

September, 2018

Is 100% Breast Cancer Health a Possibility?

Greetings!

October is one of our busier months of the year promoting Breast Health Awareness. Please see the coupon below.

I wake up everyday knowing it's such a privilege to help women with health screening that saves lives! So many of my patients have touched my life in ways beyond just thermography. I've seen how thermography scans have helped detect undiagnosed cancer, areas we've needed to closely watch and how lifestyle changes make huge impacts on future scans. I've definitely found my calling!

Thank you to Dr. Shelton Hendriex for a great article about preventing Breast Cancer. All of us can take critical information from Shelton to test, use dietary changes and consulting about extracts proven to reduce the risk of developing breast cancer. As Dr. Shelton mentions in his article, he used to refer patients out of state for thermography scans. I am honored he's found our facility so we can work in conjunction with him to help prevent this dreaded disease.

As I mentioned last month Robin Hanson-Gobell has joined the practice to bring mobile thermography to your office, home or at a location you desire. We have days scheduled with Happy Hormone Cottage in Kettering. Robin is working hard to schedule additional days with chiropractors and home presentations. Watch our Facebook page for events near you!

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.

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

Is 100% Breast Cancer Health a Possibility?

Shelton Hendriex, N.D., Master Herbalist

NEW This Month

HOW TO....



We have all heard the mind-numbing statistics that nearly one in two people will get cancer! Life's observations tells me that without a plan you are likely to fail (maybe not completely) without one.

Breast Health is no exception. As part of our "cancer support consulting" in the area of breast cancer prevention; we employ defensive measures that minimize your odds of developing breast cancer along with testing suggestions warning that an impending cancer storm is approaching on the distance horizon (much like weather predictions without the snafu's).

In reading a recent article from the "Food Revolution Network" dated 3/1/2016 and entitled "Amazing Study: Mushrooms Reduce Breast Cancer by 64%", a further cord was struck when reading in the same article that "Drinking Green Tea" with the consumption of at least a third of an ounce of FRESH mushrooms every day (about one mushroom per day)

REDUCED BREAST CANCER RISK BY AN ASTOUNDING 89%! This is amazing outstanding and impressive on every matrix!

So, if 89% protection is potentially is available as stated above, only 11% remains.

In our consulting services, we have been using the mushroom extracts and green tea in our protocols for years. Somehow the 89% reduction percentage never was on my radar screen as a deep level fact until reading this article.

I believe the other 11% gap is very easy to close using other well-researched and documented products; to name a few such as iodine, curcumin (turmeric based), ellagic acid, broccoli seed extracts, plant-based diets, juicing, detoxification, along with a host of others.

Years ago, when researching proactive methods, tests, technologies that could used in cancer detections and prevention; I discovered "Thermography" which simply is an

This month I'm providing you with something new. Something so simple and I do it every night when I remove my bra! There are so many health benefits received through improved lymph flow....

LYMPHATIC BREAST MASSAGE

To specifically effect lymph in massage, it is necessary to pump in a specific direction, at a specific pace. This mimics the natural action of the lymphatic system.

Lymphatic Breast Massage is easy to learn. It is different than just massaging your breast because you will specifically move the breast in a way that mimics how lymph moves in the body.

We will use a pumping movement where we move the breast using some light pressure and then release the breast gently, allowing it to return to it's normal position.

Each move and return counts as one pump. Using the lymphatic breast massage model, the most important idea is to keep the lymphatic fluid moving in this area.

[*Click here to keep reading and watch a very instructional video to keep your breast healthy!*](#)



[**Click Here to Purchase an Instant Massage or Thermography Gift Certificate**](#)

[For more information...](#)

Product of the Month

amazing non-invasive non-radiation way to show abnormal activity within the body everywhere especially in breast tissues. Impressive scans showed "red traces (hot spots)" from the gum-tooth area traveling to spots in the breast as well as the heart area. Further research indeed proved in the mind of an engineer (27 years) that this was a major breakthrough not being received with "joyful enthusiasm" in most medical ranks. No surprises here, it's very normal for holistic and out-of-the-box methodologies to be ignored for the status quo (mind you we're living in a country where one of two Americans are landing a cancer diagnosis) – I thought we as a nation were looking for a "cure", I know plenty of monies are collected in this never ending "looking phase" – how about implementing what's already here!).

In the early years of my thermography awareness, I referred clients to out of state resources to get this testing done. Fast forward to 2018, we have this testing available now in our own backyard. Mindful Wellness Medical Thermography (operated by Jacky Groenewegen) was among the first if not the first offer thermography service in the greater Cincinnati area. I have referred clients to her services for years as part of an effective overall cancer proofing strategy. Sadly, I have had many say "I just don't know if I have cancer"....based on what happens often with convention treatments; I can completely understand that mindset. Let's renew the fading motto of "A WAR AGAINST CANCER (ALL FORMS)" with every tool available of the sun, not just a select outdated few methods...

Heath Restore! Shelton Hendriex, N.D., Master Herbalist • www.herbshopcincy.com

About Shelton Hendriex

Twenty years ago, Shelton Hendriex started his study of herbs and natural healing after three years of consulting with fifteen to twenty different medical professional and specialist - all to no avail (an initial right ear ache turned very quickly into a raging undiagnosed systemic candida infection set-off (in hindsight) by the overuse of antibiotics). In pursuit of answers, I discovered the wealth and power of

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

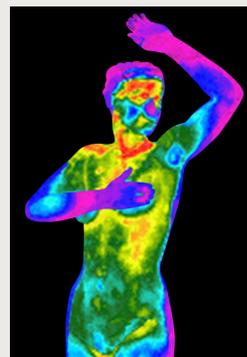
Jojoba is excellent for:

- Revitalizing the skin before or after a shower or bath
- 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 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 to keep reading...

