

MINDFUL  WELLNESS

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

September 2017

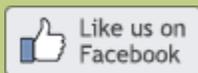
# Speaking of...Mindful Wellness

## All about Breasts...

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 Forward to a Friend

Dear Jacky,

It's that special time of year again where I give you the deepest discounts available on your Thermography Scan! You'll see a lot of pink in the month of October supporting Breast Cancer Awareness. But, are you looking for a solution that provides you with a NO COMPRESSION - NO CONTACT - NO RADIATION health screening? In the thermography world, we prefer to refer to October as Breast **Health** Awareness.

I recently presented at a luncheon with two of my Thermography patients who unfortunately discovered they had breast cancer as a result of their thermography scan. One had just had a normal mammogram and the other was looking for a radiation free test. Both of these fabulous ladies are fighting a battle neither wanted, but both credit their thermography scan for saving their life. Please call me or visit my website to learn more about this life saving screening.

There are many conditions that will respond very well to medicupping. Ask me about how I can help you at your next appointment or message me with any questions you may have. 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

## Essential Oil of the Month

### Lemon Essential Oil



### Lemon Essential Oil

*Lemon, with its invigorating aroma, helps the healing process and provides physical energy and purification. Lemon Essential Oil also helps with colds, sore throats, anemia, calms anxiety, gallstones and respiratory problems. Lemon is also a wonderful disinfectant and purifier for water and air. Please enjoy this wonderful recipe using Lemon Essential Oil to bring a sense of energy and cleanliness to your life.*

### Cleaning Help

*Enjoy the invigorating scent of lemon as you clean.*

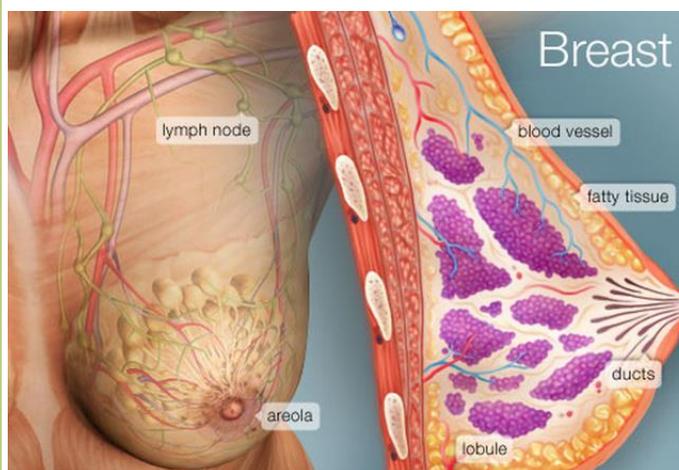
*Place a few drops Lemon Essential Oil directly on your dust cloth. Or you can add 10 drops of Lemon Essential Oil to an ounce of water in a spray bottle to use for disinfecting and cleaning. Lemon Essential Oil is a wonderful way to remove gum from your clothing.*

## Supporting Breast Health with Essential Oils

Before we talk about essential oils, let's look at some basics about breast tissue.

Breasts are made of two kinds of specialized tissues. Glandular tissue produces milk and fatty tissue determines the size of the breast. Breast tissue sits on top of the pectoral muscle on the chest. Fatty tissue envelops a network of ducts, whose purpose is lactation and breastfeeding. This milk production is managed by the complex hormonal or endocrine system of the body.

Pictured below shows the proximity of the lymph system. 75 percent of lymph from the breast travels to the axilla (armpits) on the same side of the body. In relation to breast cancer, 85 percent of breast cancer is ductal. Cancer cells can break away from a tumor and travel via the lymph system to other parts of the body.



Women are encouraged to exam their breasts daily. While doing so, they are helping massage the tissue which helps keep the ducts open and keeps lymph moving.

## Create a healthy water drink

*Place a drop of Lemon Essential Oil in a glass of purified water to aid in removing toxins from your body.*

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

## Bath Fizzers

**These fun milk-bath fizzers are simple to make and are a lot of fun to use. Simply drop one into warm bathwater, and it will instantly begin fizzing, creating a milky foam scented by the aroma of your favorite natural essential oil or blend. Sit back and relax as your body soaks up the natural properties of your chosen essential oils. These fizzers also make great gifts for family, friends, and others!**

### Ingredients Needed

1. Baking Soda (1/2 Cup):
2. Citric Acid (1/4 Cup): This can be found at many grocery stores or at candy-making supply stores.
3. Powdered Milk (1 Tbsp + 1 tsp): Use low-fat or skim milk powder if possible.
4. Cornstarch (1 Tbsp):
5. [Jojoba Oil](#) (1 Tbsp): This natural liquid wax closely mimics the skin's own oils and can help moisturize the skin.
6. Water (1 tsp)
7. Essential Oils (20-30 drops):

Using essential oils can support women's health to prevent fibroids or other breast discomforts. Several essential oils can be applied directly to the breast. Follow the directions on the bottle to see if the essential oil needs to be blended into a carrier before applying to the skin. (jojoba, coconut or olive oil are examples of carrier oils)

Knowing something about the chemistry of essential oils helps you understand why you want to use them. Some oils have anti-inflammatory effects, others can be regenerative to tissue, some oils can stimulate lactation.

