



Greetings!

## Speaking of Mindful Wellness...

Thermography, Hot Spots, Yummy Food, Energy....

- What are the energetics underneath inflammation? Are you fighting against things that harm? Susan Gibson talks about "hot spots" and your energy.
- I hope to see you at the Celebration of Hope Dinner - Join us for a delicious fundraising event featuring the culinary genius of Chef Margot Blondet. The event supports the Women's Health Initiative Foundation.
- Check out the Breast Care Corner - Susan Wadia-Ellis: Simple Steps to Prevent Breast Cancer.

Yours in health & Wellness,  
Jacky

## Fighting against things that harm

### ***What are the energetics underneath inflammation?***

Mindful Wellness Medical Thermography recently held an event talking about inflammation. After all, that's exactly what thermography shows you—where you have inflammation in your body. Jacky will often speak of "hot spots" as they show up red on the scans. Let's talk a little more about inflammation from an energetic perspective.

In my work in an energy healer and life coach, I look at *everything* from that energetic perspective. It takes any judgment out of it, and allows you to look at it from the point of view of a compassionate observer. Everything in our life either brings us health, or contributes to dis-ease.

### ***What are the energetics underneath inflammation?***

Any dis-ease (disease, discomfort, disdain, stress) indicates an energy imbalance.

Look at that word inflammation. Inflamed. What makes you inflamed emotionally? Irritation, inner conflict, aggravation? What makes you angry? Perhaps even to the point of seething or a boiling rage? It can feel irrational. Maybe you are angry at an injustice you are experiencing or seeing. Or perhaps you feel like others are trying to control and dominate you? All of these things can inflame you. So what do you do with that anger?

There are a few choices—which one is more



familiar to you?

1. You can unleash it on someone, so they feel the full impact of your wrath. Or maybe you casually toss it at someone in a passive aggressive way.
2. You can stuff it down so you don't feel it. (Sometimes this be through denial or toxic positivity). If you say you never get angry, this is probably your way of dealing (or not dealing) with it..
3. You can actually feel it, letting it course through your body, without having to direct it at anyone.

Which one has been your go-to way of dealing with anger?

By the way, it's easy to deny that you have any anger, especially if you're a woman. We are taught as women that anger is not a becoming attribute and we should suppress it. I know it wasn't just me! :) But emotions have energy as well. So where is that energy going? In your body!

Now, look at the parts of the body that are involved with this...blood, throat, liver, and heart.

When you are angry, your heart starts beating faster, pumping more blood throughout your body. You can physically feel yourself getting hot. Then, you use (or don't use) your voice. You may yell, scream, or even voice your unhappiness. What happens in each of the three choices above? Let's follow the energy.

1. Anytime you unleash your anger on someone you damage a relationship. Do you feel shame, guilt, or regret? Or do you feel positive emotions? Are you proud of yourself? What do you do with those emotions, that negative energy? Are you pushing those down and denying they exist? Do you justify it and blame it on the other person? You have to mend the relationship.....

[Click to keep reading...](#)

Susan Renee Gibson is an Intuitive, Energy Healer, and Life Coach. Her greatest pleasure is helping people get to the root cause of their disease by connecting with it holistically. If you want to change something in your life, but you're not sure how to do it, schedule a time to chat at [bit.ly/thrivewithsusan](http://bit.ly/thrivewithsusan).

Susan just moved into a new office space, located in The Zen Den (formerly Healing Touch Massage) in Mason. In celebration she is offering a new client special, 2 sessions for \$200 (a \$150 value). To take advantage of this, click on [this link](#).

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## Upcoming Events

We are working with our lab locations to offer scans and keep everyone healthy.

