

Speaking of...Mindful Wellness

Is your Brain Losing Power?

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Essential Oil's of the Month

Peppermint Essential Oil



The best medicines are the ones that have many uses

Dear Jacky,

I'm often reminded about how precious life can be... and not to take the time I have for granted. I won't preach, but all of us could consider making healthier choices. I am blessed to listen to the history so many of you share with me. 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

Is your Brain Losing Power...

Guest writer: Barb Fisher

Have you walked into a room and can't remember what you're there for? Are you having more trouble remembering people's names?

Forgetfulness can worsen, and we fail to remember where the tickets are for the baseball game. Then we forget the location of the baseball stadium. Once we get there, we can't remember how to get home.

Alzheimer's disease is on the rise and is 50% of all senile disorders. It's devastating as it brings on these problems: loss of memory, impaired judgment, personality changes, difficulty thinking and speaking, inability to control bladder/bowels.

and applications. In Asian medicine, if an herb has only one or two applications, it is considered insignificant. Because ailments, diseases and pain do not happen in a vacuum, it is important that any treatment do more than one thing. Essential oils do just that. Peppermint oil, in particular, is broadly effective at treating and easing a number of issues related to health and wellness.

Peppermint oil is among the so-called "essential oils" used in naturopathic medicine and various healing traditions. The oils of the peppermint plant (including leaves, stems, roots) are distilled into a concentrated liquid, or "oil." This oil is said to contain the "essence" of the plant and is quite strong; as such, it is often mixed with a carrier oil (like almond, grapeseed or jojoba) to help dilute it before use. Some people have a red or rash-like response in they have sensitive skin.

Why peppermint?

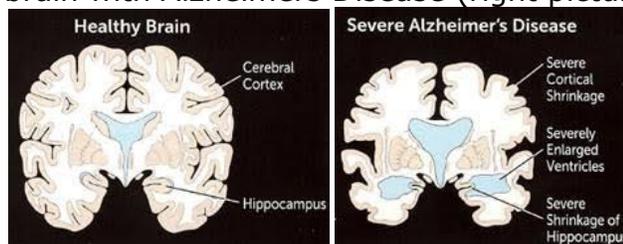
You can apply peppermint essential oil directly to the skin, inhale it via steam or aromatherapy device, consume it in foods and beverages, or add it to enemas to effect a symptomatic relief for such things as stomach upset, respiratory issues, muscle pain and more.

As conditions worsen, death seems merciful, and yet this disorder can drag on for 5 to 15+ years.

Most folks who become senile know it's happening. They know they are losing their mind, and their anguish is far worse than physical pain.

Did you know our brains start shrinking after the age of 20 years?

Here's what a healthy brain looks like (left picture) and a brain with Alzheimers Disease (right picture):



The "brain" does not shrink because we are losing brain cells but because we lose neuron connections as we age. The brain has 100 million neuron connections.

Another aspect that causes mental decline is the lessening of circulation in the brain. This tends to happen with age. This poor circulation will cause us to not think well and be mentally sharp.

The brain is 2% of the body weight but 20% of blood flow, oxygen and nutrients. The brain MUST have a good circulatory system for delivery of oxygen and key nutrients to it. Good circulation is linked to neural activity.

Now there is hope for both of these problems to help ward off mental decline. After almost \$250 million in research, a new product has been proven to prevent brain shrinkage by 30% AND to increase circulation in the brain.

This exclusive formula contains ingredients that have been shown in clinical studies to be more bioavailable and impact healthy blood vessel function. It's designed to make vital nutrients available to the brain by increasing healthy circulation

In research, memory and reaction time was 3.6x better in those using this product than the control group. There were 1,500 trail testers: They showed more focus and could remember numbers and words better.

As for increasing circulation, here's a Thermography test showing how it impacted circulation after one hour:

It works in part because the peppermint plant contains menthol, which is a local anesthetic. When applied topically, the area feels warm and blood is drawn to it as a method to relieve pain, tightness, and tension.

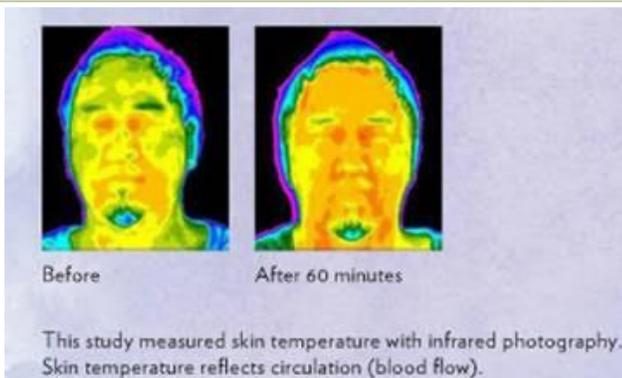
It's no wonder menthol and peppermint are ingredients in so many topical analgesic gels and creams.

