



MINDFUL  WELLNESS

massage & bodywork LLC.

HOLISTICALLY CENTERED...ON YOU.

May 2016

Speaking of...Mindful Wellness

Foot Care and Thermography - go great together!

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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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Make the special man in your life feel GREAT!

 Forward to a Friend

Dear Jacky,

I think about the goals I've set for the year and realize it's almost half over. I'm not panicking yet. I've got a nice jump on improving my health, but know I can do even more.

A big THANK YOU to Dr. Titko, Board Certified in Diabetic Foot Care and Prevention, for sharing ways to keep our feet healthy! Her information is valuable for those with and without diabetes. I'm also thrilled to share studies showing the benefits of Thermography. For those who have heard me speak, you know I'm passionate about the benefits of thermography. Your Thermography Scan offers a safe, proactive way to manage your health. Your thermoscan is a no contact, no radiation, no compression health monitoring tool.

You can use your flexible spending or HSA funds to pay for your thermography scan. Start the year off on the right foot and schedule your thermography scan today!

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

Essential Oil of the Month

Lemongrass Essential Oil



Refreshing and rejuvenating. Stimulating and balancing. Its aroma inspires and brings fresh energy; clears the mind. Popular skin care ingredient for oily, mature and inflamed skin (in moderation). Also popular in Asian cuisine, and Lemongrass Essential Oil can replace dried Lemongrass in the kitchen, but use very sparingly because the oil is much more concentrated. Lemongrass also helps:

- Heal tendons and ligaments
- Reduces Inflammation

Suggested Use: Use a few drops in a diffuser to freshen the aroma climate of your home. Add very sparingly (dilute; measure drops separately) to dishes that you would otherwise prepare with the dried herb.

Dilute if putting directly on skin.

- Joints-rub 4-5 drops on joint and spread beyond the area.

Diabetes and Your Feet

Statistics demonstrate that 29.1 million people in the United States have diabetes. Only 21 million have been diagnosed. The other 8.1 million people just don't know yet that they have this condition. An additional 86 million people in the United States have pre-diabetes and 9 out of 10 of them don't know it yet. That is a lot of people with diabetes.

One of the most devastating consequences of diabetes is an amputation of the toes, foot or lower leg. The good news is that the number of lower extremity amputations occurring is decreasing. In 1996 an average of 11.2 amputations per 1000 diabetics were performed. In 2008 that number dropped to 3.9 amputations per 1000 diabetics. But there is still plenty of room for improvement.

The most common reasons for non-traumatic amputations of lower limbs in people with diabetes are: poor glucose control, compromised blood flow and lack of proper foot care. If you have been diagnosed with diabetes for more than five years, or your glucose is not tightly controlled, you are at a significant increased risk of nerve disease from your elevated sugar levels. These factors all play a role in determining the long-term viability of your lower limbs.

Diabetic neuropathy is the destruction of those nerves furthest from your spine (such as the feet and hands) that is thought to be due in part from a lack of microcirculation to those nerves. This results in a feeling of numb, tingling, pins-and-needles, electric shock feelings that can initially be annoying or painful. Once this condition has progressed enough, the numbness can inhibit your from feeling damage occur to your feet. Calluses form in areas of excessive bone pressure. These calluses can develop into open sores or ulcerations if left unrecognized and untreated. These open sores may lead to infection and ultimately lower extremity amputation.

Diabetic foot ulcerations are invariably preceded by

- Depression-rub on bottoms of feet or diffuse into air.
- Muscle Fatigue-spread over area of concern.
- Sprains-spread over area of concern.
- Tissue Regeneration-apply to area of concern.
- Varicose Veins-apply to area of concern.
- Use 2 - 3 drops with [Jojoba Oil](#) (1/2 oz.) as massage oil to help with cellulite or over-exerted ligaments or bruises. Or, dilute with water to help with digestive problems, infections or nervousness.
- Use 2 - 3 drops in a lotion (1/2 oz.) to help clear cellulite, as well as tone the skin, open blocked pores and help with acne. The antiseptic properties are also useful in treating athlete's foot and other fungal infections.
- Learn more about Lemongrass by reading this informative article

