

MINDFUL  WELLNESS

massage & bodywork L.L.C.
HOLISTICALLY CENTERED...ON YOU.

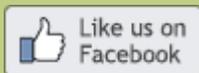
July 2017

Speaking of...Mindful Wellness

The Growing Problem of Addiction and Kicking Around a New Way to Look at your Health...

Subscribe

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



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Forward to a Friend

Essential Oil of the Month
Bug Biter Essential Oil Blend



Dear Jacky,

Oh boy, oh boy we're on a hot stretch! The air has been pretty oppressive lately! It's enough to really stress me out! One way I try to forget about the heat is by using Guided Imagery! Guided Imagery helps you relax, reduce your stress and begin that journey to detoxify and decompress your body. Last month I gave you a sample of a Guided Imagery through a video. This month I'm giving you a second video included in this newsletter, Healing Light. Enjoy in a cool, relaxing environment! Scroll down to see it.

There is so much in the news about the problems that addiction to pain medications cause. Read about how massage has been shown to decrease physical pain, and reduce stress and anxiety in general, and can make a significant difference in those dealing with addiction. Plus, learn how thermography may be a new way to look at your health.

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

Largest, Longest Study on Mammograms Again Finds No Benefit

[Bug Biter Essential Oil Blend](#)

features essential oils with reputations as insect repellents, which have been blended with Jojoba Oil ready for direct application to the skin. Customers as far away as Australia swear by this oil! Simply apply a thin layer repeatedly on skin that is exposed to biting insects.

Contains: Essential Oils of Eucalyptus Globulus, Cedarwood Virginiana, Geranium. Blended in pure Jojoba Oil.

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

Bug Biter Bug Spray

- 8 drops [Bug Biter Essential Oil Blend](#)
- 1/4 cup pure witch hazel

Directions

1. Add all ingredients into a [small glass 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](#) - This will protect your bug bite from infection. You can take your time to visit the doctor.

Product of the Month

[Guided Imagery](#)
CD's....

It appears once again, major industry defenders will remain in complete denial and do anything possible to put profits before people.

An annual mammogram is the conventional go-to "prevention" strategy for breast cancer. But researchers increasingly agree that mammography is ineffective at best and harmful at worst.

Unfortunately, breast cancer is big business, and mammography is one of its primary profit centers. This is why the industry is fighting tooth and nail to keep it, even if it means ignoring the truth.

Several studies over the past few years have concluded that mammograms do not save lives, and may actually harm more women than they help, courtesy of false positives, overtreatment, and radiation-induced cancers.

The latest study to reach this conclusion is also one of the longest and largest. As reported by the *New York Times*:¹

"One of the largest and most meticulous studies of mammography ever done, involving 90,000 women and lasting a quarter-century, has added powerful new doubts about the value of the screening test for women of any age.

It found that the death rates from breast cancer and from all causes were the same in women who got mammograms and those who did not. And the screening had harms: one in five cancers found with mammography and treated was not a threat to the woman's health and did not need treatment such as chemotherapy, surgery or radiation."

Where's the Wisdom in Using a Cancer Screen That Causes Cancer?

Besides the harm caused by overtreatment, the wisdom of radiating your breasts year after year, for decades, is questionable at best, considering the fact that ionizing radiation can *cause cancer* .

Results published in the *British Medical Journal (BMJ)*² in 2012 show that women carrying a specific gene mutation called BRCA1/2 are *particularly* vulnerable to radiation-induced cancer.

Women carrying this mutation who were exposed to diagnostic radiation before the age of 30 were *twice* as likely to develop breast cancer, compared



Help improve your mind and body by reducing your stress. Guided Imagery can successfully help you ease stress. You may wonder "What is Guided Imagery" and how can it help me? Guided Imagery is a technique, similar to guided meditation, where a trained therapist guides you through an exercise designed to reduce stress.

Is Guided Imagery easier to do than meditation?

Many find Guided Imagery easier to use than meditation. With meditation it may be difficult to rid your mind of the "talking chatter" to begin the relaxation process. Meditation is more about mental preparation than about therapeutic mental calming (although guided imagery can do both of these things). The advantages of guided imagery are, as you would expect, huge.

