia* on a zit or blemish, and the cleansing properties will have it cleared up in no time.
2. Treat diaper rash - *Melaleuca alternifolia* pairs very well with coconut oil, especially when tending to rashes on sensitive bottoms!
3. Yellow Toenails? Ugh, no one likes icky yellow toenails! Dab a drop of *Melaleuca alternifolia* on it!
4. Super-Charge Your Body Wash - You know that gunky feeling you get when your soap or cleansing gel just isn't doing the

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

Let's make this happen for YOU!!

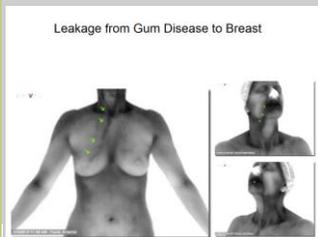
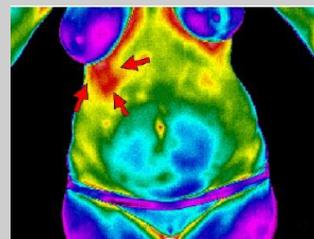
Thermography screens...

Your thermogram takes a look at your entire body. It's one screen that can help you see where cancers may be in very early stages or inflammation that may develop into something more serious. The results of your thermoscan are read and interpreted by a team of doctors. Through the recommendations you receive, you can then develop a treatment plan with your integrated doctors and practitioners that may be as simple as improving your activity level or changing your eating habits, or to lose a few extra pounds.

Below you'll see a few examples of common issues found on a thermoscan.

Abdominal Inflammation

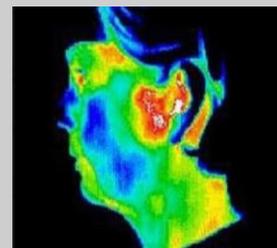
Full body thermography can show inflammation in the abdomen long before it can be felt as a symptom or pain in many cases. Here, you can see inflammation in the upper right quadrant over the liver.



Systemic Dental Disease

Some dentists have long claimed a relationship between oral bacteria and breast cancer. The pictures to the left exemplify how the bacteria spread through the lymphatic (immune) system.

TMJ Problems TMJ problems are epidemic in our society. Stress, dental work, and braces can alter the structures of the face and skull leading to improper biomechanics and resulting inflammation. Dentists are beginning to use this technology to see the results of their work. We perform this check on all full body exams.



You can take the results of your thermogram and start making healthier choices in your food, activity choices, or stress reduction. I've found it very exciting to see how changes I've made in my own life have improved my health and it showed on a subsequent thermoscan. I began eating healthier and exercising more as a result of issues found on my own thermoscan. My recent scan showed these improvements were making a measurable difference in my health. Call me to schedule your thermoscan so you can work on a better you today.

job? Add a few drops of Melaleuca alternifolia, and voom. It'll cleanse like nothing else!

5. Lighten Skin Tags -

A few dabs, and those pesky little tags will dry right up.

6. Make Deodorant Do Double Duty - If you use an all-natural deodorant, adding a little Melaleuca alternifolia gives it a brand new superpower. It'll make your skin feel even cleaner!

7. Ouchies! Melaleuca alternifolia is great for minor owies!

8. Soothe Dry Scalp -

In select amounts, Melaleuca alternifolia is amazing at soothing scalp dryness.

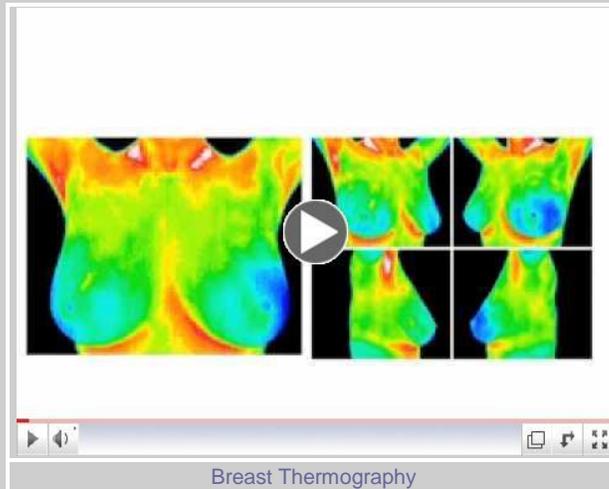
9. Combat those flakes - Add about 10 drops to any shampoo bottle for a great way to combat those snowy flakes on your shoulder.

10. Add to Your **NasoPure** - Super charge your NasoPure salts with a drop of Melaleuca alternifolia!

I hope you learned something new from this list of 10 amazing uses for Melaleuca alternifolia essential oil.

Taken from ISHA's Aromatherapy newsletter - January 2015 edition

You can learn more about Breast Thermography by watching this video by Dr. Mercola.



Save
10%

Jojoba

Fine print.... Enter coupon code Jojoba10 at checkout. Offer is available on-line and in-store on the purchase of a Jojoba. Discount will be applied before shipping and taxes. Coupon expires March 31, 2015.

