



Greetings!

Speaking of Mindful Wellness...

- Thank you Dr. Jared Bernstein or the article about TMJ and Jaw Pain. Find relief using Applied Kinesiology.
- Are you texting too much? Check out the thermography scan showing how too much texting causes overuse syndrome.
- Check out the Breast Care Corner - Invasive Ductal Carcinoma
- It's not too early to start thinking about Breast Health Awareness. Let us know if you'd like to schedule a hostess presentation during September or October.

Yours in health & Wellness,
Jacky

TMJ & Jaw Pain

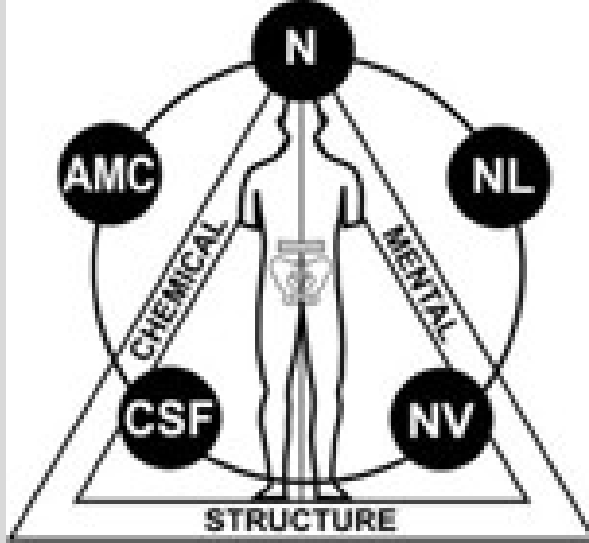


Applied Kinesiology

Applied Kinesiology and TMJ Health in Regards to Cranio-Cervical Motion

By Dr. Jared Bernstein

Ask any chiropractor if cervical adjusting is important and you will undoubtedly get an overwhelming reply of 'yes'. However, does your neck truly need to be adjusted or is it a symptom of something else higher up on your body's chain. Applied Kinesiology can determine if your cervical spine truly needs to be adjusted, or is it soft tissue concern being muscle or even lymphatic buildup. By narrowing down the cause of your neck issues we can get faster results. This all starts in your head, not what's in between your ears, but the actual bones that make up your skull. Of all the nerve networks that make up your body, 35-40% of them are related to your face and jaw. This is why making sure your skull is in the proper position is a critical step in taking care of one's health. This starts in the jaw. If your jaw is out of place, the skull will torque which will eventually work its way to the rest of your body. Imagine a chain or towel; if you twist one side, it will continue to twist all the way down. To correct this, you can adjust the jaw, but more than likely muscle



work will also be needed. The trick is finding out which muscles of the jaw need to be addressed. Through Applied Kinesiology we can test the various stages your jaw muscles engage by having you move your jaw in certain positions. Each motion of your jaw are all controlled by different muscles. Opening, closing, left, right, protrusion, and retraction of your jaw tests all the different muscles of your jaw and allows us to address the ones that need the most attention. After ensuring all muscles are working correctly you can test the jaw itself to see which direction and in what phase of motion it needs to be adjusted.

When you are having TMJ issues, your cranial bones can not move properly when you breath. All the bones in your skull act as a pump when you breath to circulate spinal fluid down your spine and encourage new spinal fluid production. Ensuring your TMJ is in the correct position makes it easier for your skull to move. After all, your temporal bone makes up for 50% of your TMJ. Making sure proper muscle symmetry and joint placement allows your head to be held in the proper position for drainage from the skull as well as promoting proper breathing techniques. If you are holding your head in front of you, known as forward head posture, your body is forced to breath through the mouth in order to get an adequate air supply. By bringing your head back and over your shoulders, your tongue to the top of your hard pallet, your proper breathing mechanism will be restored. This allows proper breathing through your nose.

In addition to correcting your neck, your skull and TMJ is equally as important when it comes to proper breathing and correcting neck issues. By testing for proper cranial and TMJ motion, we can see if your skull is properly moving while you breathe, and if needed correct it. Applied Kinesiology checks for proper cervical, cranial, and TMJ function to enhance your healing and well-being.

True2Form Chiropractic

Dr. Jared Bernstein was raised in Cincinnati, OH. After graduating from high school, he earned his bachelor in International Affairs from the University of Cincinnati. During that time he was able to spend three years in Japan becoming conversational in Japanese. Upon his return to the US he went to Sherman College of Chiropractic in Spartanburg, SC. While in school he attended multiple seminars including those for Applied Kinesiology and Chiropractic Pediatrics. In school he also received recognition for his service in the Chiropractic Technique program, which is given to students who give back to the profession through volunteering with underclassmen as well as

completing extra work. He married in 2014 and welcomed the birth of his first child in 2016.

