

Speaking of...Mindful Wellness

Discover a safe alternative to mammography...

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Essential Oil of the Month

Helichrysum....

Helps with arteriosclerosis, anticoagulant, anesthetic, antiviral, liver protectant/detoxifier/stimulant, regenerates nerves, improves circulation, regenerates tissue. Helps release feeling of anger. Uplifting to the subconscious.
How to use Helichrysum Essential Oil.

- Use in a diffuser to uplift your subconscious

Dear Jacky,

It's the Dawn of a New Year of Wellness. I've worked very hard to become a Certified Thermographic Technician and I'm very excited to share the health benefits that Thermography can have on your life. Thermography is a safe, no radiation, no contact alternative to mammography. In this issue, I'll share more information about the benefits of this cutting edge technology.

I'll also re-introduce you to Lymphatic Body Brushing. Dry Skin Brushing especially helps during the winter months to stimulate your lymphatic system and remove dry, dead skin. I'm always excited to add healing treatments to your sessions to help keep you on the road to wellness. More details can be found by visiting my website 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, Body Brushing or using Guided Imagery.

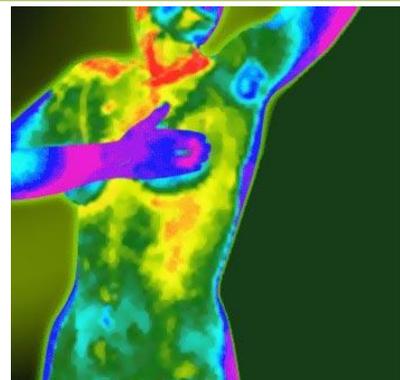
Jacky

Discover a safe alternative to mammography and prevent cancer - naturally

Has your family doctor or GYN ever talked to you about "Breast Thermography?" This is a simple, non-invasive way of assessing your risk for breast cancer - yet most

conventionally-trained physicians have no idea about its benefits. Although a surprising fact to most people, medical thermography has been around since the 1970's and approved by the Food and Drug Administration (FDA) in 1982 for breast cancer detection and risk assessment - as an adjunct to mammography.

Unfortunately, the medical establishment; the American Cancer Society (ACS) and most women's organizations only push for mammography -



- Add a drop to a cotton ball placed in a plastic bag. You can inhale directly.
- Use it in the sauna/steam bath.
- Apply 2 - 4 drops on location, temple, forehead, back of neck, or outside of ear. One of the benefits of Helichrysum is that it will help improve concentration.
- Add 2-3 drops to a bowl of hot water to inhale the fragrant steam.
- Add 2-3 drops to a carrier oil like Jojoba to help ease bone pain.
- Dab on an open sore to help stop bleeding.

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

Service of the Month



Dry Skin Body Brushing Treatment

This service involves the therapist lightly brushing the surface of the skin with a natural bristled body brush. The benefits include: unclogging pores, removes the oldest dead skin cells on the surface, assists in the function of sweat and oil glands, stimulates the lymphatic system, increases blood circulation, rejuvenates the entire nervous system by

which, due to radiation exposure, only increases your risk for breast cancer with every test. Find out how to prevent breast cancer - years before conventional testing procedures - by understanding the value of breast thermography and natural healthcare solutions.

What is the difference between mammography and thermography?

According to Moshe Dekel, M.D., board certified in GYN and a specialist in breast thermography - "the difference between the two modalities is profound."

"Mammography, like MRI and sonography, is an anatomical study; it looks at anatomical changes of the breast tissue. It may take up to ten years for the tumor to grow to a sufficient size to be detectable by either a mammogram or a physical examination. By that time, the tumor has achieved more than 25 doublings of the malignant cell colony and may have already metastasized."

Do we really want to wait that long? And, do we really want to expose ourselves to all that radiation?

Dr. Dekel goes on to say, "thermography is a physiological study. The infrared camera detects the heat (infrared radiation), which is emitted by the breast without physical contact with it (no compression) and....

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www.MindfulWellnessMedicalThermography.com



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.



Enjoy an Evening Floral-Citrus Soak

A hot bath can melt away the stress of the day - and make for a healthier, more energized tomorrow. The secret: Add six drops each of lavender and lemon essential oils to the bathwater. Studies show that lavender induces the formation of relaxing brain waves while lemon calms the brain's anxiety center, helping to induce sound sleep. And a steamy soak triggers an uptick in body temperature that helps destroy

stimulating nerve endings, may reduce cellulite deposits, can improve overall health and boost your immune system, while toning, smoothing and tightening your skin.

[Click here for an informative article.](#)

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heat-sensitive cold and flu viruses, so you won't be sidelined by sickness.

Shower for can-do A.M. Energy

Create a supercharged shower:

3 cups of Baking Soda

1 cup of water

Mix until a paste is formed. Divide the mixture into a lined muffin pan. Let the mixture sit overnight or until formed. When formed, pop out of the tin and add 5 drops of your favorite energizing essential oil like [eucalyptus](#), [helichrysum](#), [rosemary](#) to the top of each disk. Place one of the disks on a shelf or in a corner of your shower. The steam will bring out an aroma that will leave you clearheaded and energized. (If the disk doesn't fully dissolve, let dry and use the next day. Store the extra disks in a plastic baggy or container.

Save
10%

Save 10% on your own Dry Skin Body Brush Kit. Or buy more than one to share the health benefits of Dry Skin Body Brushing with your friends and family. Or maybe, even your Valentine! Enter discount code "BODY" at check-out to receive your discount. Discount is not available on tax and shipping.

Offer Expires: February 28, 2014

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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