While peppermint essential oil has been linked to dozens of health benefits, we'll take a look here at a handful of the more common uses.

Fast relief for Irritable Bowel Syndrome (IBS) MedPageToday reported on a slow-release peppermint oil capsule that was recently studied and found to relieve symptoms of IBS within 24 hours. What's more, in less than a month respondents reported that their "unbearable symptoms" were reduced by 66%, as compared to 42% reduction among the placebo group. At one month, those with "severe and unbearable abdominal pain" reported 79% reduction in symptoms, compared to 40% for the placebo group. Soothe the body after medical procedures of the colon.

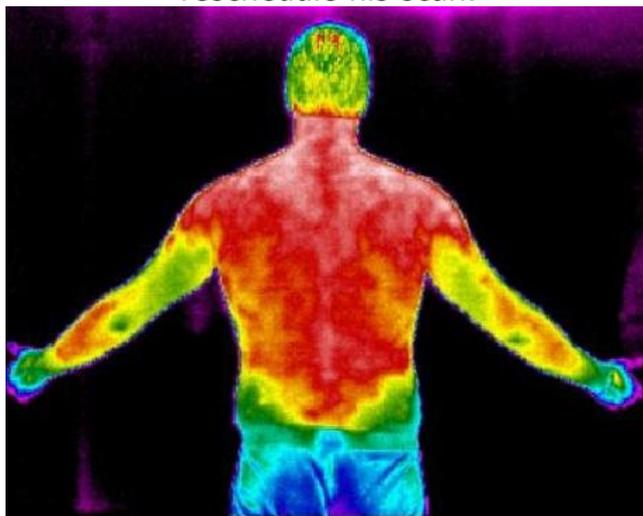
GREAT help for cold symptoms, congestion, respiration.

Because menthol occurs naturally in peppermint,



If you would like to learn more about this great product and how it works, please contact Barb Fischer 513/759-0070, barb@areawidewellness.com or you can talk to me, of course, too.

This patient has a sunburn. Please try to avoid sun exposure for a few days prior to your scan. This person had to reschedule his scan.



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](mailto:barb@areawidewellness.com) me to get yours scheduled!

and has strong expectorant and decongestant properties, peppermint oil is great for relieving symptoms associated with colds, congestion and respiratory issues. Peppermint oil drops can be added to a humidifier or boiling pot of water to help soothe congestion in the sinuses and lungs. If the congestion is severe, you can inhale the steam from the boiling pot with a towel over your head. If mixed with one of the carrier oils mentioned above, a few drops can be rubbed onto the chest for prolonged inhalation (think Vick's vapo-rub).

Fight headaches and migraines.

Headaches and migraines are horrible because they are not only painful but are centered in your head, where you do your thinking, making it hard to work. When mixed with a carrier oil, a few drops of peppermint oil can help relieve the symptoms of headache, or prevent them at first sign in some cases. Simply rub a few drops onto your temples, along your forehead and over your sinuses for soothing relief. For tension type headaches, massage a few drops into the neck and shoulders and under the occiput (base on the skull resting above the spine).

Ease muscle strain
Peppermint oil's natural properties again come to the fore in their use to

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\$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.

Are you simply tired or is it something more?

Leslie DeMatteo, LMT, MS
June 19th, 2015

Are you simply tired or is it something more? Discover the signs and symptoms of dehydration now.

Could You Be Dehydrated?

You are at an outdoor festival on a hot summer day, having a good time listening to some music and shopping at the stands. Suddenly you realize you are getting a headache. A short time later, you begin to feel tired and a little nauseated. When you mention to your friend that you are not feeling well, she comments that you may be dehydrated and your symptoms may be the outcome of this condition.

What Is Dehydration?

Dehydration is simply a lack of fluids in the body as a result of taking in less fluid than is lost through normal body functions, such as urination and sweating. Common causes of dehydration include high temperatures, exercise, vomiting or diarrhea. Most cases of mild dehydration can be reversed by drinking fluids, with water being the best choice.

Experts tell us that a loss of 3% of body weight defines dehydration. The World Health Organization (WHO) shows that the average consumption of water per capita is less than 2 liters. This coincides with the suggested 1.9 liters from experts and which equals the eight, 8-ounce glasses typically recommended.

But actual fluid loss is determined by many factors, including body size, fat and muscle composition, activity levels, breathing rates, environment, sex and age. For example, those at higher altitudes will lose more water through increased breathing rates, as the moisture is lost during exhalation.