To schedule an appointment with Dr. Jared Bernstein, please call (513) 779-9393.

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Are you texting too much???

Texting has become one of the most popular forms of communication. Many people do not realize how this repetitive strain can pose a risk for injury or aggravate existing conditions. Here's an example of overuse syndrome from texting. This can easily lead to stenosing tenosynovitis, de Quervain's tenosynovitis, tendonitis, or carpal tunnel syndrome.

This patient had no complaints of pain. Her thermal scan identified this heat pattern and lucky for her she can intervene and make some lifestyle changes hopefully before causing any further damage. Without thermography she would likely have not changed her habits until she experienced pain.

Be mindful of your habits with your mobile phone, utilize the voice activation feature or even better... take a break from electronics and give your body rest. (Dr. Kimberly Lovoie, BTI International - Breast Thermography International)

Call us for your scan
Jacky (West Chester Location) – 513-382-3132
Robin (A mobile location near you) – 513-443-5161

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



Integrative Hormone Center & Pharmacy ~
Centerville Office

True2Form Chiropractic - West Chester, OH

Covenant Natural Healthcare - Florence, KY

Fully Alive Chiropractic - Springboro, OH

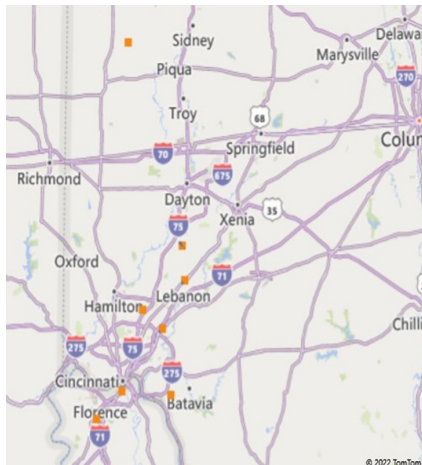
Advanced Chiropractic & Nutrition - Eastgate, OH

Versailles Medical Massage - Versailles, OH

Children's Family Chiropractic - Fort Wright, KY

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.



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

Register early to reserve your spot. Our
past events in September, October &
March sold out quickly!
Limited Seating

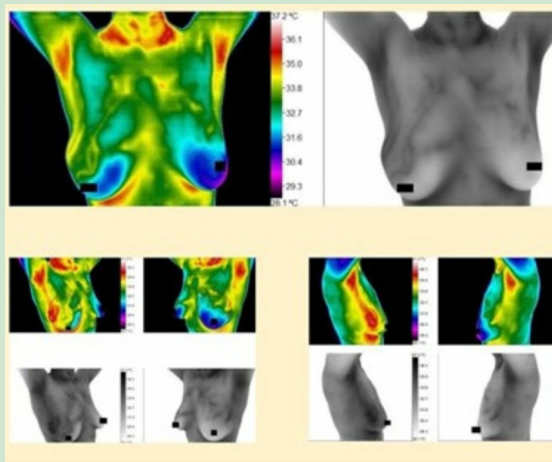
Get your free ticket!!!! Bring
along your "Breast" Friends

Ladies Night out in Tipp City

Robin is participating in a special event at
Schulte Wellness on August 9th from 6 - 8
pm. [Click Here for your Ticket](#)

Schulte Wellness
1928 Donn Davis Way
Tipp City, OH 45371

Breast Care Corner



Invasive Ductal Carcinoma

Invasive ductal carcinoma of right breast. Notice not just the asymmetrical hyperthermic vascular patterns, but also the contour of the right breast. See more images in post below. Invasive ductal carcinoma (IDC), also referred to as infiltrating ductal carcinoma, is the most common form of invasive breast cancer. According to the American Cancer Society, IDC accounts for approximately 80% of invasive breast cancers cases and is the most common type of breast cancer in men. The cancerous cells initially form when genetic mutations occur in the DNA of the breast duct cells. These ducts are responsible for transporting milk from the milk-producing lobules of the breast to the nipple. This cancer becomes "invasive" when it penetrates the milk duct walls and spreads to surrounding breast tissue, lymph nodes, or travels through the blood or lymphatic system to other areas of the body. | Breast Thermography International

[Click here for more valuable breast health resources. You'll find Patient Resources and Videos.](#)

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.

[Schedule an Appointment](#)

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

[Our Mobile Locations](#)

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

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!!!



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.*

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

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



Visit our Website