



## MINDFUL WELLNESS

*massage & bodywork* L.L.C.

HOLISTICALLY CENTERED...ON YOU.

November 2014

# Speaking of...Mindful Wellness

## Holiday Eating & Inflammation...

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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

#### Buddha....



Strong, light and cheerful, like a moment of full hearted laughter, this blend was inspired by Hotei, the laughing Buddha. An enlightening blend that combines very essential aromas with resinous ones.

Dear Jacky,

November triggers the start of our holiday eating gorge. In this newsletter, we have a guest writer helping us see how holiday eating can cause inflammation. I know it's not always easy to eat healthy with parties...Thanksgiving and all of the December festivities, but it's well worth it for your health to eat with mindfulness.

I give thanks to the wonderful blessing this year has brought family and I. I hope you also take time to be thankful for your own blessings. If you've had challenges this year, take a moment to see the good. I know this can be somewhat difficult, but through every cloud the sun does shine.

More details and wellness tips you can easily add to your routine can be found by visiting [www.MindfulWellnessMassageandBodywork.com](http://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*

### **It's okay to eat that, right? It's the holidays!**

Unfortunately, that mentality opens the door to splurging from Thanksgiving right through New Year's Day. And much of the food we love to indulge is low fiber, high sugar, high fat and high calorie, all of which can increase inflammation. Inflammation is part of the body's immune response; without it, we can't heal.

- Add to your [diffuser](#) for a light and inspiring aroma climate.
- Inspire a hot bath with Buddha by blending up to 10 drops with Half & Half prior to adding it to the water (in order to prevent the oil from floating on the surface).
- You can use [Jojoba](#) or any unscented lotion to customize your personal care needs.  
Recommended dilution for Essential Oils and Blends is 1% (9 drops per 1oz. of base product) for general applications, or 0.5% (4 drops per 1oz. of base product) for facial and sensitive area applications.

Ingredients: Essential Oils of Orange, Pine Needle, Ho Leaf, Omanese Frankincense, Patchouli, Cistus Labdanum.

[Click to read about more benefits of Buddha Essential Oil...](#)

Service of the Month

But when it's chronic and out of control-as in rheumatoid arthritis-it can damage the body. Plus, it may play a role in obesity, heart disease, and cancer. You can help curb inflammation through healthy choices and proper nutrition. Here are some tips to help you enjoy happy, healthy holidays!

- Every single day, eat more fruits and vegetables. There is NO better way to lose weight or improve your long-term health. The current recommendation is to fill half your plate with fruits and vegetables at every meal. Start with one or two and keep adding until you get there! [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Make eating purposeful, not mindless. Whenever you put food in your mouth, peel it, unwrap it, put it on a plate and sit down to eat it. Engage all of the senses in the pleasure of nourishing your body.
- Eating out? Halve it, and bag the rest. A typical restaurant entrée has 1,000 to 2,000 calories, not even counting the bread, appetizer, beverage and dessert.
- Eat the low-cal items like salads, veggies, and broth soups first and eat meats and starches last. By the time you get to them, you will be full enough to be content with smaller portions of the high-calorie choices.
- Give it away! After company leaves, give away leftover food to friends and neighbors or take it to work the next day.
- At a buffet? Eating a little of everything guarantees high calories. Decide on three or four things, only one of which is high in calories. Save that for last so there's less chance of overeating.
- For the duration of the holidays, wear your snugest clothes that don't allow much room for expansion. Wearing sweats is out until January.
- Make exercise a non-negotiable priority. Find activities to de-stress.
- Get calories from food, not sugary beverages. Juice has as many calories, ounce for ounce, as soda. Set a limit of one glass of fruit juice or one soda a day. Then drink more pure water.
- If you have a sweet tooth, eat more fruit. Generally, a person who gets enough fruit in his diet doesn't have a raging sweet tooth.

This list is not exhaustive but here are some of the best foods to eat to reduce inflammation:



## Castor Oil Treatment

Clinical evidence now confirms that castor oil packs improve eliminations, assimilations, lymphatic circulation, and even the production of certain T-cells. If your body absorbs nutrients, eliminates wastes, filters toxins, and bolsters the immune system more effectively; you are going to be a healthier person overall. During the session, castor oil and heat are applied over the abdominal area. Often times, the addition of essential oils that could benefit your specific requirements are also added.

