



November 2016

Speaking of...Mindful Wellness

Yoga for Seniors...

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Forward to a Friend

Dear Jacky,

I'm very thankful with all of my mishaps this year that my feet are currently doing well. But, during the time that I was in one or two orthopedic boots, I quickly learned how difficult it could be to move. Let me tell you... it was no fun lugging around those heavy boots! Thank you all for your patience during your massages as I clunked around the massage table!

Thank you Erica Collins, Co-Owner Harmony Healing Arts, for the wonderful article "Yoga for Seniors". Even if you aren't a "senior" you'll gain knowledge about the health benefits of a yoga routine. I know I've put some of her recommendations into practice now that I'm back on two feet!

I'm very excited to share my passion of helping you improve your health. Have you scheduled your thermography scan yet? Are you curious about Thermography or are you looking to earn a little extra money before the holidays, see the special coupon below? Call me or visit my website to book your scan today! My appointments are quickly filling which excites me even more to help so many people on their wellness journey! I'm frequently asked if you can use your Flexible Spending or HSA fund to pay for your Thermography Scan, yes you can!

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.

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

What are Fibrocystic Breasts?

Essential Oil of the Month

Ginger Root Essential Oil



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

reprinted with permission from FibrocysticBreasts.org

Mayo Clinic Online States: Fibrocystic breasts are composed of tissue that feels lumpy or rope-like in texture. Doctors call this nodular or glandular breast tissue.

It's not at all uncommon to have fibrocystic breasts. More than half of women experience fibrocystic breast changes at some point in their lives. In fact, medical professionals have stopped using the term "fibrocystic breast disease" and now simply refer to "fibrocystic breasts" or "fibrocystic breast changes" because having fibrocystic breasts isn't really a disease.

Although breast changes categorized as fibrocystic breasts are normal, they can cause breast pain, tenderness and lumpiness - especially in the upper, outer area of your breasts. Breast symptoms tend to be most bothersome just before menstruation. Simple self-care measures can usually relieve discomfort associated with fibrocystic breasts.

American Cancer Society Online States:

Many breast lumps turn out to be caused by fibrosis and/or cysts, benign (non-cancer) changes in breast tissue that happen in many women at some time in their lives. Fibrosis is the formation of scar-like (fibrous) tissue, and cysts are fluid-filled sacs. These changes are sometimes called fibrocystic (fie-bro-SIS-tick) changes, and used to be called fibrocystic disease. They are most often diagnosed by a doctor based on symptoms, such as breast lumps, swelling, and tenderness or pain. These symptoms tend to be worse just before a woman's menstrual period is about to begin. Her breasts may feel lumpy and, sometimes, she may notice a clear or slightly cloudy nipple discharge.

These changes are most common in women of childbearing age, but they can affect women of any age. They are the most common benign condition of the breast. They may be found in different parts of the breast and in both breasts at the same time.

Many different changes can be found when fibrocystic breast tissue is looked at under the microscope. Most of these changes reflect the way the woman's breast tissue has responded to monthly hormone changes and have little other importance.

Fibrocystic Breasts as a Pre-Cursor to Breast Cancer?

Many physicians believe that fibrocystic breasts lead to breast cancer. Let us do some deduction. Normal breasts, if there ever was such a thing, are under stress and hormone activity through the female life. Estrogen dominance builds with age that creates fibrocystic breasts. Excess estrogen in the body is linked by most to breast cancer. It only makes sense that the fibrocystic phase is

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. (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

-
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- when used in high concentrations.)
- 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 stomach or to fight the onset of a cold or flu.
- Ginger Root Essential Oil is great to replace powdered

a middle ground.

What Feeds Cancer? W/ Dr. Sepepr



Yoga for Seniors - How it can help

I have been teaching Seniors' yoga for over 23 years! Ironically, some of my first classes were Yoga for Seniors and I was in my early 20's. I would often get asked how I knew how to help several of their ailments such as sciatica, back pain and stiffness or osteoporosis being that I was so young.

At the time, I was teaching dance and yoga. Ballet in particular creates some imbalance in the body as it ages and so many of the issues I had been experiencing in my early 20's while dancing professionally were very similar to experiences my older students were having due to aging! At the same time, I had spent several years watching my grandmother suffer from debilitating back pain, osteoporosis and arthritis. Having these experiences in my life really gave me an advantage to helping my senior students thru their issues and gain relief.

It is a great time to teach and practice yoga. There are so many clinical studies, documented medical research showing the undeniable benefits that yoga brings to our lives at every age! All we need to do is practice regularly to see and feel the positive results.

When yoga was first brought over from the East and doctors started researching it for use with the elderly, many of the results were shocking for the medical profession.

At first, the researchers hypothesized that seniors practicing yoga would keep from losing their current range of motion and bone density. Hopefully keeping them from debilitating further. What

ginger in the kitchen. For example, try

-
- making your own 'gingerbread honey' or syrup, and adding it to tea or desserts. This is not only delicious but helps to soothe the stomach as well. The following is a wonderful recipe for such a honey, great also for a homemade gift.