### Mobile Thermography Scans...

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



513-443-5161

Dates TBD:

The Wellness Lounge - Lebanon, Ohio  
Integrative Hormone Center & Pharmacy ~  
Centerville Office  
True2Form Chiropractic - West Chester, OH  
Covenant Natural Healthcare - Florence, KY  
Fully Alive Chiropractic - Springboro, OH  
Advanced Chiropractic & Nutrition - Eastgate, OH



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

## Create your own event....

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation. Call Robin to book an event, 513-443-5161

# Celebration of Hope Dinner

Join us for a Delicious Event  
Featuring the Culinary Genius  
of Chef Margot Blondet



**SALAR**  
RESTAURANT & LOUNGE

**SUNDAY, JUNE 27**  
5PM TO 9PM

**SALAR**  
**RESTAURANT**  
400 EAST FIFTH STREET,  
DAYTON, OH 45402



## CELEBRATION OF HOPE DINNER

Join us for a delicious fundraising event featuring the culinary genius of Chef Margot Blondet.

This limited seating dinner will feature 4-courses of fresh local ingredients transformed into South American delights as Chef Margot infuses each dish with the passion and flavors of her Peruvian homeland.

Relax and “safely” enjoy the company of others in the chic yet casual setting of SaLar Restaurant in Dayton’s Historic Oregon District. Join us as we Celebrate Hope for our Community.

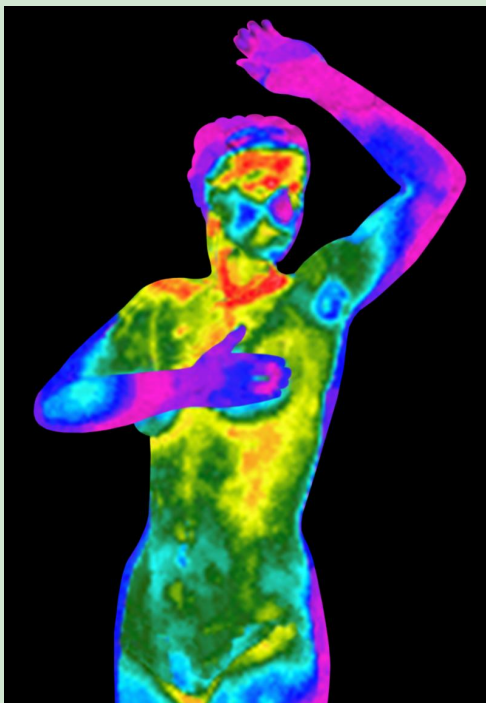
Chef Margot and her team of culinary experts will carefully curate each course to create an unforgettable experience in support of Women’s Health Initiatives Foundation and their mission to empower women and guide them to the truth about natural options which can prevent, treat, and defeat cancer.

Tickets and event info can be found at [womenshealthinitiatives.org/our-events](http://womenshealthinitiatives.org/our-events) and reservations will be available until June 24th.

All proceeds benefit Women's Health Initiatives Foundation. For more details, call or text Kelly Brown at 937-371-4838 You may also send an email to [info@womenshealthinitiatives.org](mailto:info@womenshealthinitiatives.org)

[Register Here](#)

## Breast Care Corner



## Breast Thermography

[Susan Wadia-Ells: Simple Steps to Prevent Breast Cancer](#)

The for-profit cancer industry makes a fortune overdiagnosing breast cancer cases and then treating them with toxic remedies that increase your risk of developing real cancer...

I've learned a lot by watching the video on the page and subscribing to her newsletter.

## Hostess Incentive

Invite your breast friends to learn more about thermography....

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Can you help me?



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!

Leave a **GOOGLE REVIEW**

Leave a **FACEBOOK REVIEW**

## Looking for more....

### Buy a Gift Certificate

Get your Thermography or Massage Gift Certificate.

**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!!!**

### Schedule an Appointment

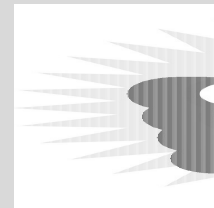
Schedule your Thermography scan online. Contact Jacky or Robin for more times!



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.*

### Our Mobile Locations

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



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

Make a Donation



**Contact Us**

**Phone: 513-382-3132 Jacky**

**Phone: 513-443-5161 Robin**

***e-mail Jacky***

**Website**

***www.MindfulWellnessMedicalThermography.com***

***www.MindfulWellnessMassageandBodywork.com***

***www.HolisticHealthMobileThermography.com***



Visit our Website