

November, 2019

Are you feeling stressed?

Greetings!



Do you ever stop and think about how your body reacts to stress?

I know it's hard, especially in the moment, to fully understand the impact stress has on our bodies. Maybe, just maybe, stopping to take that deep breath can help you fight off the unhealthy state of mind and physiological impact stress causes. "De-stressing" will help you succeed in whatever you're trying to accomplish. I know it's easier said than done, but many of you come to see me to ease tension and maintain physical and mental health. Let me help you with some breathing techniques which may lead to a more peaceful state of mind.

Stress adversely affects many of our physiological functions, including our breathing. Most of the time we don't think about breathing. It's natural to take the full breaths necessary to retain a good mental and physical state. Proper breathing is essential for sustaining life and cleansing inner body systems. By learning proper breathing techniques, stressful situations may be handled better and overall mental and physical health will be improved.

BREATHING METHODS

Breathing helps the body and mind "settle." Our friends in eastern cultures have practiced

Moving from Breast Scare to Breast Care Introduction to Whole Body Breast Health

Starts Thursday, January 9, 2020, 8pm - 9pm EST

For decades conventional medicine has been ringing the bell of early detection and screening of breast cancer for the 12% of women who may be afflicted. But what about the 88% of women who won't have cancer? What about breast pain, mastitis, and other benign breast complaints that affect an estimated 75% of women?

Many have been told there is nothing to be done. Many believe they must grin and bear their discomfort. Many are ignorant that these minor complaints are the body's way of asking for help, before it's too late.

There is a wealth of knowledge buried in the alternative press that provides your best chance for breast wellness. These are often simple ways to make positive changes in breast tissue. Implementing new habits for better breast health impacts the whole body. This **5-week online class** will explain common sense approaches to better breast health using tools that are affordable and already in your grasp. Topics will include

- Breast massage and breast self-check
- Inflammation and the lymph system
- Bra do's and don'ts
- Essential oils and nutritional support
- Alternative and avoidable causes of breast cancer

breathing exercises for thousands of years. Several studies have been done to measure the importance and effectiveness of proper breathing.

I'd like to share a few breathing methods to help you reduce anger, anxiety, depression, fatigue, irritability, muscular tension and stress.

PROPER BREATHING

While breathing is a function most people take for granted, rarely is it practiced in a proper fashion. Before beginning any technique it is essential that you learn how to breath properly and fully:

- Lie down on a rug or blanket on the floor with your legs straight and slightly apart, your toes pointed comfortably outwards, arms at your sides not touching your body, your palms up, and your eyes closed. This is called a "relaxed body" position. Take time to relax your body and breathe freely.
- It is best to breathe through your nose, as the tiny hairs and mucous membranes filter out dust and toxins from the inhaled air. Keep your mouth closed as you breathe.
- As you breathe, your chest and abdomen should move together. If only the chest seems to rise and fall, your breathing is shallow and you are not making good use of the lower part of your lungs. As you inhale you should feel your abdomen rising; it is as if your stomach is filling with air. As you exhale, the abdomen comes back in, like a balloon releasing all of its air. This inhale and exhale process should continue comfortably and smoothly. The chest and abdomen should rise as you inhale and fall as you exhale. The chest should move only slightly.

DEEP, RELAXED BREATHING.

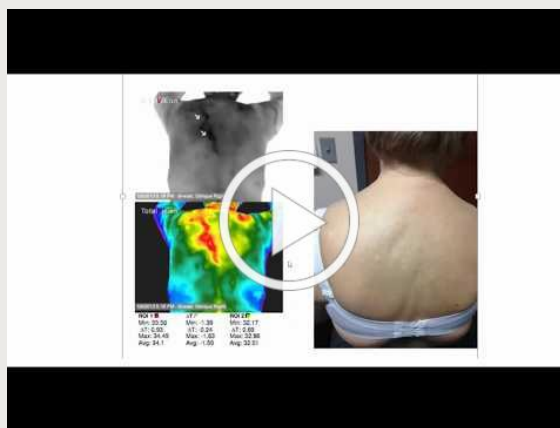
Although this exercise can be practiced in a variety of poses, the following is recommended for beginners:

- Lie down on a blanket or rug on the floor. Bend your knees and move your feet about eight inches apart, with your toes turned outward slightly. Make sure your spine is straight.
- Place one hand on your abdomen and one hand on your chest.
- Inhale slowly and deeply through your nose into your abdomen to push up your hand as much as feels comfortable. Your chest should move only a little and only with your abdomen.
- Continue step three until it becomes rhythmic and comfortable. Now smile slightly, inhale through your nose and exhale through your mouth, making a quiet, breezy sound as you gently blow out. Your mouth, tongue and jaw will be

These lectures will include time for questions and discussion for live participants. Recordings of the lectures and electronic copies of handouts will be provided after each weekly session.