### Find out more...



How to do a Castor Oil Pack compliments of Mindful Wellness

## Cranberry-Hazelnut Relish

Highly refreshing, raw cranberries are a great palate pleaser, especially

- *Whole Grains* - have more fiber (which has been shown to reduce levels of c-reactive protein, a marker of inflammation in the body) and less added sugar. Look for foods with 'whole grain' as the first ingredient.
- *Dark Leafy Greens* - like kale, spinach and collard greens, are some of the best sources of vitamin E, which protects our bodies from pro-inflammatory molecules called cytokines. An easy way to get more of these greens in your diet is to add them to smoothies.
- *Cruciferous* vegetables - like broccoli, cauliflower and brussel sprouts, are not only anti-inflammatory, they are a source of highly available calcium and iron. These vegetables are better digested when cooked.
- *Nuts* - are packed with anti-oxidants, which help your body fight off and repair damage. Almonds and walnuts are two top choices.
- *Soy* - isoflavones in soy help lower inflammation levels. Always choose non-GMO soy and add less processed choices like soy milk, tofu and edamame into your diet.
- *Green tea* - always on the list for its myriad health benefits, including anti-cancer properties.
- *Tomatoes, Peppers and Beets* - more colorful fruits and vegetables have higher quantities of anti-oxidants. Tomatoes are rich in lycopene, which helps reduce inflammation; cooked tomatoes have even more lycopene than raw, so bring on the tomato sauce.
- *Turmeric and Cinnamon* - healthy anti-inflammatory spices
- *Garlic, Ginger and Onions* - fresh is best because it keeps the nutrients in. Chop up and look for ways to add to your recipes.
- *Berries* - all fruit can help fight inflammation because they're low in fat and calories and high in anti-oxidants, but berries have been shown to be especially anti-inflammatory, possibly because of anthocyanins, powerful chemicals that give berries their rich color.
- *Tart Cherries* - are rich in antioxidants, including inflammation-reducing, immune boosting vitamin C.
- *Pineapple* - rich in bromelain which helps reduce swelling and inflammation in the body. Pineapple is best eaten raw because bromelain is destroyed when heated.

Something else we can add to our diet is Juice Plus+, which has been

next to a spicy or savory dish. Don't be surprised if you see a dinner guest or two spoon some on the garlic mashed potatoes.

- 1/2 cup hazelnuts, toasted
- 2 (or more) juicy tangerines peeled and coarsely chopped
- 3 cups fresh cranberries
- 2 ripe Anjou pears, peeled, cored and coarsely chopped
- 1/2 to 1/3 cup maple syrup - or less, to taste
- 2 teaspoons fresh ginger, grated
- 2 tablespoons lime juice
- salt to taste
- tangerine zest for garnish

Place nuts in fry pan over medium heat and toast, stirring constantly, about 5 minutes. You should detect a toasted aroma. Coarsely chop in food processor or blender. Pulse 2 or 3 times. Set aside.

Peel skin and as much pith as possible from tangerines. Cut between the membranes to remove segments. Reserve excess juice and set aside.

Place cranberries, pear, maple syrup, ginger and lime juice in food processor. Process, scraping sides as necessary until relish is reduced to coarse texture. Taste and season with a pinch of salt if necessary; stir in tangerines. Garnish

shown to support a healthy inflammatory response. Investigators at the University of South Carolina found Juice Plus+ significantly decreased levels of three key biomarkers of inflammation. Juice Plus+ floods our bodies with 30 whole foods-fruits, vegetables, berries and grains--and fills in the gap between what we eat and what we *should* eat. Please visit

[www.juicepluswithme.com](http://www.juicepluswithme.com) to learn more or contact me with questions.

Sheryl Tischer 513-319-0931

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### Steps you can take to help prevent the spread of Colds & Flu

It's that Cold and Flu season... what steps are you taking to help prevent the spread? Colds and flu are primarily spread through droplets released in the air when someone who is ill coughs, sneezes or talks, and via surface contact (touching something a sick person has touched). Staying healthy this season starts with being careful.

Steps you can take to keep your family healthy during cold & flu:

1. With a cold or flu, coughing and sneezing is inevitable. As much as possible cough and sneeze into your elbow. Instead of covering your cough with your hand, turn your head and cough into your elbow, which will prevent the virus from spreading. I don't know many people who touch or shake hands with their elbow.
2. Wash your hands frequently. The more frequently you wash your hands, the lower your risk of becoming sick. Remember: Colds and flu are caused by viruses - not bacteria - so banking on antibacterial soap as a safeguard against colds and flu won't be effective. Studies have shown that washing your hands with an antibacterial soap is no better at preventing infectious illnesses than scrubbing with plain soap and water. Moreover, there's mounting evidence that triclosan - the main active ingredient in many antibacterial soaps - may facilitate the growth of resistant bacteria.
3. Keep your hands off your face. Hands off your face. A 2008 study from the University of California, Berkeley found that the typical person makes the hand-to-face connection an average of 16 times per hour. If you refrain from touching your eyes, nose

with zest.

