

July 2014

Speaking of...Mindful Wellness

What's your posture telling you?

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.

 Forward to a Friend

Essential Oil of the Month

Myrrh....



Purifying, restorative. Uplifting and revitalizing while soothing nervous tension. Great as a

Dear Jacky,

Have you ever thought about what your posture is telling you or someone else? I know, through the many massages I've given, poor posture can cause a host of issues like tense muscles, back aches and sore shoulders, just to name a few. I know things can be stressful in today's world, but an improvement in your posture can make you feel so much better.

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

What's your posture telling you?

Living in today's world seems to put a high demand on many of us. These days, it's very common for someone to put in long hours working each week-often bringing their work home with them as well. Most people agree that their careers require more attention than in years past.

Being so consumed with work can lead to neglecting your health needs. It's all too easy to dismiss important aspects of life that give your life balance. Even if you're working long hours, be sure to allot enough time to keep yourself mentally and physically healthy.

Include in your schedule some time for yourself and for other rewarding aspects of your life (family, healthy recreation, etc.). You should find yourself renewed and more mentally prepared to face the rigorous demands that life may ask of you.

Massage remains one of the most rewarding, healthy ways to

meditation aid and as a skin care component, and also known for its use in oral care.

How to Use [Myrrh Essential Oil](#)

- Add to a diffuser for a long-lasting, warm aroma climate.
- Add a drop to a glass of warm water and stir before gargling. Recommended for voice loss due to a common cold. If you are suffering from sore, inflamed gums, try "swishing" this mouthwash in your mouth for a minute or so.
- Too much walking treat your blister by rubbing a drop of Myrrh.
- Help soothe poison ivy by adding 4 - 6 drops of Myrrh to a cold compress. Apply twice daily.

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

Service of the Month



Inversion Therapy

Inversion Therapy uses gravity to relieve

spend an hour or so. Invest a small part of your week in something that can pay you healthy dividends throughout your life!

What's Your Posture Telling You?

When most people hear the term posture, they remember being told to stand or sit up straight when they were kids. This article is not an effort to have you stand rigidly, just a look at how we hold our bodies and what it can tell us.

Posture comes from the Latin word ponere, meaning to place. It's defined as "the position of the body; way of holding the body." The important thing to realize about postural problems is that over the years they can lessen your quality of life to some extent-and, if ignored, are likely to worsen as you age.

Whatever postural problem may exist, it affects more of your body than you may realize. Since all your soft tissue is interconnected (your muscles, tendons, ligaments, connective tissue, etc.), a problem in one area of your body can (and in time, probably will) affect the area next to it. For instance, the muscles on one side of your lower back can tighten, causing your body to adjust by twisting slightly. This can begin to affect your upper back/shoulder area and/or your hip area as your body tries to compensate for this new position brought about by your tense lower back.

In his book *The Owner's Guide to the Body*, Roger Golten describes "average" posture: "Slouching, paunchiness, round-shoulders, flat feet, backache, neck and shoulder tension are symptoms of 'averageness', and a structure in collapse."

It's easier to observe "poor" posture in others because we are unlikely to be aware of our own habitual body positions. When you see someone bent over with severely rounded shoulders or with one shoulder higher than the other, you are probably observing a condition that has developed over the years. True, postural problems can be hereditary or disease-related, but often they are habitual in nature.

Identifying the factors that contribute to these postural imbalances can help you see which areas need to be addressed and changed. Be aware of occupational influences, such as how you sit at work, and how you hold your body during recreational activities or during sleep.

Other influences to consider include tight clothing and certain types of footwear, as well as furniture that doesn't properly support the back.

If you think of your body as a structure with your feet as the

pressure that many normal everyday activities put on our back. Gravity and your body's natural weight are used to create a downward force - a natural form of traction on your back. This downward force helps to elongate the spine by increasing the space between the vertebrae, relieving the pressure on discs, ligaments and nerve roots. *Less pressure means less back pain.* Less pain is only one of the benefits on inversion therapy some of the other benefits include:

- Stretches your Muscles
- Improves Circulation
- Relieves Stress
- Reduce Back Pain
- Helps maintain physical fitness

[Read this informative article](#) for more information about Inversion Therapy. If you're unsure if you're a candidate for Inversion Therapy [click here](#).

Help for Carpal Tunnel....

- 3 drops [Cypress Essential Oil](#)
- 6 drops [Peppermint Essential Oil](#)
- 2 drops [Marjoram Essential Oil](#)
- 3 drops [Myrrh Essential Oil](#)
- 1 ounce [Jojoba](#)

Blend together and massage into wrist.

foundation, your legs as the main weight-bearing framework, etc., you can get a better idea how important your posture is. A building that loses its stability begins to shift, the walls show the stress through cracking, and in time the dwelling becomes uninhabitable. When it comes to a body out of structural balance, those complaints in the back, neck and shoulder area might actually come from an earlier imbalance in the feet, legs, or hips.

