



September 2015

Speaking of...Mindful Wellness

What do you do to enjoy yourself?

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Like me on Facebook to receive short therapeutic wellness tips to help your mind and body feel better.

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Essential Oil of the Month

Ginger Root Essential Oil

Dear Jacky,

What do you do to enjoy yourself? Recently I enjoyed a wonderful day at a renaissance festival with a close friend. You may find enjoyment having a quiet cup of coffee and reading a book. Try an experiment over the next month and let me know how you feel. Try to do at least one thing you enjoy and see if you find your mood lifts. Go for a walk in the crisp fall air, call or visit a friend, garden, heck go hang gliding if that's what makes you happy. It's your happy...go ENJOY!

Take advantage of our special pricing in honour of Breast Health Awareness month. This is my biggest discount of the year and it only lasts through October. If you've been thinking about a thermoscan now is your time to book! 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

In honor of Breast Health Awareness Month, we're offering you the biggest discount of the year! Give yourself or your loved one, the gift of life by booking your thermoscan today. Print it, copy it, or forward it and share the coupon with your friends and family!

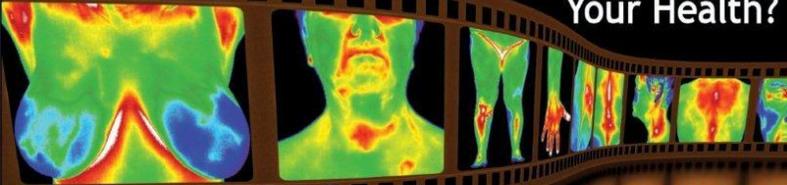


Smells much like powdered Ginger; warm, spicy. Stimulating, warming, aphrodisiac and tonic. Helps to soothe the stomach. This is a steam distilled oil from the dried Ginger root, and more pungent smelling than the organic version. Fiery and peppery, so use in moderation.

How to Use Ginger Root Essential Oil

- Apply a few drops to a tissue and inhale; or add to a [diffuser](#).
- Adding a Ginger-type blend to a warm bath brings welcome stimulation to sore, stiff and overworked muscles. In order to prevent the oils from floating on the surface, blend the Essential Oil with some Half & Half, honey, or vinegar before adding it to the water.

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



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.

BTI BREAST THERMOGRAPHY INTERNATIONAL

513.382.3132
MindfulWellnessMedicalThermography.com

October is Breast Health Awareness Month
Use this coupon to get
\$25 off Breast Scan
\$35 off Head & Torso
\$50 off Full Body.
booked in the month of October.

Give yourself or a loved one the gift of life.

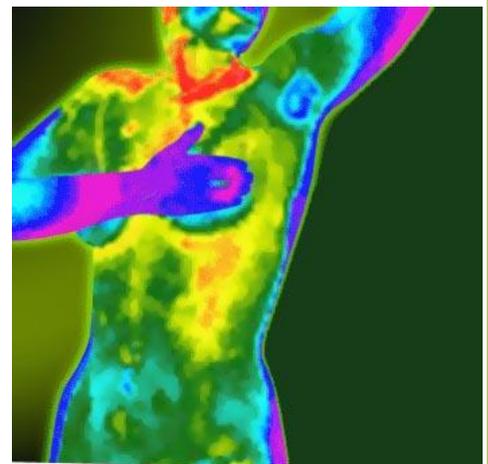


What is thermography and how can it help improve my health?

Breast Thermography is a no touch, radiation-free state-of-the-art screening procedure that captures heat images of the breast to aid in the early detection of breast cancer. As a tumor grows it develops a blood supply that emits heat that is detected on a modern infrared device as seen below. Thermography can establish overall breast health and is an excellent test for assessing fibrocystic breasts and response to treatment.

History

Breast thermography was discovered in 1956 in Montreal, Canada and rapidly became popular throughout the world. It was FDA cleared as an adjunctive screening procedure for breast cancer in 1982. Recent advancements in technology have allowed us to perform even more accurate exams. A 2008 study published in the American Journal of Surgery, performed at New York Presbyterian Hospital Cornell showed a 97% sensitivity in discriminating cancer compared to biopsy.



