



June 2016

## Speaking of...Mindful Wellness

### Where there is smoke...


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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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 Forward to a Friend

Dear Jacky,

The official "Kick-Off" to summer has arrived! We're quickly creeping up on July 4th and in the swing of that slower and more relaxed, get outside and enjoy summer pace. Don't get me wrong - I love the more relaxed pace that summer offers and being able to enjoy a little bit of sunshine. But, that great "Looking Good Sun Kissed Feel" comes with increased risk of too much sun exposure. If you're going to be outside make sure you apply enough sunscreen to protect your skin.

THANK YOU, Dr. Jared Seigler for the wonderful article "Where there is smoke..." I encourage all of you to scroll down to read how oral care and inflammation can lead to chronic illness. In fact, I will be presenting at Dr. Siegler's office, Living Proof on July 26th. If you are free, I'd love to see your friendly face. 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](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*

### Where There is Smoke...

One of the most common reasons a person develops a chronic

## Essential Oil of the Month

### Citronella Essential Oil



Citronella's properties are similar to Lemongrass, its scent is light, fresh lemon scent with geranium-like notes. Very soft and round. Citronella is commonly used in deodorizing and insect repelling products, and as a raw material for the perfume industry.

- Used in Insect Repellents
- Deodorizing
- Cleansing

#### How to Use Citronella Essential Oil

- Blend with Cedarwood, Lavender, Patchouli or Eucalyptus to keep bugs at bay.
- Diffuse 2 - 3 drops outdoor to keep bugs away.
- Add 2-3 drops to a wax pool to create your own Citronella Candle.
- Add a few drops to a bucket of water when mopping your floors.

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

### All Natural Bug Spray

- 4 drops [citronella essential oil](#)
- 4 drops [lemongrass essential oil](#)
- 4 drops [rosemary essential oil](#)
- 4 drops

health condition is due to a process called inflammation. Think of inflammation like a chemical fire, and this fire is made by the immune system. The types of diseases that develop from chronic inflammation can range from ADHD, to autoimmune diseases such as Hashimoto's Thyroiditis, to cancer. In reality these aren't diseases that a person would catch like the flu, but these are the result of chronic, low-level inflammation that alters how the body works on a cellular level.



As a functional medicine practitioner, a very resourceful tool to look at different types of inflammation is thermography. Calor is Latin for 'heat' - which is sign of inflammation. For example, oral bacterial infections have been known to drive an autoimmune response (where the immune system attacks a portion of the thyroid) called Hashimoto's. As a person can see, the inflammation from the bacteria in the mouth are basically bathing this thyroid in inflammatory chemicals as long as the infection is active and the immune system can respond.

Since cells that replicate faster than normal use up more energy, we can see increased heat on areas of the breast that could indicate unwanted growth in tissue. Typically the fuel for the fire for breast cancer is:

- Insulin - promotes cell division; high levels of insulin have been directly correlated with increased risk of breast cancer risk
- Estrogen - usually taken exogenously in the form of birth control or HRT or other environmental exposure

This is where finding the source of the inflammation is of the utmost importance. Inflammation anywhere in the body will increase insulin resistance, and the most common source of inflammation is something going wrong in the gut. Unfortunately for most, the colonoscopy will come back normal (or a few polyps) and they will be diagnosed with IBS or GERD and given a medication to mask the symptoms while the body slowly erodes from the inside out.

Sometimes the same inflammatory trigger will also change how the body breaks down estrogens and whether or not the liver can metabolize and get rid of the estrogen once it has served its purpose. Oral birth control actually change the way bacteria function in the GI tract, and not in a good way.

**eucalyptus essential oil**

- 4 drops **peppermint essential oil**
- 1/4 cup pure witch hazel

**Directions**

1. Add all ingredients into a **small glass** or plastic atomizer. Shake.
2. Shake well and apply liberally.

**Skin Irritation Relief**

Bug bites can be very itchy....

Add 1 drop of **Lime Essential Oil** to 1 teaspoon **Jojoba**.

Keep this mixture to rub on itchy skin.

**Lavender Essential Oil** is another great oil to help with itch relief, it can be applied directly to skin to help with irritation.