Add to 2 oz. of maple syrup or honey:

* 3 drops **Ginger Essential Oil**

* 1 drop

Cinnamon Leaf Essential Oil

* 3 drops Vanilla

* 8 drops of certified organic Orange Essential Oil

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Purifying Room Blend

This wonderful blend freshens the stale odors you may find in your room.

Great to use with a **AromaSpa Room Diffuser.**

10 drops **Lemon**

they were not expecting was not only were the participants in the study keeping their range of motion and bone density, they were improving it and building a balance of muscle strength and flexibility! This was a great surprise to the medical community. Could yoga be the fountain of youth? Some might agree.

When I was living in New Mexico and teaching seniors' yoga, I noticed many of these traits first hand. I had a group of older yogis who just started practicing yoga. One woman in particular had a mastectomy and was unable to even lift her arm above her head due to nerve damage from the surgery, let alone put any weight on it. The students noticed how good yoga felt in their body and how it stimulated while at the same time eased their minds and wanted to practice more times per week. So we began 3 classes per week and the "miracles" began to happen.

Not only were these seniors gaining strength and flexibility and increasing range of motion, but as they advanced in their practice, they were able to perform more advanced postures. Their bodies began to open up, become more pliable and stronger than ever before! Before I knew it they transformed into an Ashtanga class which is a very physically demanding and vigorous yoga practice with grace and ease.

They were easefully learning advanced yoga poses they never dreamt they could do! Many of them loved and were successful practicing inversions such as handstands! Truly amazing to see!

My student with the mastectomy was able to not only lift her arm over her head but build strength and full use out of her arm in performing all the push up poses that Ashtanga yoga brings! Incredible and something her doctor would have never expected! The benefits of a regular, ongoing practice are never ending and a secret to living life with longevity coupled with health and vitality.

When I was teaching this same senior class in New Mexico, it was so humorous as we would get a lot of triathletes come into the area to "conquer" the New Mexico mountains. And these new, very fit, younger students temporarily visiting our studio could not keep up with my seniors! The looks on their faces practicing next to an older yogi who had only began yoga a few years back and not be able to "keep up" with the older students was priceless. It was really inspiring to the younger athletes as to the benefits of yoga and made my senior students chuckle and realize how far they had come.

Personally, I have been blessed to know and meet a lot of older yogis who keep up the practice. One of my teachers is in her 70's and you would never know it! She looks like she's in her 50's, said she's never had a hot flash and can do things in her body I am still

Essential Oil

1 Drop **Tea Tree**

Essential Oil

1 Drop **Grapefruit**

Essential Oil

Grapefruit Facial Mask

You'll need:

- * 1 drop **Grapefruit Essential Oil**
- * 1 teaspoon Sour Cream
- * 1 egg white

This is for an oily to normal skin type. Beat egg white until it is fluffy, add sour cream and grapefruit juice and blend well. Apply to face for 15 minutes, then rinse with warm water.

Rosewood-Carrot Facial Mask

You'll need:

- * 2-3 large carrots
- * 2 drops **Rosewood Essential Oil**
- * 4 1/2 tablespoons honey

Cook carrots, then puree in a food processor, when at the consistency of baby food, add honey and Rosewood essential oil. Apply gently to the skin (keep away from eyes), wait 10 minutes. Rinse off with cool water. Pat dry.

dreaming of! So inspiring! She is always learning and growing in her practice, her mind is so sharp and knowledge vast. It is her inspiration that keeps me practicing and always hungry to learn more!

Yoga is not a magical fountain of youth but a system of health and wellness for mind, body and Spirit that has been practiced for thousands of years. If you are new to yoga I recommend a chair or gentle class and as your practice grows try some different styles of yoga. Yoga is for everyone at every level. I have taught the vast range of yoga for the MS society, people who are bedridden, people going thru cancer treatment, cerebral palsy, in wheelchairs, Olympic gold medalists, celebrities, semi-pro football players and mixed martial arts champions. Yoga is like ice cream, there are so many flavors you don't know what you like until you try it and truly there is something for everyone at every level.

Here is a link to a recent study for yoga therapists regarding yoga and older adults. There is some great data featured here and statistics about yoga and aging:
https://c.ymcdn.com/sites/iayt.site-ym.com/resource/resmgr/docs_pubs_ytt/YTTSummer2016_Featured.pdf

"Practice and all is coming." Pattabhi Jois

See you in the chair or on the mat!

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Comments, suggestions or questions are always welcome.

[Here's to Healthy Habits,](#)

Jacky

Contact Us

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Jacky Groenewegen

Licensed Massage Therapist Certified Thermographic Technician

Product of the
Month

**Guided Imagery
CD BLOWOUT....**



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Guided Imagery is a system of visualization that can be used to help in healing and relaxation. Some studies indicate that positive thinking can have an effect on disease outcome. One example, is the use of guided imagery as "complimentary medicine" in some oncology centers and other medical facilities.

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