With Guided Imagery your "guide" begins the imagery by asking you to envision a place that makes you feel relaxed or less stressed. Something like a beautiful place in nature or a place where you've been that calms your mind. You're encouraged to use your imagination allowing you to make the experience your own. You'll be prompted to deal with whatever issues that you are working through while using imagery in a non-confrontational, calming way.

Guided Imagery is Simple

Incorporating Guided Imagery into your life is very simple. You can listen to a chosen Guided Imagery during a

to those who did not have the mutated gene.

They also found that the radiation-induced cancer was dose-responsive, meaning the greater the dose, the higher the risk of cancer developing. The authors concluded that:

"The results of this study support the use of non-ionizing radiation imaging techniques (such as magnetic resonance imaging) as the main tool for surveillance in young women with BRCA1/2 mutations."

[Click here to read the rest of the article.](#)

Learn how you can use posture to prevent and slow down arthritic changes in your body.

COLLECTIVE WELLNESS PARTNERS SPECIAL EVENT with Dr. Kim Muhlenkamp-Wermert



September 14, 6:30 PM - 8:30 PM

Tylersville Professional Building in Mason
6860 Tylersville Rd, Conference Room 1&2

- Learn how a procedure called Thermography can detect cancer 5-10 years before a mammogram can. (Jacky Groenewegen)
- Learn how natural bioidentical hormones can bring balance back into your life. No more suffering with hormonal issues AND reintroduce JOY into your life. (Lyn Hogrefe)
- Learn how you can change your life with 'JUST WATER!' (Marilyn Caporini)
- Learn what is available to provide healthy, organic products without chemicals or toxins for your body, hair and environment. (Grace Marshall)

Free! Refreshments! Swag Bags!



THE PARTNERS

- Jacky Groenewegen
- Mindful Wellness Medical
- Thermography
- Marilyn Caporini
- Kangen Water
- Grace Marshall
- Neal's Yard Remedies
- Lyn Hogrefe
- Happy Hormone Cottage

RSVP TO LYN HOGREFE
Lyn@CollectiveWellnessPartners.com

COLLECTIVE WELLNESS is a collaboration of experts in our community who are passionate about embracing a healthier, more natural (organic) lifestyle. They are dedicated to helping us all create awareness that the choices we make regarding our health every day matter. Their goal is to educate and empower us to create the changes we need to lead healthier lives. The bottom line is that the choices we make today affect the quality of our lives for our tomorrows. Come learn how you can promote anti-aging and prevent disease.

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lunch break, a timed nap, anytime you need a break or during a medical procedure. You'll find simply playing in the background of a stressful procedure helps you stay calm and mentally focused. By calming the mind you're reducing the stress a disease or procedure may cause thus freeing your body to begin the healing process.

Everybody can have the benefit of guided imagery. It is a process which has no possible damaging effects, since it is, at the end of the day, just using your mind and imagination in a productive way and it can work in your favor for an enormous quantity of possible problems. Try Guided Imagery today and see how much better you feel.

[Buy your Guided Imagery Today! Special BOGO offer. Buy one in your shopping cart and we'll automatically send another CD of a different title for Free!!!!](#)

[Retail Price: \\$17.95](#)

[Releasing Pain CD](#)
[Reducing Stress CD](#)
[Detoxifying the Body CD](#)
[Guided Imagery 3 Part Series](#)



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.

The Growing Problem of Addiction: Can Massage Therapy Aid in Recovery?

By Leslie DeMatteo, LMT, MS

Heroin (an opioid drug made from morphine) is everywhere, easy and cheap to manufacture and smuggle, and it is highly addictive. But heroin is not the only problem, as addictive and easily obtained pain medications like hydrocodone (Vicodin®), oxycodone, and morphine are readily available at pain clinics that have begun popping up across the country. The current opioid epidemic (opioids are most often used medically to relieve pain) has been growing in recent years, with illicit drug use contributing to the death of over 33,000 people in 2015 (Brauer, 2015).

Addiction is defined as "a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences (NIH)." Addiction is considered a brain disease because of the effects drugs have on the brain, as they not only change how it works, but the actual structure of the brain.

