



Greetings!

## Speaking of Mindful Wellness...

With so much going on in the world we thought we'd provide...

- **"Skin Brushing Supports You"** Your skin is alive, and is your body's largest multi functional organ. Skin Brushing supports you in eliminating wastes. Thank you Aubrey Lesicki for the wonderful instruction to guide you on your wellness journey.
- Check out the Breast Care Corner - Why Do My Breasts Hurt?

Yours in health & Wellness,

**Jacky**

## Skin Brushing Supports you...



### Dry Skin Brushing Instructions - Lymph Drainage Specific

Your skin is alive, and is your body's largest multifunctional organ. Skin brushing supports you in eliminating excess wastes by stimulating the lymph vessels to move more fluids and cellular wastes.

Dry skin brushing improves health, stimulates the lymph system and increases blood circulation in underlying tissues. It stimulates oil- and hormone-producing glands by opening pores, allowing the skin to breathe freely and still retain its natural oils, leaving your skin soft and glowing. Brushing increases pore activity, promoting toxin and uric acid removal. It also contributes to better elimination of fat deposits such as cellulite. Brushing is rejuvenating and powerfully affects the nervous system by awakening the nerve endings in your skin. It can be done in less than 10 minutes.

Brush before or after your shower or bath, sauna, hot tub, or swim. Any time of day is good! Successful skin brushing is done by breathing deep, in and out from your belly, so your diaphragm can help to pump the lymph fluids. Use a light pressure- just enough to stretch the skin. When the skin becomes a pinkish hue this is a good sign of increased circulation. Lighter is better to move lymph fluid. NOTE: (S) indicates a good place to use a "Sonic" skin care device.

1. (S) Begin by lightly brushing downward, at the base of the front of your neck, above your collarbone. This will stimulate your lymphatic connection to your blood supply.
2. (S) Next move to brushing your right **\*\*underarm\*\*** with a pumping motion. The



- underarms have a large number of lymph nodes and it is good to stimulate these.
3. From there, brush your shoulder and upper arm toward your armpit.
  4. Next, brush your lower arm and hand up toward your underarm.
  5. (S) Repeat on the left **\*\*underarm\*\*** and arm.
  6. To stimulate chest and breast circulation, brush the chest and upper back, again, toward the underarm. All the ribs can be brushed outward, toward the underarms.
  7. These steps will have taken only a few minutes; you are halfway done!
  8. Now take some SSSL00WW DDEEEEEPPP BREATHSSSS, or use the 12-breaths technique.

[Click for more instruction...](#)

## Upcoming Events

We hope that things will return to some normalcy after weeks of fending off COVID-19...

### Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly for dates and locations for the month of April.

**513-443-5161**

Dates TBD:

The Wellness Lounge  
 Integrative Hormone Center & Pharmacy ~  
 Centerville Office  
 True2Form Chiropractic  
 Covenant Natural Healthcare  
 Fully Alive Chiropractic

Click to find out how to schedule at one of our mobile locations!



Caring and Sharing Breast Health Event

Thursday, September 24, 7:00-9:00 PM ET. Come join our online fun Caring & Sharing Breast Health Open House.

We are passionate about empowering you with options to improve your breast health. We're excited to take our Caring & Sharing Breast Health Open House Online! With the uncertainty of what Fall will bring and social distancing requirements, we're taking our event online to protect your health!

You'll be able to virtually Bring your Breast Friends to this FREE fun evening all about Breast Health & Care....

- Come learn from our experts about...
- Thermography - A No contact, No Radiation, No Compression screening Option
  - Expert Bra Fitting
  - Essential Oils for Breast Health
  - Hormones for Breast Health
  - Wellness Couch for Breast Health
  - Energy work for Breast Health
  - Breast Nutrition and Supplements
  - Natural products for Breast Health
  - CBD for Breast Health
  - And so much more!!!

Watch your inbox or our Facebook page for more details!

