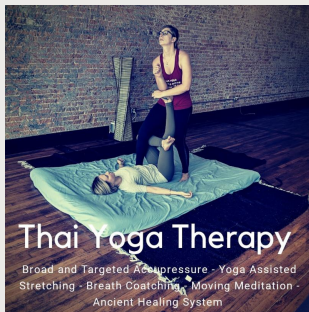


February, 2019

# Thai Yoga and Thermography

## Greetings!



Thai Yoga  
and

## Thermography

**Arielle Schmidt**  
Founder, Tranquility Rising

I am Arielle Schmidt, Founder of Tranquility Rising in Blue Ash. I opened my Thai Yoga Practice in October 2017. A little bit about who I am and my journey of how I became a SomaVeda® Thai Yoga Practitioner... When I graduated from South Dakota State University in 2012 with a bachelor's degree in Health, Physical Education and Recreation I had visions of helping people through fitness. However, when I moved to Cincinnati my path went an entirely different direction by working as a corrections officer at a county jail. For five years I balanced this yang aspect of my life filled with stress, aggression, anxiety, and negativity with yoga. Through yoga I thought I had found a balance to bring softness back into my life. I was severely mistaken to think that it was that simple to do a little yoga and be balanced. I realized I needed much more than just yoga to bring full balance back into my life. In 2016 I had the opportunity to travel to India for my yoga teacher training and realized how much the job was taking not only physically but mentally. Included in my training I had the opportunity to train in Thai Yoga. It was

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Oil to continue our tradition of providing the best possible ingredients for your superior health.

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*Click to view the Mindful Wellness Video "How to Do a Castor Oil Pack" and the Healing Properties of 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 Athletes Foot

Calm your Athletes Foot with this therapeutic recipe. You'll also receive the benefit of smoothing any rough spots by using Castor Oil.

Ingredients

- Combine 2 oz of **Castor Oil** with...
- 10 drops **Thyme**

eye opening to realized the amount of physical relief I found through the practice and awareness in my own body. After returning I trained in Costa Rica for a two week intensive Thai Yoga Training as well as a month at the SomaVeda® Thai Yoga Center in Brooksville, Florida. I quit my job in February 2018 to focus fully on serving my clients and could not be happier. I strive to serve my clients to the best of my ability and am always working to add to my practice for not only them but also for myself.

As I was writing this article about how Thermography and SomaVeda® Thai Yoga Therapy can be useful tools, I first had to understand Thermography on a deeper level. I spoke with a few Thermography Technicians and it became very clear that Thermography is a tool used to aid in discovering certain risk factors. I also decided to do my own research and I hit the web to gain a better understanding about what is being said to the public regarding this amazing tool. I was shocked at the amount of misinformation that was out there. I could not be more grateful to be part of a community that is bringing understanding to those interested. This brings me to Thai Yoga Therapy. Many people have the misunderstanding that its just another type of yoga class. In reality it is so much more than just another yoga class or fad. It is a therapeutic protocol that can aid you on both a physical and emotional level.

Thai Yoga Therapy is called therapy for a reason. As a practitioner we bring awareness to not only the physical body but also awareness to the mind. Seeking out patterns of behavior that are not serving you as well as uncovering emotional blocks or confronting issues that you might be avoiding. So, what is SomaVeda® Thai Yoga Therapy? It's an ancient practice of indigenous medicine that has been around for over 2,500 years. I combine yoga assisted stretching, breathe coaching, emotional freedom techniques, and acupressure along specific lines of the body known as meridians or sen lines. I also don't shy away from talking about anything that includes your exercise habits, diet, sex life, past trauma, disease, current emotional state and health problems. I have been equipped with the tools needed to address your whole body so that you

- 10 drops Lavender
- 10 drops Tea Tree

Massage onto feet.

