



Greetings!

Speaking of Mindful Wellness...

Integrative Health and Breast Care

- We just finished 2 Workshops about Integrative Health and Breast Care at Dr. Boynton's office in Sycamore Township. We are looking forward to repeating this workshop in March 2022.
- Check out the Breast Care Corner - Signs & Symptoms of Poor Breast Health

Yours in health & Wellness,
Jacky

What can you do about your Breast Health

Integrative Health, Breast Care and Ruby Ribbon Bras...

What you need to know...

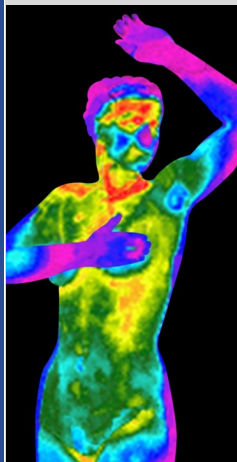
Thank you to those who attended our workshop with Dr. Boynton, Sycamore Chiropractic & Nutrition, Debbie Belshaw, certified Functional Nutritional Therapy Practitioner and Health Coach and Danielle Fritz, Ruby Ribbon Bras, We had fantastic feedback bringing together a group of experts talking about how you can take control of your overall health and how things we are doing everyday can impact your Breast Health.

Just a few of the important items covered during the workshop

- Inflammation & your overall health
- Identifying inflammation in your body through Thermography
- How can a healthy diet and the proper supplements help your breast and overall health
- What causes poor breast health - beyond a poor diet and being overweight
- How to massage your breast to improve lymphatic flow
- Detoxing your environment and clean eating

We are repeating this workshop in March. What can you do before you learn from the experts to improve your breast health?

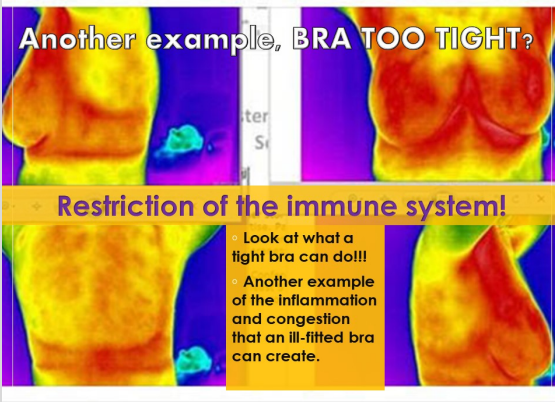
- One of the first things you can do is start eating fewer processed foods. Eat an anti-inflammatory diet as much as possible.



BENEFITS OF THERMOGRAPHY

- Safe & Comfortable
- NO Contact, NO Compression, NO Radiation
- It helps to identify around 95% of the early stage of cancer in a multi-modal approach
- Effective for all breast types and sizes including dense breasts and breast implants
- Images are taken of the chest, breast and axillary region
- Appropriate for men, women and children
- Can provide the first signal that an underlying problem is developing.

Another example, BRA TOO TIGHT?



Restriction of the immune system!

- Look at what a tight bra can do!!!
- Another example of the inflammation and congestion that an ill-fitted bra can create.

Organic foods, non-GMO, are the healthiest option.

- Exercise not just to lose weight, which is important to breast health, but to decrease inflammation in your body.
- Get a Bra that fits and doesn't restrict your lymph flow

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 to schedule your scan at a convenient location near you.

513-443-5161

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!



Ever wonder what kind of damage Inflammation is causing in the body?

What is Thermography & how does it detect Inflammation?

How a scan may help identify potential cancers and other diseases?

Learn ways to reduce Inflammation and Fight Dis-ease in our bodies!

The goal is NOT early detection but PREVENTION!

Thursday November 11th @ 7:30pm

Join Zoom

Meeting <https://us02web.zoom.us/join>

Meeting ID 5133050478 Password:
inflamed

SIGNS AND SYMPTOMS ASSOCIATED WITH POOR BREAST HEALTH

- Pain in or around your breast
- Any change in the breast or nipple - color, tissue change, leakage, heat, change in size (larger or smaller)
- Weight loss
- Difficulty breathing
- Fibrocystic breast is a sign of iodine deficiency. Iodine deficiency can lead to breast cancer.

What Causes Poor Breast Health?

- Tobacco
- Diet
- Weight
- Physical Inactivity
- Alcoholic drinks
- Ultraviolet radiation
- Viruses and bacteria
- Pesticides
- Medical drugs
- Solvents

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](#)

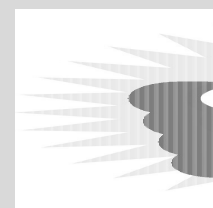
Schedule your Thermography scan online. Contact Jacky or Robin for more times!



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

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Phone: 513-443-5161 Robin

e-mail Jacky

Website

www.MindfulWellnessMedicalThermography.com

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



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