Citrus oils like lemon and orange as well as lavender and frankincense are just a few that can support your breast health. There is no special combination of oils to use. It is even better to use them as single oils and alternate their use or you can blend a few together.

I would like to clarify some issues. When thinking of using essential oils research your companies. Many companies have great marketing campaigns and this makes it challenging for the average consumer to know which is really the right company of essential oils to use. Aromatherapy in the US is relatively new, since the 1980's. Many companies that are in existence today are duplicating rather than innovating the work that the pioneers in the industry have done.

I would be happy to help you with your specific concerns and can offer some suggestions about an oil infused product or essential oils. For a free consultation you can reach me at [patspringer2@gmail.com](mailto:patspringer2@gmail.com) or 513-807-8286.

These not only give your bath fizzers their own unique scent, but they also add to your bath the benefits of the essential oil you choose.

#### Instructions

1. Mix together 1/2 cup baking soda, 1/4 cup citric acid, 1 Tbsp powdered milk, and 1 Tbsp cornstarch thoroughly in a glass bowl.
2. In a small glass bowl, mix together 1 tsp powdered milk, 1 tsp water, 1 Tbsp jojoba oil, and 25-35 drops of your chosen essential oil or blend.
3. Drizzle the liquid mixture into the dry ingredients, and use a fork or pastry blender to cut the liquid into the mixture until the mixture resembles fine crumbs and packs together when pressed.
4. Pack the mixture tightly into your desired molds (for the shape above, I used a tiny glass bowl for the mold, but you can also use measuring cups, measuring spoons, candy/soap molds, cookie cutters, or whatever else you desire). Once the mixture is packed into the mold, carefully invert the mold over a cookie sheet or plate, and carefully remove the fizzer (you may need to tap the edge of the mold slightly on the cookie sheet or plate to get the fizzer to release).
5. Allow the fizzer to dry overnight (possibly longer for larger fizzers or less time for smaller fizzers).
6. Wrap any fizzers not being used right away in plastic wrap or foil, and store them in a cool location.
7. To use the fizzer, simply fill your tub with warm bathwater, and drop your

*Pat Springer MA, BSN, RN, HTCP, CCA.*

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As a wellness consultant Pat Springer is a seasoned Registered Nurse, and Certified Clinical Aromatherapist. She maintains a private Energy Medicine Practice and is an International and National instructor in Clinical Aromatherapy. She is passionate about teaching people how to correctly use essential oils to support their wellness.

### Medical Edge Radio Podcast with Dr. David Ellison



**On September 25, 2017 I appeared on Dr. Ellison's iHeartRadio show. A number of your questions about thermography will be answered by listening to this very**

**informative podcast! Please listen to the entire podcast to receive some special discounts!**

[Click here to listen to the podcast.](#)

**Excerpt from Massage Magazine Oct. 2014**

### **Vacuum Therapies for Mastectomy Recovery and Breast Reconstruction**

By Anita Shannon

Breast cancer is a unique cancer. Like all cancer conditions, the initial trauma of the diagnosis is followed by the heavy weight of

fizzer into the water. Relax and enjoy your bath!

## Anti-inflammation

6 drops **eucalyptus**  
6 drops **tea tree**  
4 drops german chamomile  
2 drops **peppermint**  
2 drops **lemongrass**

Add this to a carrier like **Jojoba** and rub on the sore muscle area.

## Product of the Month

### Castor



### Oil....

Doctors at the A.R.E. Clinic in Scottsdale, Arizona use **castor oil** for virtually every aspect of health. Edgar Cayce recommended castor oil packs over the abdominal area in 545 readings to benefit the liver and digestive system. Healers from many ancient cultures have used castor oil for over 3000 years. In fact in old herbal texts, it is called "Palma Christi," Latin for the palm of Christ. In response to customer inquiries, our pure castor oil can be taken internally.  
Organic

significant choices about treatment. The focus on becoming well supersedes the many things in life that we normally take so seriously, shifting us to the recognition of the beautiful reasons for living a healthy and full life after recovery. Breast cancer has the added aspect of disfigurement or loss of a visible body part ... a part that often is integral to our physical and emotional feminine identity.

Along with potential shifts in physical self-image and emotional/energetic balance that can accompany dealing with breast cancer, comes the physical impact of various combinations of surgeries, chemotherapy, and radiation.

Vacuum therapies are used to gently release the many conditions that occur with lumpectomies and mastectomies. The surgical site often becomes bound and restricted by scar tissue, creating pain and issues with common movements. The fascia has been cut, and heat from post-surgical inflammation in the area can fuse the damaged fascia onto the musculature or into stiff "rolls" of tissues.