Now for the good news. When you get a full body massage, one of the many benefits you receive is having "the whole you" worked on. By relaxing tension from head to toe, the many interconnected areas of your body have the opportunity to return to a more normal condition. Much emphasis today in the natural health field is on treating the whole person, and this is one area where massage shines.

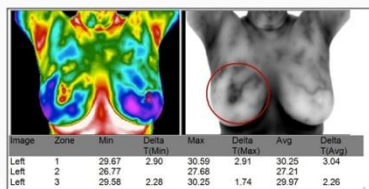
Regular massage sessions can help you to maintain the structural gains you receive by helping to keep your body "tuned up" physically. So be sure to make your massages a priority!

Some hints to help you avoid back trouble

- * Prior to physical activity, spend a few minutes warming up (stretching, etc.) And don't forget to stretch again afterwards!
- * Select comfortable footwear. The higher the heel, the greater threat of back pain
- * Remember to keep your back straight and bend your knees when lifting. You should let your leg muscles do most of the work and hold the object you're lifting close to your body.
- * Pushing a large object is preferable-it puts less strain on your lower back than pulling.
- * When carrying anything on your shoulder, be sure to switch the weight to the other shoulder occasionally-let your shoulders share the load.
- * Avoid sitting or standing in one position for long periods of time.
- * When sitting, put your knees about an inch higher than your hips to help reduce the strain on your lower and upper back muscles.

Reference: *The Complete Handbook of Health Tips*

What Can Your Thermoscan Show You?



Retroareolar Tumor

This patient was diagnosed with a 2.4 cm tumor behind the right nipple after thermography screening. She had been for several

Make my headache go away...

- 4 drops [Eucalyptus Essential Oil](#)
- 6 drops [Peppermint Essential Oil](#)
- 2 drops [Myrrh Essential Oil](#)

Rub on the back of the neck to relieve headache pressure.

Lymphatic System Recipe...

- 3 drops [Cypress Essential Oil](#)
- 1 drop [Orange Essential Oil](#)
- 2 drops [Grapefruit Essential Oil](#)

Place warm compress with the blend on affected area 1 - 2 times daily.

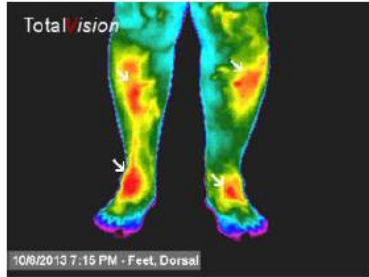


Call for your Medical Thermography Appointment Today

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.

[Click Here to Purchase an Instant Massage or Thermography Gift Certificate](#)

mammograms that had missed this. Mammography misses up to 20% of tumors overall, and is ineffective statistically in women with dense breasts.

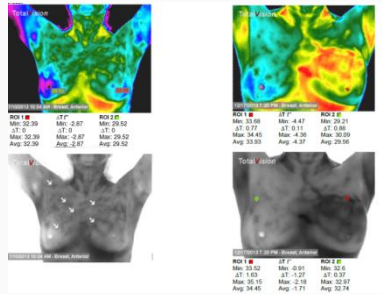


Osteoblastoma

The right inferior tibia has a delta T of 5.09C. This is indicative of a highly aggressive metabolic process. The patient used thermography to monitor her response to treatment.

Thermographic Follow-up

The images at the left were taken July 2013. A 3-month follow-up was recommended. The patient decided not to adhere to the recommendations and the condition significantly worsened over the 5-month period, as can be seen in the image to the right taken in December 2013. There were several factors present that alerted our interpreters that a pathologic process may be forming. The patient did not comply and may have risked her life for it. Thermography exams need to be a routine in annual health screening in all women over 20.



Improve Breast Health

The image to the left demonstrates how making lifestyle changes can improve overall breast health. The area above the right nipple was never biopsied, but nonetheless is suspected to be early cancer. A significant improvement is seen in the adjacent image.



Contact Us

513-382-3132
Jacky Groenewegen
Licensed Massage Therapist,
Certified Thermographic
Technician,
Healing Touch Certified
Practitioner
Guided Imagery Therapist
Certified Clinical Aromatherapist
Board Certified in Therapeutic
Massage & Bodywork
[e-mail Jacky](#)

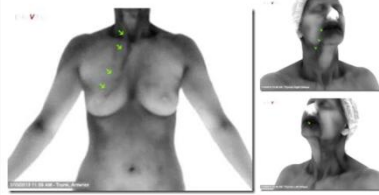
513-497-0689
Jennifer Concannon
Marketing and Customer
Relations Manager
[e-mail Jen](#)

Follow Us

[Visit my blog](#)



Leakage from Gum Disease to Breast



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.

Save
\$20

Off Your Thermogram

.... includes consultation and screening.

Save \$20.00 off your full body thermoscan.

Offer Expires: August 30, 2014

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

Jacky Groenewegen , LMT, BCTMB, HTCP, GIT, CCA
Mindful Wellness Massage & Bodywork, LLC