

MINDFUL WELLNESS



massage & bodywork LLC.

HOLISTICALLY CENTERED...ON YOU.

May 2015

Speaking of...Mindful Wellness

How are you detoxing...

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 Forward to a Friend

Dear Jacky,

It's all about the Detox this month. Detoxing can help you add energy, fight fatigue, brain fog, you name it. If you feel like you're on that hamster wheel and going nowhere, maybe a little time devoted to improving your well-being is needed. I know I've been busy lately and plan to use some of my own advice to take it down a notch and just "chill." I'd love to hear from you on ideas you've used to relax? Did you enjoy a walk, watch the stars on a clear evening, enjoy a more restful nights sleep?

Your thermoscan is another way to help identify areas to help improve your well-being. I'm over-joyed and excited to help you on your wellness journey. Look for valuable information you can use and ways for you to receive discounts on your own thermoscan.

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

Four things I wish All Women knew about Mammograms

Posted on 8 October, 2014 by [Anya Vien](#)

An annual mammogram is a highly recommended prevention tool for breast cancer.

Essential Oil of the Month

Cedarwood...



Warming, uplifting, and toning. Comforting and reviving. Considered an aphrodisiac in that it is grounding and inspiring at the same time. Confidence building. Long lasting, acts as a fixative (a fixative is a substance that binds other compounds, slowing down their evaporation and thereby making their fragrance last longer).

How to use **Cedarwood Atlas**:

- Add a drop to your diffuser to help with sleep apnea or massage a drop or two on the bottom of your feet before bed to get a more restful nights sleep.

At least, that's what doctors tell us women to do. Annual mammograms are something we all dread to do. Maybe rightly so? It is not as effective as we are told and it can actually cause a lot of harm! This is something nobody talks about. If you have ever gone through the mammogram procedure, do you ever remember being told about any dangerous side effects? The reality is, most of us blindly trust our doctors who, in our minds, would never want to harm us. But breast cancer is a huge money making business, and mammography is one of its highest money making departments. Did you know that several recent studies found that mammograms do not save lives and can possibly harm women?

As reported by the New York Times:

"One of the largest and most meticulous studies of mammography ever done, involving 90,000 women and lasting a quarter-century, has added powerful new doubts about the value of the screening test for women of any age.

It found that the death rates from breast cancer and from all causes were the same in women who got mammograms and those who did not. And the screening had harms: one in five cancers found with mammography and treated was not a threat to the woman's health and did not need treatment such as chemotherapy, surgery or radiation."

4 Things I wish All Women Knew About Mammograms

Mammograms can cause cancer.

The mammogram procedure is far from being safe. Like all x-rays, mammograms use doses of ionizing radiation to create an image. Ionized radiation can cause cancer. It can trigger mutations and other genetic damage and also cause normal cells to become malignant.

"Our work shows that radiation can change the micro-environment of breast cells, and this in

- Trouble focusing? Try inhaling twice daily to maintain focus. A study by Dr. Terry Friedman in 2001 showed improvement in ADD & ADHD in 60 days. Cedarwood is an essential oil shown to stimulate the limbic system in the brain.
- Cedarwood helps with a chronic cough. Diffuse, add a few drops to a cotton ball or rub on your chest to help calm that nagging cough.
- Create your own great smelling shampoo by adding a drop or two to an unscented shampoo. Cedarwood helps with dry scalp.

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

turn can allow the growth of abnormal cells with a long-lived phenotype that have a much greater potential to be cancerous," Paul Yaswen, a cellular biologist and breast cancer research specialist with Berkeley Lab's Life Sciences Division, said in a statement to the press.

The risk of radiation is apparently higher among younger women. The NCI released evidence that, among women under 35, mammography could cause 75 cases of breast cancer for every 15 it identifies. But here is the most shocking fact about mammograms - you are subjected to energy x-ray 30kVp radiation, which is 300 percent more carcinogenic than high energy radiation that comes from atomic bomb blasts!

The Mammogram Myth: The Independent Investigation Of Mammography The Medical Profession Doesn't Want You To Know About

Mammograms are not as effective

Mammography is not that accurate, it actually falsely causes a lot of women to have chemo and radiation for no reason at all.

Here's a very disturbing fact - 80 percent of the 1.6 million breast biopsies done each year in the United States, because of a suspicious mammography, are negative. So why does conventional medicine keep pushing this unnecessary test?

The New England Journal of Medicine has pointed to approximately 1.3 million cases of misdiagnosed breast cancer, which shows that mammograms are leading millions of women astray, making them think they have cancer when they really don't.

The problem with mammograms is that they often detect "cancer" that would never spread or do any harm if left untreated. It's called "stage zero" cancer. It can be regressed without any medical treatment.

Product of the Month

Blue Monyusa Diffuser....



Diffusing therapeutic grade essential oils provides benefits beyond aromatherapy. One of the many benefits of diffusing is ridding the air of impurities.

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.

Mammograms do not lower death risks

To compound matters, some research, including a recent large Canadian study which followed 90,000 women for 25 years, showed that mammograms did not lower the overall death rate from breast cancer. It is clear that while mammograms could have saved some women, it's probably also harming others. Here, it is important to make the distinction between emotional and statistical analyses and keep the big picture in mind.