Castor Pack to relax create your own at home 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 on the right side of the stomach, over the liver, and place a plastic wrap over the soaked towel. Then use a heating pad set 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".***

Castor oil... absorbed from the packs will be better [1433-6]

The effect of these packs is to enliven, through the activity of the absorption. [631-4]

"Apply castor oil to a bruise or into sore joints to ease discomfort and feel the difference. You will be amazed." DL, Ontario, Canada

***Click here to purchase. Price: \$17.99***

### Part III of How to Body Brush....



Interested in Part I & II of the series "How To Lymphatic Body Brush...."



may bring healing to all parts of yours.

People always ask me what is the difference between Thai Yoga Massage and Thai Yoga Therapy. There is a huge difference. Thai Yoga Massage is exactly that. A massage, a feel-good session meant to give you relief in the moment but that's it. Thai Yoga Therapy is there to address your body on a deeper level. I have helped people in so many walks of life see results from clearing PTSD, sexual trauma, anxiety, headache, stress and so much more. After your first session if you feel this type of work is right for you there are two different program options. The first option is more focused on finding the subtleties in how the body moves and start to introduce you to the idea that there can be an emotional link to why the body isn't functioning properly. The second option is a guided program that combines Thai Yoga Therapy (yoga assisted stretching and acupuncture), Mind Body Connection Coaching and private yoga to guide you to a deeper level of understanding in your body. During this program we talk about everything from your diet, exercise habits, relationships, traumas, old patterns, and anything else that allows us to stay stuck. The programs are designed to meet your needs either physically to just feel better or dive deeper into all aspects of your life. These programs are also created to be done as many times as needed because at the end of each program we are not the same person we were when we started the work. We are always in a transformative process and we can always go further.

How can SomaVeda Thai Yoga Therapy and Thermography work together? As mentioned before Thermography is there to assess risk factors once those factors have been found we can start helping clear whatever it is that might be going on in a more specific way. Regardless of the results I will still work the entire body because those energy lines run from the feet out to hands and all the way up to the head. So to make sure our body is working with itself to heal itself we have to work the entire body. We know that when the body goes through emotions certain hormones are released. Sometimes that's a good thing and sometimes it can be a bad thing, especially if released in excess. That's when you

*[Click here to watch Part I](#)*  
*[Click here to watch Part II](#)*

## How Can Massage Help Your Heart?

February and March bring many articles, ideas, marathons etc. all to help improve your heart health. As Americans, heart disease is one of the leading causes of death. So what are you doing to make positive changes in your lifestyle to improve your heart health? That may be a harsh question to ask but you have the power to positively influence your health. There are many ways; some easier than others, to help with cardiovascular disease - don't smoke, get regular exercise, and eat a healthy diet especially a heart friendly diet. But one thing you may not think about helping your heart is getting a regular massage.

You may be thinking, I can't afford a regular massage. Well look at the bigger picture, it may just change your mind... In the March 2011 issue of the publication *Circulation*, the American Heart Association editorial board stated that cardiovascular disease is the leading cause of death in the United States and is responsible for 17 percent of national health expenditures. They also projected that costs in the U.S. from cardiovascular disease would triple by 2030, to more than \$800 billion annually. Their findings that cardiovascular disease prevalence and costs would increase substantially led to the conclusion that effective prevention strategies are an absolute necessity.

As mentioned there are a few suggestions that make a lot of sense to begin building a healthier heart... I personally want to live a healthy life as long as I can. Here are a few suggestions:

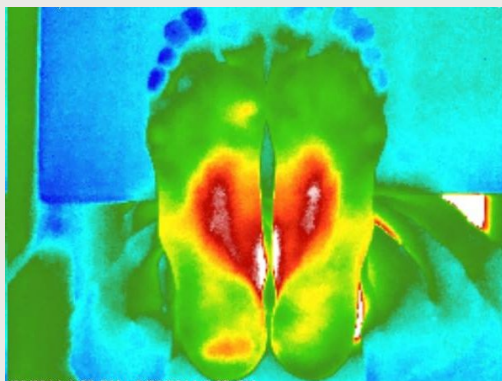
1. Quitting Smoking - I know this is a vice that is very hard to stop. I've known so many who successfully stop for a short time then that urge starts calling again. But, really think about how much smoking harms your body. The chemicals in tobacco smoke harm blood cells, interfere with heart function and damage the structure and function of blood vessels. Cigarette smoke worsens atherosclerosis, raises blood pressure and damages the heart's delicate tissues. Many health insurance plans

