



Greetings!

Speaking of Mindful Wellness...

Are you ready to achieve wellness success?

- Thank you Jenny Geitgey, MS, APRN-CNS, of Fully Alive Chiropractic. Are you ready to achieve wellness success? Jenny, helps you achieve wellness success through goal setting, accountability, nutrition support, personalized education, and encouragement.
- Check out the Breast Care Corner - To Implant or Not That is The Question!

Yours in health & Wellness,
Jacky

Are you ready to achieve wellness success?



One on One Accountability Success

By Jenny Geitgey, MS, APRN-CNS of Fully Alive Chiropractic

Hi! My name is Jenny Geitgey, and I'm an advanced practice nurse and functional nutrition lifestyle counselor at Fully Alive Chiropractic. My role at Fully Alive is to meet one-on-one with my clients to help them achieve wellness success through goal setting, accountability, nutrition support, personalized education, and encouragement. When needed, I also offer lab review and basic muscle testing to help get to the root cause of symptoms. My appointments are longer, and are designed to help you feel like you have a trusted advocate in your corner who understands you and will walk with you on your unique health journey.

We are so thankful our clients and patients can access thermography through Jacky and Robin at our office. I'd like to talk about why I find thermography so valuable, and why I would encourage you to consider scheduling one if you have yet to do so!

First, to understand the unique benefits thermography offers, we need to understand inflammation.

When you have an infection, an injury, or any other cause of damage to your cells, your body mounts an *inflammatory response*. Inflammation is the result of injured cells releasing chemical messengers that alert your body to what has just happened. White blood cells of the immune system begin to mobilize to the affected area. Inflammation is simply the accumulation of these white blood cells! Typical signs of inflammation are: redness, pain, swelling, and heat (this is why **thermography** is a great method of detecting inflammation, since it shows heat levels in the body!) If all goes according to plan, the immune system cleans up the area, eliminates any attack from an infection, and releases signals for everything to go back to normal. This is *good inflammation*—an inflammatory response that does its job and then packs up and goes home. When the inflammatory response fails to resolve, that is when problems arise in your body.

There is a certain window of time that the damage/infection and resulting inflammatory cascade needs to resolve itself. If it doesn't clear up in a reasonable amount of time, more white blood cells are called to the area. As more and more white blood cells come into an area, new chemical messengers begin to be released which act as *even more* pro-inflammatory markers. This causes a *runaway inflammatory process*.

The unfortunate thing about long-term inflammation is that it can cause many types of diseases. Inflammation has been identified as the root cause of cardiovascular disease, high cholesterol, diabetes, Alzheimer's, cancer, and can even cause autoimmune disorders. Clearly, chronic, non-resolving inflammation is a problem!

By looking at a client's thermography scan, we can detect where inflammation is active in the body, and pursue strategies to eliminate it. This might mean focusing on lymph flow and drainage, nutritional support and identification of food sensitivities, or stress reduction. Your thermography results will be unique to you, which is why I recommend working with someone who understands inflammation and who can customize a plan forward for your health. We want to eliminate any chronic inflammation before it turns into a bigger, long-term problem!

If you made some new goals for 2022 and want someone to walk alongside you for

accountability, education, and support, please reach out! To see if we would be a good fit to work together, or if you have any questions, book a free 15-minute strategy call with me here:

[Schedule your complementary strategy call with me!](#)

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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 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

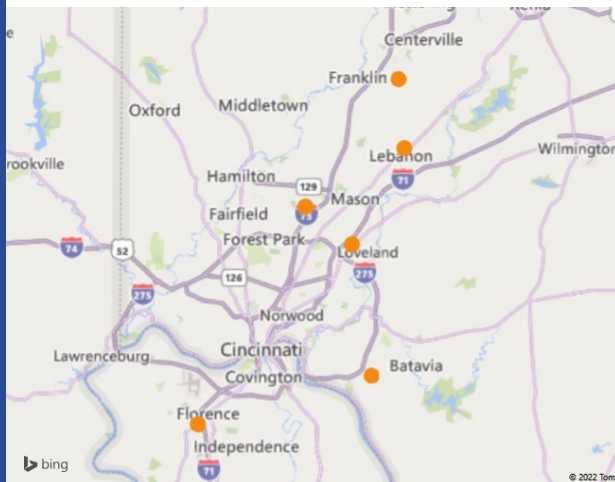
Covenant Natural Healthcare - Florence, KY

Fully Alive Chiropractic - Springboro, OH

Advanced Chiropractic & Nutrition - Eastgate, OH

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

Check out the map! We're bringing thermography to a location near your.



Feeling inflamed?

Robin, a certified thermographic technician will explain what inflammation does to the body and how to detect it through thermography!

AT 6PM, FEBRUARY 17 | LIVING WELL
SPINE CENTER

Call 937-878-1071 to RSVP

Join us on February 17th at the Living Well Spine Center in Fairborn, Ohio. Call 937-878-1071 to RSVP.

Event #2 Inflammation The Silent Killer

February 22nd
8:00 pm

The Oasis Medical Group is hosting a Zoom event
Inflammation the silent killer - Zoom event

www.zoom.us/join

Meeting ID 5133050478

Passcode. Inflamed



To Implant Or Not That Is The Question

By: Dr. David Boynton, DC

Women have been getting breast augmentation since 1962. Technology has improved considerably since then and women are receiving more aesthetically pleasing results. There is no shortage of plastic surgeons who, for a merger payment of two to five thousand dollars, buy one get one free or whatever clever marketing campaign they are advertising this month, will give you the breasts you have always desired. They will offer you silicone or saline options to fit your body and you will be sore for a few weeks following the procedure and after that you can be proud of your new voluptuous breasts.

Most people don't know, don't understand or never asked their doctors about the negative effects of putting two foreign objects into their chest cavity over the course of many years. The implants cause the body to constantly produce inflammation, ...

[Click to keep reading](#)

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?



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

Leave a **GOOGLE REVIEW**

Leave a **FACEBOOK REVIEW**

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!

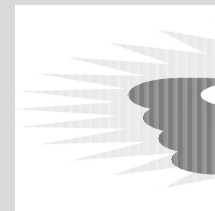


Women's Health Initiative Foundation, whose mission is to empower women and guide them to the truth about natural options which prevent, treat, and defeat cancer and other diseases is proud to announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or 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.*

Make a Donation

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.



Contact Us

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Phone: 513-443-5161 Robin

e-mail Jacky

Website

www.MindfulWellnessMedicalThermography.com

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



Visit our Website