[Click here read more...](#)

Sinus Relief

Directions: Fill your [Diffuser](#) with water and add a drop or two of [Eucalyptus Essential Oil](#). Breathe deeply. Other Essential Oils that promote respiratory health include [Breathe Well](#) and [Clove Bud](#) Oils.

inflammation but in the early stages of wound development, people with diabetes can hardly feel pain from this inflammation because of sensory loss. Temperature increase associated with inflammation may be detected up to one week before a foot ulcer forms.

Thermography can be used to assess for the risk of diabetic foot ulceration. Comparing temperature differences between corresponding areas on the right versus left foot, as well as comparing differences between different segments of the foot can allow for early detection of impending danger.

The key to keeping your feet healthy when you have diabetes is prevention. Daily foot inspection is recommended. Look for cuts, bruises, red pressure spots, corns and calluses. Seek immediate medical attention from your podiatrist when you notice any change in your feet. Local wound care and education on proper footwear can prevent many foot ulcerations and infections.

State of the art technology is now available to repair the nerve damage that causes neuropathy. Previously diabetic neuropathy was addressed by taking medications that did not repair the damage, only limit perception of the painful condition. The MLS Laser works to stimulate the microvascular blood supply to the damaged nerves in order to restore health to the nerves and reverse the damage.

Staying active, controlling blood sugar and keeping your feet healthy are keys to maintaining an independent life-style when you have diabetes. Early detection and professional treatment of foot problems help reduce the potentially devastating effects that can result from neglect or mismanagement. Developing a relationship with a podiatrist can often make the difference between beating the odds and becoming a statistic.

Dr Kristin K. Titko

Board Certified in Diabetic Foot Care and Prevention

Office Locations

Center for Foot Care
6770 Cincinnati Dayton Road
Liberty Township, OH 45044

Allergy & Cold Relief

12 drops [Rosemary Essential Oil](#)
12 drops [Tea Tree Essential Oil](#)
8 Tablespoons Sea Salt
Mix well and add 1 teaspoon of mixture with warm distilled water in your [NasoPure](#) for colds or sinus issues. Powerful antibacterial nasal rinse!

Product of the Month Sale Extended



AromaSpa Diffuser....



AromaSpa Diffuser...

This has been such a popular product for my clients who have allergies, need to relieve some stress, detoxify their indoor space or just want to reap the benefits of diffusing therapeutic grade essential oils! The Aroma-Spa Vaporizer™ features a calming, subdued, rotating, multi-colored LED lighting feature. Simply add water and your favorite pure

7344 Hamilton Ave
Cincinnati, OH 45231

Phone number is 513-729-4455



BIO:

Dr Kristin K. Titko specializes in medicine and surgery of the foot and ankle. She has been in practice in the Greater Cincinnati area for over 20 years. She is the only podiatrist in the tri-state area to hold Board Certification from four separate boards.

A graduate of Sycamore High School, The Ohio State University and The Ohio College of Podiatric Medicine. Surgical Residency at Florida Hospital - East Orlando.

Married to Tom. Enjoys travelling, good food, great friends, running and staying active.

The Living Proof Institute welcomes
Mindful Wellness Medical Thermography
to explore the benefits of thermography and
how it can help you
Tuesday, July 26th 6:30 pm



Seminar Special

Thank you Living Proof Institute for inviting me to share the amazing benefits thermography offers. I'm offering special incentives to clients who book a scan during the seminar. This seminar gives you the opportunity to learn more about the benefits thermography offers on your wellness journey. I'm inviting you to attend on Tuesday, July 26th at 6:30 pm at The Living Proof Institute. Be sure to RSVP to the number below. See you there!

The Living Proof Institute
Functional & Lifestyle Medicine
9078 Union Center Blvd, Suite 350 West Chester, Oh
45069
(513) 785-0686

www.TheLivingProofInstitute.com

essential oil and the ultrasonic element produces consistent and fragrant vapor. Now diffuses for 6 hours or more.

