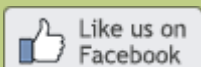


## Speaking of...Mindful Wellness

### The Big Fat Lie...

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Click on the Subscribe button to start automatically receiving our newsletter filled with therapeutic wellness information to help your mind and body feel better.



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

Click Here to Purchase an Instant Massage or Thermography Gift Certificate

Forward to a Friend

Essential Oil of the Month

Detoxifying Essential Oil Blend



Enhances calming, soothing and cleansing

Dear Jacky,

What is a Big Fat Lie? The article that Dr. Katie Schneider of West Chester Chiropractic has shared with us is an incredibly informative resource for you to think about regarding your health in 2017. I certainly have lofty goals for myself to eat a clean, gluten free diet. I swear by my regular thermography scans to track the decrease in my own inflammation. What's holding you back?

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. 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.

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

## The Big Fat Lie...

By Katie Schneider, DC  
West Chester Family Chiropractic Center

As a Chiropractor, many of my patients present to my office with complaints of back pain, leg pain, muscle aches and weakness, neuralgia and more. Many, if not most, are overweight and on several medications, and almost always, one of those

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I also use this wonderful blend in my diffuser. The combination of these essential oils have a wonderful calming effect.

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### Clean Eating Spray

Fill 4 oz spray bottle  
3 oz Water  
1 oz White Vinegar  
2 Drops **Lemon Essential Oil**

Vinegar is nature's natural cleaner, by adding a drop of Lemon Essential Oil you get the extra benefit of Spray on Fruits & vegi's to remove harmful pesticides or left over dirt.

### Lavender Sugar Body Scrub

½ cup **Jojoba**  
½ cup Brown Sugar  
3 Drops of **Lavender Essential Oil**

Blend ingredients together and use as a wonderful Body Scrub. Massage over your body for 10 seconds then rinse off in the shower. After you dry off, apply Jojoba as you would a regular moisturizer this acts as a lovely natural moisturizer.

Product of the Month

**Organic Jojoba....**

**Take care of your skin!**

medications is a cholesterol lowering drug.

Heart disease is the #1 cause of death for both men and women in the United States since 1921. There is no disputing that. We have been taught that obesity, smoking and a sedentary lifestyle all are major contributing factors to the development of heart disease. Again, there isn't too much argument against that. However, for at least the past 35 years, the American people have been told that high cholesterol is the "smoking gun" for the development of heart disease. We have been told that cholesterol forming plaques stick to the artery walls leading to blockages and thus heart disease. This is where the agreement ends. Cholesterol is not the enemy we have been brainwashed into thinking it is. Cholesterol has been unfairly vilified by our government and health agencies. What's worse is that the myths that have portrayed cholesterol and fat as bad for you could actually be causing harm to your health.

This Cholesterol myth started in the 1960's when researcher Ancel Keys began the "Seven Country Study" which looked at the health of people in seven different countries over several years and concluded cholesterol was the cause of coronary heart disease. In the late 1970's the USDA used this theory to make guidelines for the high-carb, low fat, low-cholesterol diet that predominated in the 1980's -2000's. The problem is that there were actually 22 countries in the study, but only the data from seven were cherry-picked to support his conclusion. When the other 15 countries' data were included, there was no significant findings supporting his claim.

However, based on those recommendations, people were taught to stop eating cholesterol and limit dietary fat intake. To get their cholesterol as low as possible, statin drugs such as Lipitor were developed. In fact, today, almost 30% of Americans are on these drugs. They work by inhibiting a liver enzyme so that your body cannot make cholesterol. The problem is, they also deplete your body of CoQ10 which ironically is beneficial to

hearth health and muscle function. Many of the

## 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". Please refer to the end of this section for a thorough discussion of pesticide-free and certified 100% organic HobaCare Jojoba.

Jojoba is excellent for: Revitalizing the skin before or after a shower or bath

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- Removing make-up, deep-cleansing the skin and facial massage
- Conditioning scalp and hair
- Providing soothing relief from psoriasis
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- Soothing and conditioning skin after 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!

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Retail Price: \$17.99

pain patients I see could have their pain and weakness greatly diminished if they were not on statin drugs because statins also have a nasty side effect of muscle breakdown (rhabdomyolysis) causing weakness, fatigue, and soreness. They are linked to an increased risk of diabetes and nerve damage, memory loss, and even potentially cancer.

In addition to the side effects of the medication itself, there are significant problems with a too LOW cholesterol. Cholesterol is essential for every animal cell. It is a vital part of every single cell membrane, it is vital for neurological and brain function, it is necessary to produce vitamin D and many hormones in our body, it helps digest fats and much more. If your cholesterol gets too LOW, you cannot effectively make hormones such as estrogen and testosterone. There is a link between low cholesterol and memory loss, increased depression, suicide and violent - aggressive behavior. There is even a link between low cholesterol and an increased risk of hemorrhagic stroke and cancer.