Aubrey Lesicki, BS, LMT has been studying alternative medicine with a focus on breast care for 10 years. She applies a mind-body-spirit approach to her massage and wellness coaching practice, emphasizing that the body's wisdom is our best teacher. Through teaching hundreds of clients, she has distilled a decade of information into simple instructions to empower women to take their breast health into their own hands. Register at BreastRemedySeattle.com

Click to Register



Drs. Piana and Sepper offer a brief overview on the promises of skin cancer and thermography. 2 case studies are briefly offered along with a published research article. Full article available at www.medicalthermology.org



Sinus Concerns? Create this Sinus Pillow for Your Comfort

relaxed. Take long, slow, deep breaths raising and lowering your abdomen. Hear the sound and feel the texture of breathing as you become more and more relaxed.

- When you first begin this technique, do it for five minutes. When you become more comfortable with it, you may extend it up to 20 minutes.
- Upon ending a session, stay still for a few minutes and try to keep the entire body relaxed.
- The purpose of this technique is to develop a good, relaxing breathing method. It may be practiced anytime, especially during stressful situations.

THE RELAXING SIGH.

Sighing and yawning during the day are signs that you are not getting enough oxygen. A sigh releases a bit of tension and can be practiced at will as a means of relaxing.

- Sit or stand up straight.
- Sigh deeply, letting out a sound of deep relief as the air rushes out of your lungs.
- Let new air come in naturally.
- Repeat this procedure eight to twelve times whenever you feel the need for it, and experience the feeling of relaxation.

Click here for more breathing techniques...



Work

Hard...Play Hard...Then Relax

ULTRACELL FULL SPECTRUM HEMP CBD TOPICAL
UltraCell Full Spectrum Hemp CBD Topical combines our trademarked, full spectrum CBD hemp oil with a proprietary blend of essential oils to help soothe and relax away aches and pains. Aloe gives our Topical a luxurious feel and leaves your skin feeling silky. The balance of essential oils, including black pepper, chamomile, and peppermint with UltraCell CBD hemp oil creates harmony to ease your mind and body.

THE SYSTEM

The endocannabinoid system is ever present in the human body. This complex network impacts many areas of health and is most abundant in

This is a time of year where sinus congestion and irritation may flare. This pillow with it wonderful herbs can provide soothing relief. This is the "recipe":

Cut 2 pieces of material 10x4 inches (organic cotton is great)

Sew together 3 sides and leave on short side open

Turn the material inside out

Stuff with following -

1/2 cup flax seeds

1 part crushed spearmint leaf

1 part crushed peppermint leaf

1 part lavender buds

1 part eucalyptus leaf

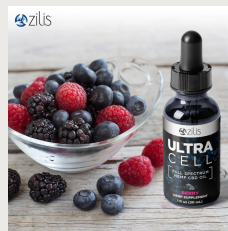
1 part rosemary leaf

After stuffing ingredients, sew up the end of the bag.

Use by placing bag on forehead for sinus relief or for relaxation.

Keep the infusions living on by sprinkling essential oils of the same as above.

Reprinted from "Home Spa Lady's Tips"



Ultra Cell Full Spectrum Hemp CBD Oil

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FLAVORS. ULTRA RELIEF.

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\$35

There is an intricate group of receptors within the body called the endocannabinoid system (ECS). This complex network impacts many areas of health and is most abundant in the brain and immune system. Studies have shown the ECS to be responsible for important functions such as....

- Sleep
- Relaxation
- Inflammatory Responses
- Cognitive Ability

Click to purchase

the brain and immune system. The ECS has been shown to be integral in body processes such as sleep, relaxation, and cognitive function. Through the production and use of natural endocannabinoids, the body regulates these systems. When production of those becomes slowed or impaired, cannabimimetics and phytocannabinoids can supplement what the body may be lacking.

EXCLUSIVE TECHNOLOGY

As we all know, oil and water don't mix. This can be a challenge when taking oil-based supplements. UltraCell turns oil-based compounds into a water soluble format. Our exclusive technology has been proven in a clinical study to make oil supplements highly bioavailable. Thanks to powerful technology, all of the benefits of UltraCell are available to you at peak capacity.

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Click here to join our 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.

Click to buy an instant Thermography Certificate

Schedule an Appointment

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!

Call to schedule your appointment

3rd Monday of Each Month

Integrative Hormone Center & Pharmacy Centerville Office (8101 Miller Farm Ln., Centerville, 45458)
937-773-1778 Option #1

3rd Friday of Each Month

Happy Hormone Cottage Vandalia Office (900 S. Dixie Dr., Vandalia, 45377)
937-773-1778 Option #1

Call to see when we will be at the following locations...

NEW LOCATION: Cole Center for Healing

7760 W. VOA Park Drive

West Chester, Ohio 45069

513-443-5161

Covenant Natural Health Care

7000 Houston Road, Building 400, Suite 47

Florence, Kentucky 41042

(859) 653-4923

Fully Alive Chiropractic

Dr. Nathan Siebenaller

335 North Main St., Suite 2,

Springboro, Ohio 45066

513-443-5161

The Wellness Lounge

31 East Mulberry St.

Lebanon, OH 45036

513-443-5161

True2Form Chiropractic

Dr. Jared Bernstein

9393 Cincinnati-Columbus Road

West Chester, OH 45069

513-443-5161



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.*

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prescription from your
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chiropractor. All it



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for an entire year!!!

tips to help your mind
and body feel better.



Contact Us

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