

Speaking of...Mindful Wellness


Breast Health Awareness...

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Essential Oil of the Month

Frankincense....



Visualizing, spiritually connecting, centering. Resinous and incense-like. Balsamic and slightly camphoraceous. Rich, sweet, with a dry quality. Probably the most introspective oil. Balances extremes of emotion and restores inner tranquility. Clearing, purifying, warming,

Dear Jacky,

October is a very important month for Breast Health Awareness. This newsletter is all about improvements, information and tips you can use to improve your breast health. I've started my own journey on improving my health and I feel wonderful.

I had a thermoscan done and it showed areas where I could make improvements. I've been tackling my diet, food choices and exercise. I can honestly tell you that I have more energy and it doesn't hurt that my clothes fit so much better. All of this is because I took the advice of my thermoscan doctors and made healthy changes. During the month of October I'm offering a special discount to anyone booking their scan. See the coupon in this newsletter.

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

BREAST MASSAGE

How often do you massage your breasts? You may be surprised with the health benefits...

Massaging your breasts can help improve your health. This is a very useful tool in maintaining your overall breast health. Massage in general helps you eliminate toxins from your body by stimulating and increasing lymph flow. This is especially important in maintaining your breast health. Breast massage can be done by yourself or by your partner.

To properly massage your breasts, you can apply light to moderate pressure to knead and gently move your breasts

uplifting and revitalizing. One of the best aromas for creating a meditative environment.

Frankincense is also a great fixative (a fixative is a substance that binds other compounds, slowing down their evaporation and thereby making their fragrance last longer) and preservative. It's also a valuable ingredient in skin care for mature and dry complexions.

The potency and incredible fragrancng power of this Essential Oil make it a great investment, even though it is one of the pricier oils. If you find it hard to dose the pure oil correctly (it is incredibly strong and intense!), or shy away from the cost, start with Essential Oils blended with Jojoba Oil, classified as "i/J"("in Jojoba").

How to use Frankincense Essential Oil:

- Use with Jojoba for breast massage. According to the Essential Oil Desk Reference (5th Edition Chapter 21 5.43) the link between cancer and inflammation

has become stronger in recent years. Frankincense is one of the anti-inflammatory Essential Oils suitable for most cancers.

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

up, down and in a circular fashion between two hands. A gentle massage helps your body rid built up toxins and improve your health.

Benefits to help your breast look better

We all know that, with aging, our breasts normally start to sag. Massage can help maintain your breast shape and make them less likely to sag or help prevent it from getting worse. Massage also helps increase circulation helping not only your breasts stay healthy but your entire body.

Therapeutic Benefits of a Breast Massage

Massage helps with aches and pains. With changes in our estrogen levels, this can cause achy breasts. When you gently massage sore breasts you may find pain is reduced. Plus, it can help with swelling and tightness. Breast massage may help break up benign cysts, strengthen the muscle tissue of the chest wall and build resiliency in the ligaments. It is also most helpful in soothing the pain and discomfort often associated with breast scarring. Breasts with implants can benefit from massage as the tissue surrounding the implants needs to be kept healthy with good circulation, as well.

Health Benefits

According to the Texas Institute of Functional Medicines, breast massage is a reliable means of flushing out toxins from the body's lymphatic system. Because toxins impede healthy circulation in the breasts, toxic buildup could account for an increased chance of developing cancer. Breast massage stimulates drainage of the breasts' lymphatic system, which eliminates harmful waste products and allows nutrient-rich blood to travel to the breast tissue.

Prevention Benefits

With October being a special month for Breast Health Awareness, please take this opportunity to familiarize yourself with the shape and feel of your own breasts. With monthly exams you will be able to detect abnormalities sooner. Early detection saves lives.

The Mammography Dilemma

Complex benefits and harms of mammography require individualized approach

Service of the Month



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...](#)

Castor Oil Pack with Frankincense Essential Oil...

Frankincense stimulates the limbic system, the emotional center of the brain, and is said to have antidepressant qualities. Using it for this purpose promotes greater relaxation and calm.

Castor oil packs are beneficial for lymphatic congestion, thereby promoting lymphatic circulation. They can be particularly helpful in cases of benign breast cysts. Many holistic practitioners recommend that castor oil packs should be applied 3 to 5 times per week for one hour. After one to three months, the pack may be used once a week. Some also prefer to put the packs on the

By JAKE MILLER

April 1, 2014

A comprehensive review of 50 years' worth of international studies assessing the benefits and harms of mammography screening suggests that the benefits of the screening are often overestimated, while harms are underestimated. And, since the relative benefits and harms of screening are related to a complex array of clinical factors and personal preferences, physicians and patients need more guidance on how best to individualize their approach to breast cancer screening. The results of the review by researchers at Harvard Medical School's Department of Health Care Policy and Brigham and Women's Hospital are published today in JAMA.

The American Cancer Society estimates that about 40,000 U.S. women will die of breast cancer this year. In 2009, based on evidence that the benefit-risk ratio of mammography screening is higher among women over 50 and with less frequent screening, the U.S. Preventive Services Task Force (USPSTF) reversed...

[Click here to continue reading "The Mammography Dilemma"](#)

Improve Breast Health

The image 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.



Piana Protocol
5 Months
Lost 20 Pounds

Breast Thermography

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

back instead of the front of the body to draw toxins out that way as opposed to through the front of the body.

Cold Massage to firm Breasts

You will need one paper cup filled with water. Place in freezer until water is frozen.

Massage breasts with ice while taking a warm bath. Take the frozen cup and tear off the top so you have a nice paper wrap around the ice. Continue massaging your breast with the ice. If the ice feels too cold, you can splash your breast with cold water. After you're finished with the ice treatment, create your own massage using jojoba and 2 drops of [Cypress Essential Oil](#)

The combination of the essential oil massage and the ice treatment may help lift and firm your breast. An extra bonus for those of you who want your breasts to appear larger.

BREAST TONING MASSAGE OIL

- [Geranium](#) - 8 drops
- [Lemongrass](#) - 10 drops
- [Clary-sage](#) - 5 drops
- Add to 1 - 2 ounces of [jojoba](#) and massage in a small amount as needed.

This recipe is great to soothe sore breasts...

SORE BREAST SOOTHING MASSAGE OIL

- [Chamomile Roman](#) - 10 drops
- [Geranium](#)- 5 drops
- [Lavender](#) - 10 drops
- Add to 1 - 2 ounces of

Breast Health Awareness Month is here! Book your screening in October and receive \$25 off!

Looking for a Safer, Proactive Way to Monitor Your Health?

Mindful Wellness Medical Thermography offers:

- Full Body Thermal Imaging
- Breast Health Screening
- Thyroid Screening
- Lymphatic Congestion
- Nervous System Disorders
- Abdominal Inflammation
- Vascular System Analysis
- Neuromuscular Disorders
- Muscular Disorders
- Vascular Screening
- Other Pathologies

Early Detection Is KEY!
Thermography detects breast abnormalities EARLIER than any other test!

**NO radiation!
NO compression!
NO contact!**

Clinical Thermography maps physiological patterns indicating both normal health and disease. Thermograms are interpreted by PACT accredited physicians. FDA cleared since 1982.

October is Breast Health Awareness Month
Use this coupon to get **\$25.00 off a breast thermogram** booked in the month of October.
Give yourself or a loved one the gift of life.

MindfulWellnessMedicalThermography.com + 513.382.3132

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

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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.

[jojoba](#) and gently
massage in a small
amount as needed.

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](#)