SO, if Cholesterol isn't the underlying cause of heart disease, what is? In a word, INFLAMMATION. Inflammation is now being linked to a litany of different chronic diseases, including heart disease. While inflammation is needed in times of injury or infection, long-term inflammation can be debilitating and even deadly. IF you have inflammation in the blood-vessel walls, cholesterol is brought to the area to help repair the damaged cells. (Remember that cholesterol is used in formation of cell walls). The problem is, similar to a fire that cannot be put out so it becomes a 2-alarm, 3-alarm, 4-alarm fire that keeps bringing more help until the fire is finally extinguished, if the source of the inflammation continues, cholesterol will continue to come the area, building and building until it eventually forms a plaque. Thus, Cholesterol is not the cause of heart disease, it is a symptom of a damaged or inflamed region. It is the body's attempt to correct damaged tissue that has no "off" switch until the underlying cause is addressed. By using statin drugs, we are essentially "shooting the firefighters" rather than stopping the underlying

inflammatory cause that triggered the cholesterol in

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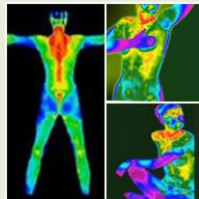


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Call or e-mail me with any questions you may have about Medical Thermography. You can also [view additional information by clicking here...](#) You'll find many of your questions may already be answered.

## **RAISE SOME MONEY!**

Do you have a favorite group, church or charity that you'd like to raise money for?



Or...

Have you wanted to get a thermography scan, but didn't have the extra funds to pay for it?

Or...

Perhaps you just need some extra cash...

Consider hosting a Thermography Presentation in your home, church or meeting place. You can

the first place. The underlying cause of chronic inflammation is most often our high-processed carbohydrate diet and excessive omega-6 oil consumption (soybean, corn and sunflower oils). The more the USDA told us to cut down animal fats, eggs and the likes, the more we ingested processed foods loaded with sugar, high fructose corn syrup leading to increased inflammation, increased unchecked cholesterol production and thus increased Statin medications being prescribed (which is why it is over a \$29 billion industry!). All the while, nothing was actually being done about the underlying cause!

So, what can be done? The first step is to eliminate processed, refined foods and return to a whole foods diet that includes healthy fats such as coconut and avocado and omega-3, and eggs. Basically, don't eat much of anything that comes out of a box, bag, or can. Reduce your stress, stop smoking and have 20 minutes of activity each day. I also recommend getting checked for nutritional deficiencies, especially magnesium. Research into magnesium has demonstrated that it reduces arteriosclerosis (hardening of the arteries) and can even regulate blood pressure and heart rate. It is also has an anti-inflammatory effect and thus may help in addressing chronic inflammation.

Get regular blood tests to check your Vitamin D levels and CRP which measures chronic inflammation. A CRP under 1mg/L usually indicates a low risk for cardio-vascular diseases. Thermography screenings can also be of great benefit by assessing any potential inflammatory states in the body and giving you and your doctors a better road map as to the areas that could be potential concerns.

Finally, there are times when statin medications are needed, but these are most often genetically related. The vast majority of individuals on these drugs need to change their diet and lifestyle before they attempt medications. As Hippocrates stated, "Let food be thy medicine and medicine be thy food."

earn 10% of the proceeds from the scans booked at your event!! It's fun, informative and easy to host such a gathering and I will help you every step of the way.

### 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 2017 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 you 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 2017 YOUR HEALTHIEST YEAR YET!**

### 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

*Dr. Katie Schneider's Impressive Bio*  
Doctorate of Chiropractic - Cleveland Chiropractic College, 2007

Valedictorian, Summ Cum Laude

BS Biology - Xavier university, 2003 Cum Laude

Dr. Katherine Schneider has a passion for chiropractic and believes in a "whole-person approach" to health care. In addition to evaluation and drug-free treatment, she provides information and empowerment to her patients, so they can make educated health care decisions. Dr. Schneider received her doctorate of chiropractic from Cleveland Chiropractic College in Kansas City, graduating Summa Cum Laude and Valedictorian of her class. While in Kansas City, she was an intern at the Kansas City VA Hospital and Truman Medical Center, and was the winner of the Clinic Service Award. She received her bachelors of science in biology from Xavier University, graduating Cum Laude and has been practicing at West Chester Chiropractic Center since 2009. In 2015, she was named as one of Cincy Magazine's top chiropractors.



## SAVE THE DATE

March 16, 2017 @ 6:30 pm

West Chester Family Chiropractic Center

8039 Cincinnati-Dayton Rd

West Chester, OH 45069

777-7575

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on how to live more healthily through the power of nature. Our mission is to improve the quality of people's lives by sharing our expertise and encouraging a more natural, holistic way of health, beauty, and well-being.

Kangen Water - (aka electrolyzed reduced water (ERW), or hydrogen water) begins as tap water. The Enagic machine filters out chlorine and other impurities from the tap water, then separates the hydrogen and oxygen with a process known as electrolysis. This process adds an electron to the hydrogen creating a new molecule called diatomic molecular hydrogen gas. When this is added to your drinking water, it produces antioxidant-rich Kangen Water.

Mindful Wellness Medical Thermography - Thermography is a no contact, radiation-free, state-of-the-art screening procedure that uses heat detection to locate areas of temperature differences in the body. Most pathological processes demonstrate a form of increased heat, and some neurological processes show excessive cold, or hypothermia.

My Happy Hormone Cotage - is an educational and medical facility that serves women who are seeking long term health & wellness, through refilling and replenishing hormone receptors that deplete with age. We validate, educate, empower and treat women in all stages of life, who value their hormone health and want to achieve their best health naturally through optimal hormone balance in 3 areas: sex hormones (estrogen, progesterone, testosterone); adrenal glands (cortisol) and thyroid.

Comments, suggestions or questions are always welcome.

Here's to Healthy Habits,

Jacky