Submitted by Beth Mountjoy

### Yummy Cookies...

These little snacks are gluten-free, egg-free, dairy-free, and sugar-free. They are very simple to make and they taste great!

- 3 ripe bananas, mashed
- 1/3 cup applesauce (we made our own and left it nice and chunky)
- 2 cups regular rolled oats (gluten free)
- 1/4 cup almond milk
- 1/2 cup raisins, craisins, or dried cherries
- 1 teaspoon vanilla
- 1 drop [cinnamon essential oil](#)

Mix all ingredients in a large bowl. Place a rounded tablespoon of dough onto a greased baking sheet or one lined with parchment paper. Bake at 350 degrees for 15-20 minutes, until they feel firm to the touch.

### Castor Pack to relax

Castor Packs are available for purchase from Mindful Wellness Massage and Bodywork or you can create your own at home using a clean, old towel. Soak the towel with [Castor Oil](#) and 6 drops of a soothing Essential Oil until it's saturated.

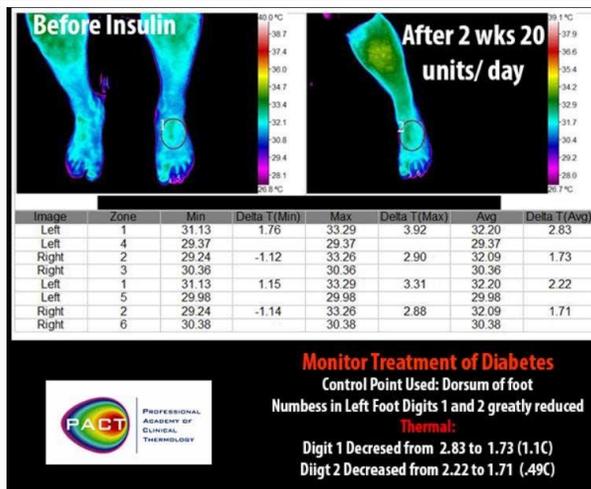
Examples include: [Lavender](#), [Calming Essential Oil Blend](#), [Chamomile](#), [Grapefruit](#), [Purifying](#), [Geranium](#) or [Jasmine](#) just to name a few. I suggest you lay on an old towel sheet or towel. Place on the right side of the stomach, over the liver, and place a plastic wrap over the soaked towel. Gently massage into abdomen and over the lower ribs. Then use a [Heartbeat Aromatherapy Pillow](#) or heating pad set to medium

and lips, you drastically reduce the likelihood of a virus entering your body.

4. Avoid touching surfaces others touch, especially in a public restroom. Use a paper towel to turn faucets, door handles and other heavily trafficked surface.
5. Get regular exercise. While colder weather may trigger an urge to curl up in the sedentary comfort of a blanket, moving your body will actually boost its immune function. In a 2006 study, researchers at the University of Washington enrolled 115 women in either a weekly 45-minute stretching session or 45 minutes of moderate-intensity exercise five days a week. After 12 months, the exercisers had developed significantly fewer colds than the stretchers did. You needn't necessarily carve out time for jogging or the like, either: Everyday chores such as raking leaves or shoveling snow can count as moderate-intensity exercise.

### Diabetes Monitoring

This case demonstrates how it is possible to monitor the effects of treatment on patients with diabetes. In this case two weeks of insulin improved the temperature differences in the toes. This patients' blood sugar also dropped from 350 to 150 during this time period. (November is diabetes month)



### Diabetes Monitoring

More case studies can be seen by [clicking here](#).

Give the Gift of Health

heat. Note: Holistic doctors prefer that electric heating pads **not** be used over the abdominal area. I typically use my [Castor Pack](#) while I'm relaxing watching my favorite show or listening to calming music. I suggest using a minimum of 30 minutes.

### **Common Cold**

Combine 2 Tablespoons  
[Jojoba](#)

2 drops [Tea Tree](#)

1 Drop [Lemon](#)

2 drops [Eucalyptus  
Globulus](#)

Massage a little of the  
blend on neck and chest.



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Comments, suggestions or questions are always welcome.

**Here's to Healthy Habits,**

*Jacky*

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