Young Woman at Risk

A very important area of consideration is the neglected category of

- *When using Ginger in skincare, please keep in mind that this is a hot and spicy oil - great for warming the tissue and many healing applications – but also prone to causing irritation when used in high concentration.*

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

Yummy Gingerbread Honey or Maple Syrup

What a delightful treat for yourself or give as a little gift.

- Add to 2 oz. of maple syrup or honey
- 3 drops of [Ginger Root Essential Oil](#)
- 1 drop [Cinnamon Leaf Essential Oil](#)
- 3 drops Vanilla
- 8 drops of [Orange Essential Oil](#)

Upset Tummy Ginger Tea

Blend one drop of Ginger Root Essential Oil with a teaspoon of honey and enjoy with a steaming hot cup of tea; great for an upset

women under the age of 40. There are over 20,000 cases of breast cancer in this age group each year in the USA. When cancer occurs in a younger woman it is usually a much more aggressive form, and less likely to respond to treatment. There is currently no routine screening test for women under 40, and thermography is a perfect test for these women as there is no radiation from the exam. Annual exams are recommended starting at 20 years of age.

Thermography isn't just for women

Thermography can be used as a whole body approach to wellness with the understanding that there is no "normal" asymmetrical heat in the body. Thermal cameras can detect heat on the skin surface that may show underlying pathologies. Thermography is an excellent tool that your doctor can use to assess your health. PACT educates doctors to understand your testing. Be sure to have them consult the Professional Academy of Clinical Thermology for more information and training. You do not need a referral to be tested, you can call me directly at 513-382-3132 to make your appointment.

[Click here to see more images and case studies about thermography.](#)

When was the last time you colored?

When was the last time you spent time colouring? I enjoy colouring with my grand children but there are times I'd like to create something more grown up.



FREE ADULT COLOURING PAGES

The best sites for adult colouring pages



Thank you to the Mum in the Madhouse for providing FREE printable colouring pages so I can create my own masterpiece.

I find the time I spend colouring is a great stress reliever after a long day. Channel your inner creative being and create your own masterpiece.

www.MumInTheMadhouse.com

stomach or to fight the onset of a cold or flu.

Product of the Month

Sinus Pillow....



It's that time of year... Fall Allergy Season

Are you looking for a holistic therapy for congestion and discomfort associated with blocked sinus passages. Using a sinus pillow offers you therapeutic compression. Conforms over eyes, forehead, cheeks and sinus areas.

Stock up for family members and friends for allergies or colds! Solid colors as available in soft brushed twill. Comes with an Easy-Off Cover for multi-person use (washable).

Buy yours now

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.



Have you had your massage yet?

I enjoyed listening to this video by Dr. James Rapaport talking about the biological benefits an individual receives from frequent massage. Unfortunately, there aren't enough hours in the day or week for me to see each of you the 1 - 2 times mentioned in this study but I do have some suggestions you can do at home. Try a few treatments to increase the biological benefits of frequent massage.

1. Relieve neck tension by rubbing the side and base of your skull with your fingers. If you are suffering from a stiff neck or headache

Extending our sale on Body Brush Kits

Save 30% Buy your Kit Today!!!! We're down to our last few kits so get yours before we run out...

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

Retail Price: \$28.99
Sale Price: \$20.29

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 offer extended expires October 31, 2015.

Buy Now

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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](#)

513-505-0594
Jennifer Concannon
Marketing and Customer
Relations Manager
[e-mail Jen](#)

you can add a drop each of [Peppermint Essential Oil](#) and [Lavender Essential Oil](#) and massage the base of your skull.

2. Enlist your significant other to massage your back.
3. For most you'll be able to massage your own arms and legs. Gentle touch works wonders to release tight muscles and ease tension.
4. Roll your muscles using a yoga roller or use a massage stick.

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

Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!



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.