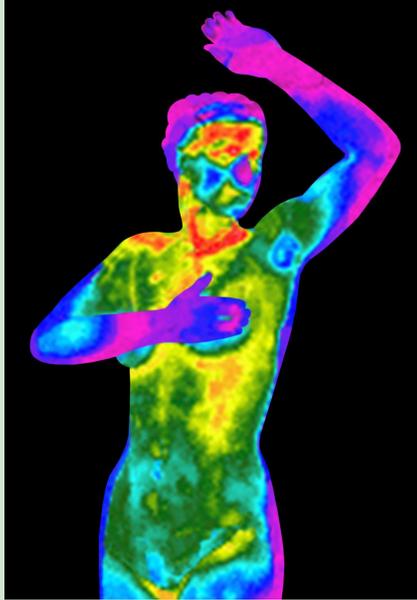
If you haven't yet, please LIKE us on Facebook

## Breast Care Corner

## Why do my Breasts Hurt?

### Fatty Acid Imbalance

These acids are found in vegetable and animals oils. If there's an imbalance of them in your cells, your breasts can be more sensitive to hormones. To reduce your symptoms, try



cutting down the fat in your diet. Your doctor might also recommend a diet high in complex carbs.

Some doctors think taking evening primrose oil helps correct fatty acid imbalances, too.

### **Noncyclical Breast Pain**

Breast pain also can be triggered by reasons other than hormones. Yours might be linked to another issue if:

- Your pain feels like soreness, burning, or tightness
- Discomfort is constant (or unpredictable)
- Pain seems to affect one breast in a particular area
- You've passed menopause

### **Extramammary Breast Pain**

This pain feels like it's coming from your breasts. But it's actually radiating from somewhere else, often the chest wall. Usually, the pain gets better with rest and pain relief medication.

If you strain your pectoralis major muscle (that's located beneath and around your breasts) it also can feel like your breasts are the source of the pain. This can result from activities like lifting, raking, and shoveling.

### **Infection**

Though mastitis usually occurs in women who are breastfeeding, it can happen at any age. If your clothes chafe against your nipples, that can irritate them, too. It can let in bacteria that may lead to infection.

### **Injury**

Trauma to a particular area of your breast -- such as from having surgery or getting implants, or seat belt injury can cause breast pain.

### **Medications**

Certain prescription meds can cause breast pain. These include some heart medications and psychiatric drugs.

## **Women's Health Initiatives Foundation's 5th Annual 'WHIF' with a Purpose! Charity Golf Outing**

Taking place Friday, September 11 at the Bel-Wood Country Club.

Come and join us as we get in our competitive spirit and raise funds for women in need.

[Click here to Register online](#)

SAVE THE DATE!

WOMEN'S HEALTH INITIATIVES FOUNDATION  
5TH ANNUAL

**WHIF WITH A PURPOSE!**  
CHARITY GOLF OUTING

BEL-WOOD  
FRIDAY, SEPTEMBER 11,  
BEL-WOOD COUNTRY CLUB  
8:30 AM SHOTGUN START

EARLY BIRD \$100  
SPONSORSHIPS AVAILABLE

REGISTER EARLY AND SAVE!  
EARLY BIRD ENTRY FEE OF \$100 PER PLAYER MUST BE PAID BY FRIDAY, AUGUST 14  
PRICE PER PLAYER INCREASES TO \$125 AFTER AUGUST 14

ENTRY FEE INCLUDES: GOLF, DRINK TIX, LUNCH, GOODIE BAG, DOOR PRIZE TIX

PRESENTED BY

WOMEN'S HEALTH INITIATIVES FOUNDATION  
HAPPY HORMONE COTTAGE  
IHC  
IHC

FOR MORE INFO, CONTACT: KELLY BROWN, 937-371-4838 (CALL/TEXT)  
KELLY@WOMENHEALTHINITIATIVES.ORG WWW.WOMENHEALTHINITIATIVES.ORG

## Can you help me?



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[Leave a FACEBOOK REVIEW](#)

Do you have a few moments to share your opinion?

We're asking for your support?

Thank you for being a loyal customer. As a locally-owned business, we strive to provide the highest quality service and care deeply about how our work affects customers like you.

As such, we would love if you could send us an email and tell us what we can do to better serve you next time.

Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

## Looking for more....

[Buy a Gift Certificate](#)

Do a JIG and get your Lucky Leprechaun a Thermography or Massage Gift Certificate.

[Schedule an Appointment](#)

Schedule your Thermography scan online. Contact Jacky or Robin for more times!

[Our Mobile Locations](#)

Bringing Thermography to you!  
Click to find a location near you!

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!!!



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.*

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

Make a Donation



**Contact Us**

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**Website**

***www.MindfulWellnessMedicalThermography.com***

***www.MindfulWellnessMassageandBodywork.com***

***www.HolisticHealthMobileThermography.com***



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