Offer Expires: March 31, 2015

Ways to Naturally Detoxify your System

The lymphatic system, or lymph system, as it is also called, is a system made up of glands, lymph nodes, the spleen, thymus gland and tonsils. It bathes our body's cells and carries the body's cellular sewage away from the tissues to the blood, where it can be filtered by two of the body's main detoxification organs: the liver and kidneys. This sewage is made up of the byproducts of our bodily processes, over-the-counter and prescription drugs, illicit drugs, cigarette toxins, other airborne pollutants, food additives, pesticides and other toxins.

The Fat Flush Plan author Ann Louise Gittleman, PhD, estimates that 80 percent of women have sluggish lymphatic systems and that getting them flowing smoothly is the key to easy weight loss and improved feelings of well-being.

If you are suffering from injuries, excess weight or cellulite, or pain disorders like arthritis, bursitis, headaches or others, a sluggish lymphatic system may be playing a role. Here are 11 ways you can get your lymph flowing smoothly.

1. **Breathe deeply.** Our bodies have three times more lymph fluid than blood, yet no organ to pump it. Your lymph system relies on the pumping action of deep breathing to help it transport toxins into the blood before they are detoxified by your liver. So breathe in that sweet smell of healing oxygen. Breathe out toxins.

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

Product of the Month



Jojoba

WHAT IS HobaCare Jojoba?

HobaCare Jojoba is the pure extract of the jojoba seed, which has been grown and then pressed and filtered to The Jojoba Company's exacting specifications.

Jojoba is excellent for:

- Revitalizing the skin before or after a shower or bath
- A superior massage medium for adults, children and babies
- Removing make-up, deep-cleansing the skin and facial massage
- Conditioning scalp and hair
- Providing soothing relief from psoriasis

2. **Get moving.** Exercise also ensures the lymph system flows properly. The best kind is rebounding on a mini trampoline, which can dramatically improve lymph flow, but stretching and aerobic exercise also work well.

3. **Drink plenty of water.** Without adequate water, lymph fluid cannot flow properly. To help ensure the water is readily absorbed by your cells, I frequently add some fresh lemon juice.

4. **Forget the soda,** trash the neon-colored sports drinks, and drop the fruit "juices" that are more sugar than fruit. These sugar-, color- and preservative-laden beverages add to the already overburdened workload your lymph system must handle.

5. **Eat more raw fruit on an empty stomach.** The enzymes and acids in fruit are powerful lymph cleansers. Eat them on an empty stomach for best digestion and maximum lymph-cleansing benefits. Most fruits are digested within 30 minutes or so and quickly help you feel better.

6. **Eat plenty of green vegetables** to get adequate chlorophyll to help purify your blood and lymph.

7. **Eat raw, unsalted nuts and seeds** to power up your lymph with adequate fatty acids. Choose from walnuts, almonds, hazelnuts, macadamias, Brazil nuts, flaxseeds, sunflower seeds and pumpkin seeds.

8. **Add a few lymph-boosting herbal teas** to your day, such as astragalus, echinacea, goldenseal, pokeroor or wild indigo root tea. Consult an herbalist or natural medicine specialist before combining two or more herbs or if you're taking any medications or suffer from any serious health conditions. Avoid using herbs while pregnant or lactating and avoid long-term use of any herb without first consulting a qualified professional.

9. **Dry skin brush** before showering. Use a natural bristle brush. Brush your dry skin in circular motions upward from the feet to the torso and from the fingers to the chest. You want to work in the same direction as your lymph flows-toward the heart. [Click to read more from Mindful Wellness with instructions.](#)

10. Alternate hot and cold showers for several minutes. The heat dilates the blood vessels and the cold causes them to contract. Avoid this type of therapy if you have a heart or blood pressure condition or if you are pregnant.

11. **Get a gentle massage.** Studies show that a gentle massage can push up to 78 percent of stagnant lymph back into circulation. Massage frees trapped toxins. You can also try a [lymph drainage massage](#). It is a special form of massage that specifically targets

- Conditioning and softening cuticles

[Click to read more about the amazing benefits of Jojoba.](#)

Anti-Stress Recipe

Apply a few drops of this recipe to the neck, under the nose , or on the abdomen:

- 3 drops of Cypress essential oil
- 2 drops of [rosewood essential oil](#)
- 2 drops of [neroli essential oil](#)
- 1 drop of [frankincense essential oil](#)
- 1 drop of [jasmine essential oil](#)
- 1 drop of [ylang-ylang essential oil](#)
- 4 Teaspoons [Jojoba](#)

Store in a [jar](#) and use when you feel a bit stressed.

Dandruff Treatment...

- 10 Drops of [eucalyptus essential oil](#)
- 15 drops of [rosemary essential oil](#)
- 3 1/2 Tablespoons [Jojoba](#)

Massage into damp scalp and hair, and then towel-wrap or wear a cap for 30 minutes. Wash with a mild shampoo.

lymph flow in the body. Whatever type of massage you choose, make sure it is gentle. Too much pressure may feel good on the muscles, but it doesn't have the same lymph-stimulating effects.

There are countless benefits of getting your lymphatic system moving more efficiently, including more energy, less pain, and improved detoxification. Adapted from Weekend Wonder Detox by Michelle Schoffro Cook.

Source:
www.care2.com

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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