Add a few drops of your favorite pure essential oils to enhance the soothing vapor and provide immediate and effective aromatherapy. The Aroma-Spa Vaporizer™ will automatically shut off when empty.

Diffusing essential oils like lavender, tea tree, eucalyptus and peppermint are great ways to help curb those common seasonal allergies! I have so many of my clients asking for homeopathic treatments for the onslaught of these dreaded allergies!

Buy yours and SAVE!

Retail Price: \$49.98

Sale Price \$39.98

Sale Extended Offer expires on

June 30

Enter code "Diffuser10" at check out

How to get the best use of each thermography screening:

1. Compare your images visually to the last screening. What areas have

Thermography

I can't begin to tell you how passionate I am about the benefits of Thermography! I work very closely with other thermographers affiliated with Breast Thermography International across the country and participate in monthly meetings lead by Shanna Schulze and Dr. Piana, one of the doctors who interprets the thermography scans. On our most recent monthly meeting, Dr. Piana spent considerable time sharing case studies from his files, focusing specifically on case after case of breast cancer. I'd like to share one such case with you so you'll have a little insight on why I'm so passionate about the importance of regular thermography scans!

Case Study #1

I attached an image for you. This image is of a chiropractor's wife (age 63) of one of our tech's locations in the north east. The tech had been going to this chiropractors office for 5 years offering scans on-site and his wife had never signed up for a breast scan until she found a lump in her left breast. It turned out to be stage 3 breast cancer. They were ready to retire and close down his clinic. They didn't have health insurance.

They had to spend all their savings and cancel their plans to move south to pay for her treatments.

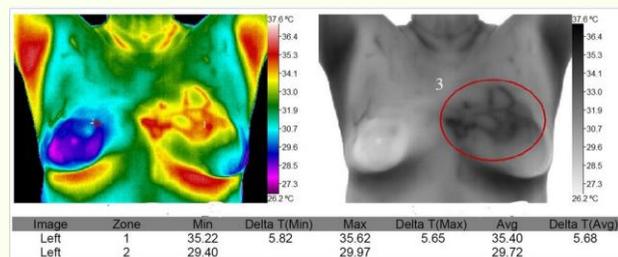
I'm sharing this image to help spread the word that even though you may have a healthy life style, it's still crucial to get a scan asap if you haven't had one and to follow up when recommended. Thermography can check out your entire body, men and women. It's not just for the breasts.

Case Study #2 - Thermography Scan frequency

Personally, I get a full body scan every 6 months because of all the findings I see in my patients and because of some areas I'm monitoring in my own body. Cancer doubles on average every 90 days. I feel that I'm covered with a 6 month retest. I encourage my patients and you to do the same! Take advantage of this service I provide! Some of you haven't signed up, some are just past due for a scan and some are up to date.

Case Study #3 - Patient who has a healthy life style

Shanna shared how she recently had a patient that had a stage



improved? What areas do you need to focus your 2016 efforts on to reduce inflammation or improve circulation?

2. Follow the recommendations in your report and those given to you by the thermologist you spoke to during your consult, or by your doctor or other health practitioner.

3. If you completed your first scan, make sure your follow up scan is scheduled. Use that date as a goal to see improvements in your body through your hard efforts to gain optimal health.

MAKE 2016 YOUR HEALTHIEST YEAR YET!

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

2 breast cancer diagnosis that her thermogram found. She is a lymphatic massage therapist and said she lives a healthy life style, hadn't had a mammo in years and felt great! She said her doctors were all buzzing about thermography after her diagnosis and she keeps thanking Shanna that she saved her life. She said she couldn't feel anything abnormal in her breasts. Shanna reached out to her because she wanted to send a patient to her. Thank goodness she did!

I could go on and share more stories and case studies. If you have any questions about thermography please give me a call. If you are due for a follow-up or are considering your first scan, ask me questions! Your health is important to me!

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.

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!

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

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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Jacky

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