**Neroli Essential Oil** - This will protect your bug bite from infection.

**Product of the Month**

**Organic Jojoba....**



**Organic**

One of the reasons there is such a high risk of breast cancer is due to xenoestrogens. 'Xeno' roughly translated means 'fake'. An estrogen molecule made by the body may activate anywhere from 3-5 receptor sites before it is metabolized by the liver. A xenoestrogen (like BPA found in plastic, and even what they used to replace BPA) can activate as many as 100,000 receptor sites. This can drive a resistance to estrogen signaling (like insulin resistance) where a woman may be complaining of symptoms of low estrogen when in reality she has high levels. Typically a hormonal imbalance is secondary due to another process breaking down. Just because a person is given a particular hormone doesn't mean their body will use it as that hormone.

Another way that a thermal scan can be useful is to detect structural imbalances causing strain on muscles. If a person is in a chronic pain response, then their body will not focus on using resources to heal, grow, or repair - but instead will adapt to the pain. This will result in a 'shift' of resources such as energy, hormones, sleep/wake cycle, and immune function.

It is important to take the results of a thermal scan in the context of what is happening in the body as a whole. A person may be complaining of thyroid symptoms or develop breast cancer for an entirely different reason than another person with the same set of symptoms.



Dr Jared Seigler  
 DC, CFMP, CGP  
 Functional and Lifestyle Medicine  
 Personal Health Strategy  
 Public and Corporate Health Education

[www.becomeproof.com](http://www.becomeproof.com)

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

## Jojoba...

WHAT IS HobaCare Jojoba?

HobaCare Jojoba is the pure extract of the jojoba seed, which has been grown and then pressed and filtered to The Jojoba Company's exacting specifications. HobaCare Jojoba is exceptional due to the high quality of its seed source and the manner in which we have the seed pressed. "HobaCare" is the brand name we give our jojoba to distinguish it from so-called generic "jojoba oil" obtainable elsewhere. HobaCare Jojoba is available as "pesticide-free" (as close to organic as you'll find available) and as "[Certified 100% Organic](#)".

Jojoba is excellent for:

- Revitalizing the skin before or after a shower or bath
- A superior massage medium for adults, children and babies
- Removing make-up, deep-cleansing the skin and facial massage
- Conditioning scalp and hair
- Providing soothing relief from psoriasis
- Conditioning and softening cuticles
- Soothing and conditioning skin after

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](http://www.TheLivingProofInstitute.com)



## The Spirit of Nature

### The Spirit of Nature

*By Victoria Wilson-Jones, M.S.,  
Clinical C.Ht.*

My garden calls to me. Time to have my hands deep in the soil, the warmth of the sun on my skin and the feeling of the breeze whispering to me. Spirit manifests in all life forms. The call of the sacred can be found in many places speaking quietly in their own languages. When I attend this call, answering with my presence, I am taken into a new level of peace joy and communion.

No matter how stuck, depleted and isolated we feel the Source has given us nature to help us heal and reconnect. Just being in nature for twenty minutes will move a person into an alpha brain wave state, that wonderful space between waking and sleep where prayer and meditation transforms us. Wendell Berry speaks to the healing force of nature so beautifully in his poem, "The Peace of Wild Things". May it remind us all of how generous Spirit is, placing us in the midst of the beauty and healing force of nature.

### The Peace of Wild Things

*By Wendell Berry*

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

Victoria Wilson-Jones, MS  
Certified clinical hypnotherapist, ordained Interfaith minister  
260-373-2366  
[www.vwilsonjones.com](http://www.vwilsonjones.com)  
[www.soulsonajourney.com](http://www.soulsonajourney.com)

exposure to the sun

- A base or carrier for blending your own essential oils

It is non-allergenic, does not stain and does not clog pores or turn rancid. Jojoba has an indefinite shelf life!

**Click here to find out more interesting facts about Jojoba Oil!**

**Buy yours TODAY!**

### How to get the best use of each thermography screening:

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

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,

*Jacky*

### 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](#)

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

**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  
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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Mindful Wellness Massage & Bodywork, LLC, 8859 Cincinnati-Dayton Road #007, West  
Chester, OH 45069