Better Alternatives to Mammograms

A good alternative to mammography is thermography. This is a simple, non-invasive way of accessing your risk for breast cancer. It can detect breast cancer many years earlier than physical exams and even mammograms. Progressive physicians in Europe and the US have been using thermography since 1962. The main difference between mammography and thermography is that thermography can see cancer formations at the size of 256 cells, while mammograms can't detect cancer until there are roughly 4 billion cells clumped together.

According to Moshe Dekel, M.D., board certified in GYN and a specialist in breast thermography, "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 without sending any signal (no radiation)."

"Thermography shows small, unilateral temperature increases which are caused by an increased blood supply to cancer cells. Cancer cells have an ability to create new blood vessels (neoangiogenesis) in order to satisfy the increased demand for nutrients resulting from the higher rate of growth and metabolic demands of the new colony."

- 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.

Save 20% on this diffuser. ONLY WHILE SUPPLIES LAST! Once they're gone, they're gone!! Enter code "MonyUSA" in your shopping cart to save 20% off this model.

Losing my hair...

Alopecia is an inflammatory disease that is the 2nd leading cause of baldness in the U.S. (

source: *Essential Oil Desk Reference*)

- 4 drops of [Rosemary Essential Oil](#)
- 4 drops of [Thyme Essential Oil](#)
- 4 drops [Lavender Essential Oil](#)
- 4 drops of [Cedarwood Essential Oil](#)
- 2 drops of [Frankincense Essential Oil](#)

Mix with a carrier oil like Jojoba, Grapeseed or Coconut Oil. Massage onto scalp before bed. In the morning shower

Sources:

<http://www.ncbi.nlm.nih.gov/pubmed/20146798>
<http://envirocancer.cornell.edu/factsheet/ph...>

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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!

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.

Are you drained, achy and low energy?

This benefits both men and women... When your mind is drained, your body aches and your

and rinse off.

Detox Bath

Epsom Salt Detox-

Epsom salts are great to have around the house because they have many uses when it comes to your health. One of those is to put them in the bath, 2 cups, with you so that it is drawing out toxins while you are relaxing in a hot bath. Epsom salt is said to be able to help with the circulatory system as well as improving nerve functions. Taking a regular epsom salt bath is a relatively easy and painless way to improve your health and well-being. Adding a few drops of your favorite essential oil like [lavender essential oil](#) creates a calming bedtime routine to help with sleep. Soak for 30 minutes then snuggle in for a restful nights sleep.

Apple Cider Vinegar

Detox Bath- If you're not familiar with the benefits of apple cider vinegar, it's important to take the time to learn about what it can do for you, both taken internally, and used externally to treat a number of conditions. Here they're using 2 cups in a detox bath to help with conditions like arthritis and gout, as well as anything else caused by inflammation. This is a good bath to take if you feel you need to sweat the toxins out, and also if you want to make sure that you get

energy levels are close to zero, it's time to detox the body.

Imagine yourself having clearer skin, a sharper mind, revitalized energy, a stronger immune system and feeling healthy inside and out - - these are the things that you can enjoy by undergoing a detoxification program.

Detoxification basically means blood cleansing through eliminating impurities from the blood in the liver, through kidneys, lungs, intestines, lymph and skin. Finding Gentle Ways to Detox the Body will help improve your immune system and help you feel better.

Take the first step to Detox the Body.

First, you have to reduce toxins in your body. Try to cut down on or eliminate the following: cigarettes, alcohol, coffee, eating foods with saturated fats and refined sugars (cola and ketchup contain a lot). These act as toxins in your body and as a hindrance to your healing process.

Gentler way to detox the body:

Here are gentler and safer ways to detox your body that you can try as part your routine.

Change in eating habits to detox the body:

Consider adding whole grains, fresh fruits and vegetables instead of packaged and fast foods which are high in fats and sugar into your daily routine to maintain balanced health.

Enjoy drinking healthy [Party Water](#) to help detox your body.

Detox the Body in a Sauna

The sauna is widely used by many cultures as a regular part of detox. It is a great method of removing chemicals buildups in fat cells. Saunas are often combined with good nutrition, exercise and vitamin supplements.

Dry Skin Brushing a Natural Method to Detox the Body

With the combination of diet, exercise and

to sleep without lying awake with a wandering mind.



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Thermography
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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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nutritional supplements, [dry skin brushing](#) is also a gentle way of detoxing. It removes old skin cells, stimulates the lymph system and draws out toxins through the skin. A [natural dry skin brush](#) made of soft bristles should be used.

Before taking a shower, lightly brush your skin beginning with your feet in a circular motion , then upwards on your legs for a minute or two. Read more details about how to use the entire Lymphatic Body Brushing protocol to detox the body.

Use Yoga to Detox the Body

Through breathing exercises, the bloodstream thoroughly oxygenates thus giving energy and improves the body's physical processes. Different positions lightly massage the internal organs and stimulate them to slowly discharge toxins. Take a class with a trained yoga instructor to get started on learning methods to detox, stretch and strengthen tight, tense muscles.

These cleansing methods are just a beginning guide to introduce some ways to improve your health. It's helpful to know why detox is important and to understand the different ways how to detox the body before you begin with the different programs. Take charge of your health as you are always your best advocate!

As always, consult your physician before adding a new regimen to ensure that it's the right fit for you before beginning a new way to detox the body.

Comments, suggestions or questions are always welcome.

[Here's to Healthy Habits,](#)

Jacky

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