The American Psychiatric Association (APA) now uses specific guidelines for addiction, requiring at least two of the following conditions manifesting over a 12-month period (NIH):

1. Increased dose over a period of time longer than intended
2. Preoccupation with obtaining, use of and recovery from the substance
3. Excessive time spent obtaining, using and recovering from the substance
4. Cravings for the substance
5. Failing to meet obligations due to recurrent use of the substance
6. Increasing relationship problems due to the use of the substance
7. Disinterest and reduced participation in other significant social, occupational and recreational activities
8. Continued use of the substance knowing that it is hazardous and/or dangerous to health

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!!!

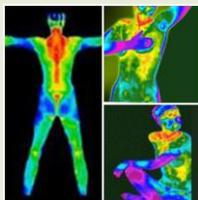
Save
\$25

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.

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 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.

THERMOGRAPHY SAVINGS

9. Increased tolerance marked by a need for increased amount of the substances to get high and a diminished effect from use of the same amount
10. Withdrawal in which substance-typical symptoms are experienced or the substance is taken to relieve those withdrawal symptoms

Treatment for Addiction

However, addiction can be treated successfully. Treatment is always an ongoing process as it takes time for the brain to adjust to not having the substances that are causing the addiction. Medication for addiction alleviates the physical and emotional symptoms of withdrawal, allowing the patient to focus on counseling while their brain slowly adjusts to not having their drug of choice. Simultaneously, behavioral therapy helps addicts modify their mental attitudes and alter their behaviors related to drug use while improving their life skills and ability to handle stress and environmental cues that trigger drug abuse.

Massage Therapy & Addiction

When addicts indulge in their drug of choice, they get a hit of dopamine, the neurotransmitter that makes us feel good. This, in turn, sets up an immediate reward system in the brain where the body and mind is rewarded for using, increasing the addiction and conditioning. Massage therapy has been shown to increase dopamine and serotonin while decreasing cortisol - making it effective in reducing pain, anxiety and discomfort. Most addicts became addicted because of an underlying pain condition or a mental or emotional imbalance made worse by stress and anxiety. Massage has been shown to decrease physical pain, and reduce stress and anxiety in general, and can make a significant difference in those dealing with addiction.

In addition, there is a satisfaction that comes from taking care of oneself rather than engaging in behavior that is clearly destructive. Recovery can be a very difficult process, both physically and emotionally. When those in recovery can enjoy a massage session while having the satisfaction of taking care of themselves, it reinforces recovery as something to be desired rather than as just an

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!

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 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 2017 YOUR HEALTHIEST YEAR YET!

endless process of physical discomfort and self-evaluation. Massage therapy provides a positive 'treat' in the otherwise difficult process of recovery.

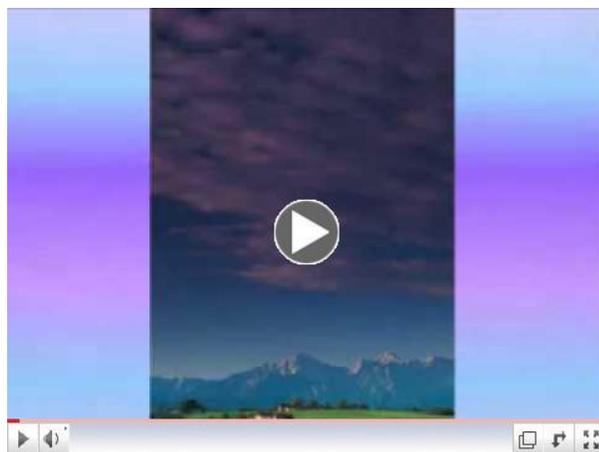
Two Cautions

Some caution may be necessary when working with those in recovery, however, as they do present certain challenges.

1. It may be necessary to be clear and firm in your policies and in setting your boundaries as this population often has trouble following rules and respecting others.
2. There is also an increased likelihood of an emotional release when you are working with clients battling addiction. While addiction is a physical problem, it is also very mental and emotional. Those fighting addiction almost always have some sort of emotional issue that they are holding onto and there is an increased chance for that to surface when they let their guard down on the massage table.

Massage therapy can be a wonderful addition to a drug, alcohol or nicotine recovery program as it can reduce stress and anxiety along with physical pain, and gives the client a feeling of relaxation, peace and calm along with reduced muscle tension and increased freedom of movement.

Enjoy one of my Guided Imagery Video's Healing Light



Mindful Wellness Healing Light Guided Imagery

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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](#)