can use Thermography image to detect different anomalies in the heat patterns of the body. This provides information that can be used from a physical stand point; acupressure is used in Thai Yoga Therapy to move lymph, increase circulation, detoxify soft tissue, reduce swelling or edema, increase energy, reduce pain and so much more. From an emotional side we can manage stress and other negative emotions, give you tools to relax, reduce stress or anxiety and anything else that you might be feeling.

If you are interested in learning more before booking, I offer online discovery sessions so you can meet me and see if it is right for you. Ready to try this amazing therapy out? Book online at [www.tranquilityrising.com](http://www.tranquilityrising.com) and mention Jacky or her newsletter and take 10% off your New Client Therapy Session.



Ask me about Thai Yoga Therapy

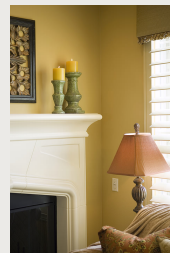


offer assistance to members who want to quit smoking, isn't your heart worth checking this out?

2. Diet - The next biggie is our diet. As Americans, we are known throughout the world as having a not-so-healthy diet. What we eat has a big impact on the condition of the cardiovascular system. Maintaining a low-fat, high-fiber, antioxidant-rich, low-glycemic, preservative-free diet is one of the best ways to prevent inflammation and fatty plaque buildup in the body's blood vessels. I see a lot of healthy fruits, vegetables and low fat protein in my future.
3. Exercise - Yes, I know our time-starved world makes this a very difficult option. But getting up and moving can help us get past our sedentary lifestyle. Make a vow to start enjoying the outdoors as the warm weather in spring begins. Put down your device and start moving.

Unfortunately, being inactive is a top risk factor for heart disease. Regular, aerobic exercise (20-30 minutes at least three times a week) improves blood circulation, strengthens the heart, lowers blood pressure and eases tension - all factors in lowering heart disease risk. This wasn't on the official American Heart Association's list of heart disease prevention tips, but I personally like adding a massage to the list of quit smoking, eat a heart-healthy diet and exercising regularly. Korean researchers found that massage had an impact on the autonomic nervous system - a system integrally tied to cardiovascular health. As published in Yonsei Medical Journal, regular massage therapy sessions were found to induce relaxation to the autonomic nervous system as confirmed by lowered cortisol and norepinephrine levels.

*Click here to keep reading...*



## Room Sprays

Stale odor in your home or office? These are easy to make Sprays you can use in any room! Generally you'll add 15-20 drops of your chosen essential oil to 4 ounces of water. I love the following combinations:

- **Grapefruit** & Frankincense
- **Lavender** and **Peppermint**
- Cederwood and **Bergamot**
- **Lemon** and **Rosemary**
- Lemon - actually cleans the air, not just a deodorizer



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He Saved My Life

• *Eucalyptus* and Orange  
Don't be afraid to experiment on your own to come up with a great Room Spray.

### *Love Potion Spritzer*

Lavender Oil 3 drops  
*Ylang Ylang Oil* 2 drops  
Orange Oil 3 drops

Have a *glass spritzer bottle*  
Place a pinch of sea salt in bottom of bottle

Add essential oils above  
Then, add distilled water  
Place on top and spritz yourself, space, linens and more!

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.

## Important news...



### Bringing Thermography to YOU!

Holistic Health Mobile Thermography (a subsidiary of Mindful Wellness Medical Thermography) is bringing mobile thermography scans to your area! We are scheduling scans at Happy Hormone Cottage

Call to schedule your appointment

**3rd Monday of Each Month**

Centerville Office (8101 Miller Farm Ln., Centerville, 45458)

937-773-1778 Option #1

**3rd Friday of Each Month**

Vandalia Office (900 S. Dixie Dr., Vandalia, 45377)



### WHIF Individual Grant Program

Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to

announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*



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.



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