If lymph nodes are removed, more internal scar tissue and lymphatic restriction can form, often complicated by the external scars that arise from such radical procedures. As we all have observed in our clients, a serious restriction can result in compensatory patterns that affect the immediate area, and travel onward through the body from there. We have noticed that a large number of women who had a surgical procedure or radiation on the breast suffer from back, neck and shoulder issues that eventually can migrate to the hips and knees.

Radiated tissue responds well to vacuum therapies in many cases. Gentle pumping techniques are performed utilizing a large cone-shaped cup, and the burned and fused tissue often separates to eliminate the rigid

### **Relax with your own Castor Oil Pack**

Create your own Castor Oil Packs using an old towel. Soak the towel with Castor Oil and 6 drops of a soothing Essential Oil until its wet. Examples include: Lavender, Calming Essential Oil Blend, Chamomile, Geranium, or Jasmine just to name a few. I suggest you lay on an old towel sheet or towel. Place the soaked towel on the stomach, over the liver, and place a plastic wrap over the soaked towel. Then use a Heartbeat Aromatherapy Pillow or another non-electric heating source warmed to medium heat.

I typically use my Castor Pack while I'm relaxing watching my

favorite show or listening to calming music. I suggest using a minimum of 30 minutes. [Click here to learn even more about "Healing Properties of Castor Oil".](#)

**Retail Price: \$16.49**



**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.

**Every penny counts!**

"orange peel" texture, enabling the body to begin restoring more normal tissue function and movement.

Some of our most amazing results came from working with a friend and one other patient, who were both referred by a local physician. By using vacuum therapies on my friend to prepare the area for reconstructive surgery, the physician was able to easily insert a 200cc implant in an area she doubted would accommodate an implant of 125cc.

The other patient had been told that reconstruction was not possible, due to excessive restrictions and scar tissue. After a series of treatments with vacuum therapies, she was scheduled for surgery and ended a long two-year search for healing after her mastectomy.

So many people have had lumpectomies, reductions, augmentations and breast lifts for a variety of reasons. These procedures can also lead to rigid breast tissue and scars, which are very painful and restrictive.

Gentle therapies offset the invasive surgeries and treatments that can accompany the diagnosis of breast cancer. While most of the vacuum treatments are soothing and comfortable, some of the scar and fascia release can be a little more intense.

We found out years ago that "Phantom Breast Syndrome" does indeed exist, and the large cone-shaped cups address this beautifully. The cup shape cradles the energy field that is still present, and the gentle pumping movement has made a large number of clients say "I feel like both breast are there ... I feel balanced". We can also use unique micro-cup magnets to assist with phantom itching and pain that is common after a mastectomy.

**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!!!**

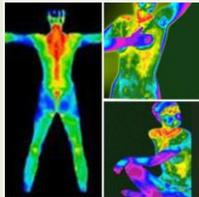
Save  
\$25

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

One of the most wonderful things about this gentle and effective therapy is that the results are quickly noticeable. Try a session or two with a trained professional and assess your progress ... and share the great news with your friends and community!

**ANITA J. SHANNON** is a Licensed Massage Therapist and licensed Cosmetologist since 1983, specializing in skin care, body treatments, clinical Aromatherapy and various modalities of massage therapy. She is a national educator since 1990, appearing at numerous national Spa and Massage conventions each year, and appeared as a co-host for four years on the television show "Health Options Today" with Dr. Mitchell Ghen.

Anita is the Director of Advanced Continuing Education (ACE), an NCBTMB CE provider established in 2001, and has presented numerous workshops on ACE Massage Cupping™ and MediCupping™ at national locations since 2002. Anita has been published on this subject in

**Massage Today**, in **Massage Magazine** and in

**Les Nouvelles Esthetiques**. She has published two educational videos on ACE Massage Cupping™ bodywork, two on MediCupping™ therapy and one on TheraCupping™ home care, and is currently writing a book on VacuTherapies™.

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 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.

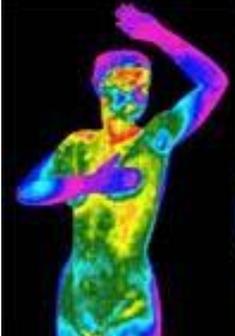
**MAKE 2017 YOUR HEALTHIEST YEAR YET!**



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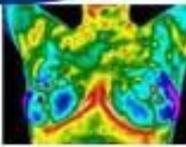
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**October is Breast Health Awareness Month**

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**\$25 off Breast Scan\***  
\*Must call to book by October 31, 2017

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Works on any Weekday from October 1, 2017 - October 31, 2017.

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**Consultation 15 Min (Phone)**

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\* Redeem from October 1, 2017 - October 31, 2017

Comments, suggestions or questions are always welcome.

**Here's to Healthy Habits,**

*Jacky*

**Contact Us**

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Previous screenings not included. Cannot be combined with other offers.

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