



Greetings!

## Speaking of Mindful Wellness...

From Vanity & Breast Implant Illness To Humility, Gratitude & Paying It Forward...Than

- Thank you Andi Stenger for the very powerful article about Vanity & Breast Implant Illness To Humility, Gratitude & Paying It Forward. Your journey to better health is very informative.
- Check out the Breast Care Corner - How often do you massage your breasts? You may be surprised with the health benefits...

Yours in health & Wellness,  
Jacky

## From Vanity & Breast Implant Illness To Humility, Gratitude & Paying It Forward...

### Do you try to cheat health?

#### VANITY

My name is [Andi](#) and I'm a Board Certified Holistic Nutritionist, and Health & Wellness Consultant. 19 years ago, I was not a nutritionist, and my only interest in "health" was what role food played in keeping me looking good. I was twenty-six with two kids and good genes. Cheating "health" was a scam I'd perfected. Good genes, low calories and exercise kept the illusion that I was *healthy and in great shape*. There was some nutrition in there, but not much. In other words, I knew what I was supposed to be doing to stay healthy but it was more convenient to do what prevented me from *looking* unhealthy. Cheating health.

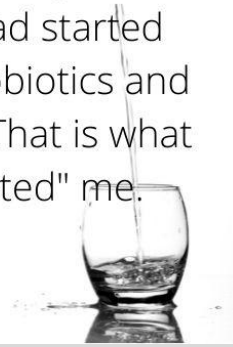
Back then, I had what I would later learn was an extremely unhealthy amount of concern for how I looked—what other people thought of how I looked. Reflecting on that mindset, it's actually quite embarrassing to the point of cringe, to remember being so shallow. This wasn't my first encounter with it, but it would be the first time that my own *vanity* would require me to make the worst personal



# Andi's Recipe for Constipation

Drink a very large glass of Salty (fresh-Squeezed) Lime Water

Sometime things made out to be complicated are super simple. I'm sure I was dehydrated and eating all the wrong foods. I had started supplementing probiotics and changed my diet. That is what ultimately "regulated" me.



decision of my life.

I think of vanity as something I carried around with me for way too long. It was almost as light as air at the time, but it was also *almost impossible* to put down. In other words, I'd never have admitted it, but I was obsessed with what others thought about how I looked. Vanity had grown so big that it was threatening to take over my personality entirely. Through the years, the vanity I carried around with me got heavier and heavier. By the time I was 24 and after two kids, it was just plain obvious that I wasn't going to grow and keep my own boobs. I was never happy with how shirts or bathing suits fit me and I was convinced that the simple answer was, you got it — boob job — also known as the worst personal decision of my life.

## WORST PERSONAL DECISION OF MY LIFE

An interesting observation I had after permanently (at least for the next 18 years) changing myself from *flat as a board* to what I would have otherwise considered *normal*, was that I immediately regretted it. I knew it was a bad decision on day one. It's easy to say that now, after the fact, after all I've been through and knowing it was a mistake one day too late. But I do, in fact, remember that day like it was yesterday. I remember waking up to that really tight pressure on my lungs, my skin stretched to its max, finding it difficult to breath and wondering, *how long do I have to deal with this?* I had a very sobered conversation with my sister that day. I told her about the regret and that I would get them out as soon as I could afford it. She was shocked. So was I. Even though I hated being flat-chested, I hated my new boobs even more. They weren't me. And, even though they'd only taken me from an A to a B, they were huge!

## ALLERGIES & SENSITIVITIES & VANITY

Over the next few years, I got used to the boobs. I didn't hate them anymore. In fact, they looked REALLY good. They made ME look really good. And, they made vanity a little lighter because it required so much less effort to look good in literally anything. I looked good in every shirt, dress, bathing suit and even naked! I'll admit, there was definitely several years joy associated with the decreased weight of vanity.

[Press here to keep reading about Andi's journey to health!](#)

My dream is to create an educational database where you can learn how to care for and heal yourself and raise your kids to do the same.

I can be reached at [andi@evolution-of-health.com](mailto:andi@evolution-of-health.com) or through my website at <https://evolution-of-health.com>.

## 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 Starting September 13th

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!



We are back at Integrative Hormone Center & Pharmacy - Centerville Office starting September 13th.

8101 Miller Farm Ln.  
Centerville, OH 45458

We are scheduling scans now! We will be there monthly on the 2nd Monday. September 13th, October 11th, November 8th and December 13th.

Call [937-773-1778](tel:937-773-1778) Option #1

or

[513-443-5161](tel:513-443-5161) Call Robin to schedule if no answer to book your scan.



### How often do you massage your breasts? You may be surprised with the health benefits...

Massaging your breasts can help improve your health. This is a very useful tool in maintaining your overall breast health. Massage in general helps you eliminate toxins from your body by stimulating and increasing lymph flow. This is especially important in maintaining your breast health. Breast massage can be done by yourself or by your partner.

To properly massage your breasts, you can apply light to moderate pressure to knead and gently move your breasts up, down and in a circular fashion between two hands. A gentle massage helps your body rid built up toxins and improve your health.

## Benefits to help your breast look better

We all know that, with aging, our breasts normally start to sag. Massage can help maintain your breast shape and make them less likely to sag or help prevent it from getting worse. ***Massage also helps increase circulation helping not only your breasts stay healthy but your entire body.***

## Therapeutic Benefits of a Breast Massage

Massage helps with aches and pains. With changes in our estrogen levels, this can cause achy breasts. When you gently massage sore breasts you may find pain is reduced. Plus, it can help with swelling and tightness. Breast massage may help break up benign cysts, strengthen the muscle tissue of the chest wall and build resiliency in the ligaments. It is also most helpful in soothing the pain and discomfort often associated with breast scarring. Breasts with implants can benefit from massage as the tissue surrounding the implants needs to be kept healthy with good circulation, as well.

## Health Benefits

According to the Texas Institute of Functional Medicines, breast massage is a reliable means of flushing out toxins from the body's lymphatic system. Because toxins impede healthy circulation in the breasts, toxic buildup could account for an increased chance of developing cancer. Breast massage stimulates drainage of the breasts' lymphatic system, which eliminates harmful waste products and allows nutrient-rich blood to travel to the breast tissue.

## Prevention Benefits

Please take this opportunity to familiarize yourself with the shape and feel of your own breasts. With monthly exams you will be able to detect abnormalities sooner. Early detection saves lives.

---

## 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?



[Leave a GOOGLE REVIEW](#)

[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](#)

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

[Schedule an Appointment](#)

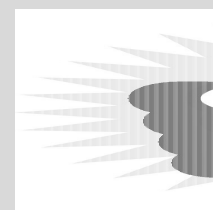
Schedule your Thermography scan online. Contact Jacky or Robin for more times!



Women's Health Initiative Foundation, whose mission is to empower women and

[Our Mobile Locations](#)

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



Like me on *Facebook* to receive short

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

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.*

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](http://www.MindfulWellnessMedicalThermography.com)

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com)

[www.HolisticHealthMobileThermography.com](http://www.HolisticHealthMobileThermography.com)



Visit our Website