



Greetings!

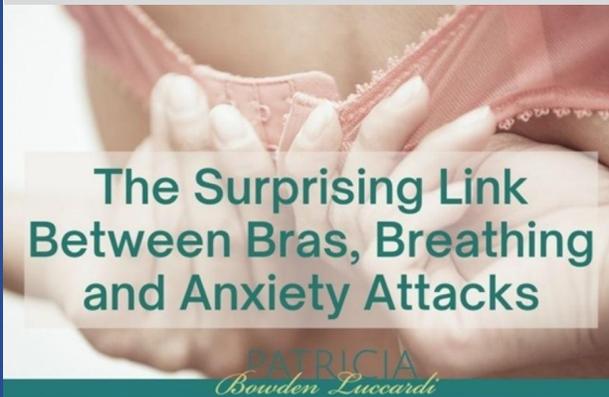
Speaking of Mindful Wellness...

Anxiety, Breathing & Tight Bras, TMJ and Lymphatic Support

- Patricia Bowden-Luccardi shares the surprising link between bras, anxiety and panic attacks. It's a very fascinating article!
- I have many clients who suffer from TMJ. Kim Nartker provides an exercise you can do at home to help your tight, achy jaws.
- Check out the Breast Care Corner - Video... Lymphatic Drainage Massage by a Lymphedema Physical Therapist- Why it's Important & How to Do it

Yours in health & Wellness,
Jacky

Tight Bras and Women's Health...



The Surprising Link Between Bras, Anxiety and Panic Attacks

Stress in this time of rapid change is a number one health concern and for good reason. In fact, the US Public Health Service has made stress reduction its number one health-promoting goal.

No one is immune to having experienced some form of stress and anxiety. Women may be even more prone due to wearing tight bras that could be undermining their capacity to breathe correctly.

If you are like me, when I get home, the first thing I take off after my shoes is my bra! I've been known to take my bra off even while driving.

Let's explore the relationship between bras, stress and anxiety, and breathing.

Tight Bras and Women's Health

As a [thermographer](#), I see first hand the marks that tight bras leave on a woman's rib cage, which can set the stage for chest or shallow breathing.

The tighter the constriction on the rib cage, the greater the possibility of the breath rising high into the chest.

Chest breathing calls on the sympathetic nervous system, the flight and flight breath or the breath that can create anxiety and even panic attacks.

[Press here to keep reading this fascinating information!](#)

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TMJ Issues...

What can I do at home to help my tight, achy jaws?



Improve Mouth Opening – In front of a mirror, open and close your mouth to a comfortable position while attempting to prevent your jaw from pulling out of a neutral position. If you can't tell if the jaw joint is pulling out then you can place your thumb on the lower bone of your TMJ joint and hold your tongue with your index finger of the opposite hand. Slowly open your mouth to stretch the joint in correct alignment "This exercise facilitates joint mobility, good circulation to the condylar head, cartilage conditioning, relaxation of the pterygoid muscles, and neuromuscular control of a hypermobile joint"

Kim Nartker

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Helping Ohio Residents that are experiencing pain or tightness, Get Better, Move Better and Play Harder than ever before. We are the experts locally in Mobility and Stretching.

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!

Save the Date September 14th 7 - 8:30pm....

Integrative Breast Care with Dr. David Boynton and Mindful Wellness Medical Thermography

Sycamore Chiropractic and Nutrition
9007 Fields Ertel Road
Cincinnati, Ohio 45249

Topics include...

- Pitfalls of mammograms*Causes of breast inflammation - what can be done about it
- Dense breast tissue - what is it and what can be done about it - is it a cancer risk
- Breast cysts
- Fibroadenomas
- Supplementation for breast health
- Thermography - The goal is NOT Early Detection, it's PREVENTION!
- Breast massage,
- Breast self-check and bras

Breast Care Corner

A video thumbnail featuring a woman smiling. The text on the thumbnail reads: "How to Complete a Correct Lymphatic Drainage Massage Shown By a Lymphedema Physical Therapist". There is a play button icon and a diagram of the lymphatic system in the background.

How to Complete
a Correct
**Lymphatic Drainage
Massage**
.....
Shown By a Lymphedema
Physical Therapist

Breast Thermography

Lymphatic Drainage Massage by a Lymphedema Physical Therapist- Why it's Important & How to Do it

Lymphatic Drainage Massage plays a major piece in lymphatic health. Lymphatic health is essential to your well-being and overall health. In this video, I explain how lymphatic drainage massage works and then show how to complete lymphatic drainage massage at home correctly. As a certified lymphedema physical therapist (CLT-LANA), I think it's important to visually see and understand how the lymphatic system works so when you're doing the lymphatic drainage massage that you do it effectively. Enjoy!

Hostess Incentive

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.



Can you help me?



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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](#)

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

[Schedule an Appointment](#)

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



Women's Health Initiative

[Our Mobile Locations](#)

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



[Like me](#)

then signs and dates it
and TA DA, it's good for
an entire year!!!

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.*

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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