Who Is at Higher Risk for Dehydration?

- Athletes need to be aware of how much they are sweating. Dehydration can be cumulative over a period

relax and relieve muscle strain, spasm and tightness caused by such things as stress, poor posture or too much physical exertion. Simply rub peppermint oil onto the skin above the affected muscle(s) and massage the area. The menthol will bring fresh blood into the muscles and the other properties just mentioned will prevent or reduce spasms, trigger point and reduce pain.

Perfect stress relief

Aromatherapy is a common and much-trusted remedy for psychological stress. Adding peppermint oil drops to a warm bath, rubbing a few drops on your wrists or diffusing the oil with an aromatherapy device are great ways to inhale and relax away the tension of the day. People who use peppermint oil as aromatherapy daily report less stress, tension and anxiety, which can all help aid digestion, sleep and mental health.

Potential side effects

Although peppermint oil has many wonderful uses and benefits, like anything else it does have a few side effects. The most common is irritation of the skin when applied directly without a carrier oil to reduce concentration. Another to be aware of is consuming peppermint oil supplements if you have an issue with producing enough hydrochloric acid in the stomach. The oil can

of several days, so exercise can cause dehydration even with a moderate regime. Athletes need to be even more aware in mild or colder weather, as they may be sweating more than they realize. It is important to replace the fluids lost while sweating.

- Elderly people (especially those who need care) and children are also at a high risk of becoming dehydrated. If an elderly person or child suffers from serious diarrhea or vomiting, cannot keep liquids down, or becomes confused and disoriented, consult a physician as there may be underlying conditions or unanticipated consequences of dehydration. Knowing the general signs of dehydration can help in spotting the condition in these populations.

Signs and Symptoms of Dehydration

- Symptoms of mild dehydration include dry mouth, tiredness, thirst, a decrease in urine, headache, dizziness and becoming lightheaded.
- Severe dehydration can include symptoms of extreme thirst, constipation, irritability, confusion, dry skin that lacks elasticity, dry mucous membranes, lack of urination, sunken eyes, and low blood pressure - which can result in a rapid heartbeat and even delirium or unconsciousness.

Dehydration can be a serious condition and, unless rectified, can begin to cause significant damage in the body. Eventually, dehydration can result in muscle cramps, heat exhaustion and heat stroke. Extreme cases can result in kidney failure and seizures as the electrolytes become depleted.

How to Resolve Being Dehydrated

Unless there is some other factor that prohibits keeping fluids down, such as an illness, most dehydration can be resolved simply by drinking enough fluids. Water is the best choice as beverages containing alcohol or caffeine may actually cause further fluid loss.

Monitoring fluid intake during the hot summer months may help in avoiding the unpleasant and potentially dangerous symptoms that result from dehydration. So the next time you are spending a hot summer day at a festival, be sure to stop and get a nice, cold lemonade!

[Press here for references.](#)

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www.IntegrativeHealthcare.org

irritate the stomach in this case. And do not ingest peppermint oil when you have diarrhea for it may cause anal burning. Aside from this, peppermint oil's broad spectrum of uses makes it a keeper in my book.

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



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.

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Product of the Month

Lymphatic Body Brush Kit....

Body Brush SUMMER Blow-out SALE

**Save 30% Buy your Kit Today!!!!
Hurry before we run out...**



Click to read more and to find detailed instructions on how to Dry Skin Brush...

Retail Price: \$28.99

Fine print.... Enter coupon code Brush30 at checkout. Offer is available on-line and in-store on the purchase of a Lymphatic Body Brush Kit. Discount will be applied before shipping and taxes. Coupon expires August 15, 2015.

Buy Now

Warm Healing Herbal Spa Soak..

Ingredients:

½ cup Epsom Salt
2 drops of **Peppermint Essential Oil**
5 drops **Tea Tree Essential Oil**
5 Drops **Sage Essential Oil**

Blend all ingredients together well and add to your nice warm foot bath. You may also use this in a full body bath, simply double the recipe. Take 10 minutes for yourself to relax and refresh, this is a favorite to refresh your body.

Peppermint Iced Tea

4 decaffeinated green tea bags
1/4 c. Blue Agave (optional to add sweetness) or use a little Stevia
3 drops **Peppermint essential oil**
3 limes

In the bottom of a 64-ounce pitcher, pour agave and peppermint essential oil. Pour hot water over top and stir. Add tea bags and steep until it has a dark caramel color. Quarter limes. Fill serving glasses with ice and squeeze one lime slice in each glass. Pour tea over ice and garnish with a sprig of mint and serve.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky

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