



Greetings!

## Speaking of Mindful Wellness...

### Tips for a Healthier Holiday Season

- Thank you Jen Beck for the article, Tips for a Healthier Holiday Season. she shares how you can have a wonderful holiday season that is healthy and less stressful with a little bit of planning and forethought.
- Oral Inflammation is one of many things your thermography scan can identify. Oil Pulling is a proactive way you can improve your oral health!
- Check out the Breast Care Corner - See More with Thermography

Yours in health & Wellness,  
Jacky

## Tips for a Healthier Holiday Season



### Have a wonderful holiday season with a little bit of planning...

#### Less Stress

The holiday season is upon us. And with it, comes the extra calories and added stress.

Plan and prepare ahead of time to minimize the stress, the inflammation and the impact the holidays can have on your health.

You can have a wonderful holiday season that is healthy and less stressful, with a little bit of planning and forethought.

Start by making your lists of everything that you need to do—buy gifts, plan parties, bake cookies and make the rounds of holiday visits. Don't forget that the children will need entertaining and calming as the festivities send your whole family into a tailspin!

Here are a few tips that can help you have a very enjoyable, healthy and less stressful holiday season:



## 5 Health Hacks for Busy People Maximize your health in minimum time! (Value \$79)

[Download your free gift today!](#)

One of my favorite fall treats is this one:

### Warm Apple Crisp

#### Ingredients:

- 2 cups almond flour
- 1/2 teaspoon sea salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/3 cup extra virgin coconut oil
- 1/4 cup raw honey
- 1 tablespoon vanilla extract
- 5 medium apples, peeled, sliced, and chopped in half width-wise

#### Method:

1. Preheat the oven to 350°F.
2. In a large bowl, combine almond flour, sea salt, cinnamon, and nutmeg.
3. In a smaller bowl, combine coconut oil, honey, and vanilla extract.
4. Stir wet ingredients into dry.
5. Place apples in a 9x9 Pyrex baking dish.
6. Crumble topping over the apples.
7. Cover and bake for 50 minutes on bottom rack.
8. When apples are soft and their juices bubble, remove cover and bake 10 more minutes to brown crisp.

And here are a few of my healthy holiday treat favorites too:

Paleo Christmas

Cookies: <https://agirlworthsaving.net/2013/12/sugar-cookies.html>

Black bean

brownies: <https://www.completehealthrevolution.com/black-bean-brownies/>

Christmas coffee

cake: <https://www.completehealthrevolution.com/cinnamon-coffee-cake-paleo/>

Guilt Free Peanut Butter

Cookies: <https://www.completehealthrevolu>

**Keep it simple:** Find some simple gifts that are inexpensive but come from the heart. Think crafts, homemade baked goods, framed photos, recipes or small gifty items. People appreciate small, thoughtful gifts just as much as over-the-top expensive ones.

• **Take care of yourself:** Be sure to get plenty of rest, eat healthy foods and drink plenty of water. When you maintain your healthy lifestyle and habits, you will feel better and experience less stress during the holiday season, even if you do indulge in the occasional splurge!

• **Exercise when you can!** The holiday season does interfere with our regular schedules, but it is important to continue to get your regular exercise, or keep it as close as you can to your regular amount. Exercise will help you handle any additional holiday-related stress or anxiety, plus it helps to burn the extra calories that you may allow yourself during this time of the year. Playing catch up in January is no fun, so staying on track is the best idea!

[Click here for more and to find healthier swaps for your family recipes....](#)

Happy Holidays!

Jen

Over the last 20 years, Jen has empowered thousands of men and women to take an active role in their health and get to the root cause of their issues so they can release weight, reverse chronic disease, and look and feel 10 years younger.

As a Registered Nutrition Consultant, Advanced Practitioner of LIIFT UnTherapy, and CEO of Complete Health Revolution, Jen Beck's straight forward approach, turbocharges your transformation with real strategies that work for permanent, lasting weight loss, abundant health and sustainable energy gains...without gimmicks, tricks or fads.

Jen Beck offers personalized one-on-one coaching, group coaching and corporate wellness programs, along with healthy living classes providing inspiration, education and support in implementation to make healthy



*If you are ready to move forward in reclaiming your vitality and recharging your life, email Jennifer at [jen@completehealthrevolution.com](mailto:jen@completehealthrevolution.com) or go [www.talkwithjenbeck.com](http://www.talkwithjenbeck.com) to schedule a complimentary 30 minute Health Breakthrough Session. Visit [www.CompleteHealthRevolution.com](http://www.CompleteHealthRevolution.com) for more details or to download your FREE report of *5 Health Hacks for Busy People*.*



## Improve your Oral Health

Oral Inflammation is one of many things your thermography scan can identify. Oil Pulling is a proactive way you can improve your oral health!

[How to Oil Pull Video](#)

## 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?

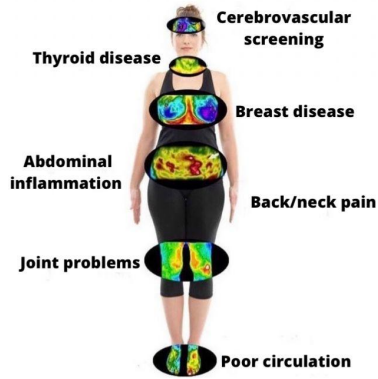
How a scan may help identify potential cancers and other diseases?

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

The goal is NOT early detection but **PREVENTION!**

We will be running this Zoom event in January!

## See **MORE** with Thermography



## See More with Thermography

Thermography isn't just for breasts. Breast disease is just one of the many issues thermography can identify.

- Breast Disease
- Thyroid Disease
- Cerebrovascular screening
- Abdominal Inflammation
- Back/neck pain
- Joint problems
- Poor circulation

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

## Schedule an Appointment

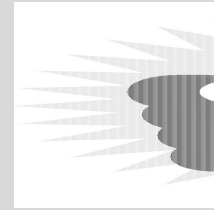
Schedule your Thermography scan online. Contact Jacky or Robin for more times!



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

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

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



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