Price: \$17.99



Breast Massage!

Breast

Toning Massage..

natural cures, which ended the nightmare of spending upwards of 18 hours daily in-bed to playing full court basketball.

Shelton's background in natural health consist of earning a CNHP (Certified Natural Health Professional) designation. Further education and training includes both a N.D. (Doctor of Naturopathy) degree and M.H. (Master Herbalist) degree from Trinity College of Natural Health; as well as being the owner of The Herb Shop in Cincinnati which was established in September 2001.

I am regularly sought out in dealing with complex-puzzling health issues which have not been resolved.

The Herb Shop is located at 5133 Delhi Rd., in Cincinnati, Ohio 45238. For more information, visit HerbShopCincy.com or call 513- 451-9176.



Breast Health Awareness Season is upon us.

Learn how to prevent disease here...

In this video, cancer researcher Ty Bollinger speaks with Dr. Veronique Desaulniers (Dr. V.) about her 7 Essentials for breast cancer prevention. The full interview with Dr. Desaulniers is part of "The Quest For The Cures Continues" docu-series.

[For more information...](#)

It's always a good idea to massage your own breasts. Here's one recipe that can help with toning.

BREAST TONING MASSAGE OIL

- **Geranium** – 8 drops
- **Lemongrass** – 10 drops
- **Clary-sage** – 5 drops
- Add 1-2 ounces of **jojoba** and massage in

This recipe is great to soothe sore breasts...

Sore Breast Soothing Massage Oil

- Chamomile Roman – 10 drops
- **Geranium** - 5 drops
- Lavender – 10 drops
- Add to a handful of **jojoba** and gently massage

Essential Oil of the Month

Clary Sage Essential Oil



Enhances one's ability to dream and is very calming and stress relieving. Visualizing, spiritually connecting, centering.

It is great to balance extremes of emotion and restore inner tranquility.

Recent medical data indicates it naturally raises estrogen and progesterone levels. Mellow, warm, herbaceous/hay-like, with a musky/amber note. Important ingredient of Eau de Cologne.

How to use Clary Sage Essential Oil:

- For acne (yes, even adult acne), mix 10 drops of oil in small spray bottle and mist your face several times a day. Keep away from eyes.
- Diffuse 2-3 drops to keep that calming "Ahh" feeling in your room and lower anxiety.
- Hormonal imbalance - try using a hot compress over the abdomen. Use two drops each of bergamot, lavender and clary sage. Can also use this combination in your **Castor Oil pack** to help relieve menstrual cramps.
- Feeling exhausted place a drop of clary sage on a cotton ball and inhale. The aromatherapy benefits help calm your mind.
- Did you know? Fear can cause the blood vessels to tighten, restricting the amount of oxygen and nutrients that

Click here to join our new Facebook Group Holistic Health Practitioners of Greater Cincinnati... We are building a trusted community of holistic practitioners and holistic minded people who are searching for holistic answers.

- can reach the cells. Calm fear by diffusing clary sage or adding to a carrier oil like jojoba.
- If you like, you can make your own hair care blend, combining Clary Sage with Rosemary, Jasmine, Patchouli and Lavender according to your liking. Add to unscented shampoo or conditioner (5-10 drops per 1 oz. of product), or apply 1 drop to your hairbrush to rejuvenate and naturally scent hair and scalp.
 - It's also wonderful in helping mature skin look its best, as well as being a great hair care ingredient.
 - To add to a bath - in order to prevent the essential oils from floating on the surface - you may want to blend the Essential Oil with some Half and Half, honey, or apple cidar vinegar or epsom salt before adding it to the water.
 - Apply a few drops to a tissue and inhale; or add to a diffuser. Make sure to use in moderation and only if you are about to rest since Clary Sage can alter your state of mind if used in high doses.

MEDICAL THERMOGRAPHY
BREAST HEALTH AWARENESS

- HOLISTIC HEALTH BREAST SCREENING
- NO SQUEEZING!
- PREVENTION
- PERFECT FOR DENSE BREAST TISSUE AND IMPLANTS
- SAFE FOR EVERY AGE AND STAGE OF LIFE
Including Pregnancy and Breastfeeding
- EARLY DETECTION
- NO RADIATION
- START BY AGE 20
- FINDS AREAS OF CONCERN EARLY...

October Specials

CALL TO SCHEDULE BEFORE OCTOBER 31

\$50 Off FULL BODY SCAN* Now \$449.00	\$35 Off HEAD & TORSO SCAN* Now \$294.00	\$25 Off BREAST SCAN* Now \$224.00
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*Cannot be combined with other offers.

MINDFUL WELLNESS
Medical Thermography

513.382.3132 | MindfulWellnessMedicalThermography.com
8859 Cincinnati-Dayton Rd. #007, West Chester, OH 45069

Important news...



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!!!



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



Contact Us

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Website

www.MindfulWellnessMedicalThermography.com

www.MindfulWellnessMassageandBodywork.com

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