



Greetings!

Speaking of Mindful Wellness...

- Thank you Dr. James Weeks for the wonderful article about the expansion of Medical Cannabis and alternative modalities in treatment plans.
- Check out the Breast Care Corner - Physiology is The Key to Thermography
- Join us on June 21st at Dr. Boynton's office for an evening of Integrative Breast Care.

Yours in health & Wellness,
Jacky

Medical Cannabis, 2022 and Beyond



Looking to incorporate alternative strategies into your care plan?

By Dr. James Weeks

Medical cannabis is rapidly expanding in the USA and beyond. More than ever, people are looking into incorporating alternative medicinal strategies into their care plan. Cannabis along with other modalities including yoga, meditation, massage therapy, acupuncture, chiropractic manipulations, and reiki are being used solely and also increasingly with traditional route therapies. Now is the time to capitalize on both traditional and alternative medicines, using them in conjunction when able to maximize outcomes.

Cannabis has come a long way. We are in an exciting time given the rapid expansion of cannabis law, coupled with expanding research on the medicinal value of the plant. Once thought to be beneficial solely for the chemical component THC which creates the euphoric, enlightening effects of cannabis, cannabis is now known for much more. Research has discovered that the cannabis plant has over 100 chemical components. The main components are called cannabinoids such as THC, CBD, CBG, and CBN each with their own unique

medicinal value. One can now utilize the two main components of the cannabis, THC and CBD as well as extend beyond them accessing CBG and CBN, with the former having possible anti-cancer effects and the latter helping improve sleep. Terpenes are also important components medicinally and these are what produce the scent of a plant.

I opened One Heart Medical three years ago and have seen first-hand the marked benefit with cannabis use for a variety of ailments. Our patients in general feel they have found a much needed “tool in the toolbox” to help improve their quality of life and overall well being.

The most common reason people see me is for chronic pain and as we know there are many forms of chronic pain. Some but not all include pain from osteoarthritis, rheumatoid arthritis, degenerative disc disease, spinal stenosis, pinched nerves leading to sciatica, neuropathy from diabetes or other causes, chronic pelvic pain, sickle cell disease, fibromyalgia, as well as various types of headaches.

[Click for more treatments & information....](#)

I am a board certified Internal Medicine physician and have practiced hospital and intensive care medicine for 10 years. I have now dedicated my practice to cannabinoid medicine and consulted 1000's of Ohioans in regards to medical cannabis. I opened One Heart Medical in 2019, which is located on the east side of Cincinnati in Columbia Tusculum. The practice offers new patient and renewal visits, both in office as well as via telemedicine. We offer medical cannabis consults for adults and pediatric patients. No referral is required for an appointment. Appointments can be made by calling the office at 513-321-1242 or by going to our website www.oneheartmedical.com and taking advantage of our online scheduler.

May the plant be with you. Dr James Weeks MD

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

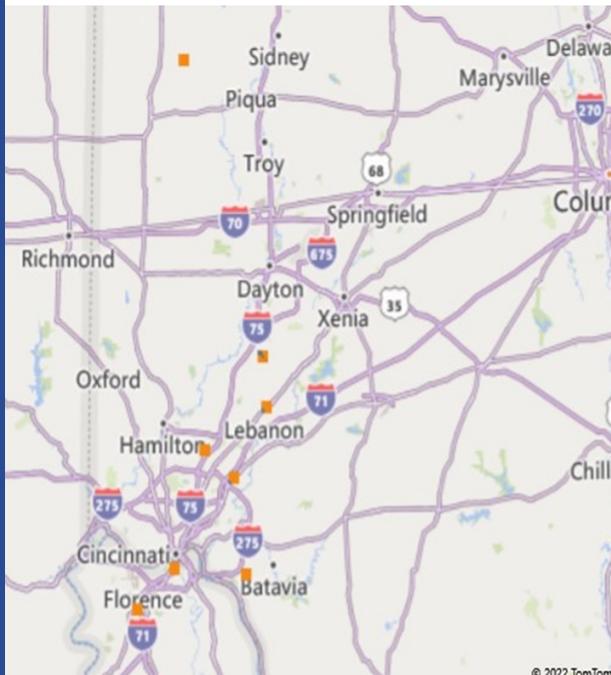
Advanced Chiropractic & Nutrition - Eastgate, OH

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.



Integrative Breast Care with Dr. David Boynton & Mindful Wellness Medical Thermography THERMOGRAPHY & FUNCTIONAL MEDICINE

Topics Include....

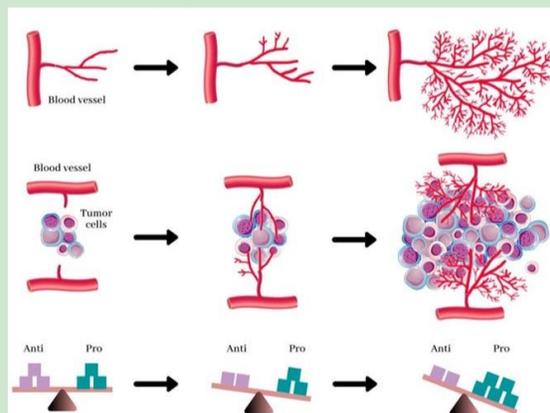
- Pitfalls of mammograms
- Causes of breast inflammation and what can be done about it
- Dense breast tissue - what is it - is it a cancer risk?
- Breast cysts
- Fibroadenomas
- Supplementation for breast health
- Thermography for breast screening - The goal is NOT Early Detection, it's PREVENTION!
- Breast massage
- Breast self-check
- Are bras an issue as far as breast health goes? (Danielle Fritz)
- Raffles for Breast Thermography, Ruby Ribbon Bras, massage therapy, plus more....

Sycamore Chiropractic and Nutrition
9007 Fields Ertel Road
Cincinnati, Ohio 45249
6:30 - 8:00 pm

[**GET YOUR FREE TICKET TODAY**](#)

Breast Care Corner

Physiology is Key in Thermography



by Anthony Piana, DC, FPACT

To understand the process of using thermography for detecting breast cancer, we must first understand physiology. We are not looking for breast cancer itself per say, but physiological changes that may be involved with its formation and growth. Breast cancer can cause inflammation due to tissue disruption, or through the development of new blood vessels that feed the tumor — a process known as angiogenesis.

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

However, some physiological changes can also make it more difficult to detect breast cancer, such as a sympathetic response that causes hypothermia in the tissue around a tumor. This is why following up is so important, as thermography and other anatomical tests can evaluate the body over time and under different physiological states. Physiology is key, and we should be mindful of the signs and obstacles when trying to detect breast cancer as early as possible.

More on ANGIOGENESIS...

by Kimberly Lavoie, ACNP-BC, CCRN, SCRN

As Dr. Piana stated, angiogenesis is the formation of new blood vessels from previously existing blood vessel plexus. This process involves the growth of endothelial cells, which line the inside walls of blood vessels. It is supportive in the healing of wounds and granulation of tissues. Physiological angiogenesis is a normal and vital process in growth and development specifically, during fetal development, female reproductive cycle, and tissue repair. The fine balance between pro-angiogenic growth factor (GF), anti-angiogenic GF, and cytokines tightly regulate angiogenesis. Whereas, an uncontrolled or inadequate balance of angiogenesis plays a pivotal role in pathological angiogenesis and promotes the formation of neoplasms, retinopathies, coronary artery disease, and other various disease processes. Tumors are dependent on angiogenesis and need vascular growth to transition from a benign to a malignant state. In the absence of vascular growth, tumors are not sustainable. With increased vascular activity generating heat, thermography can aid in early detection.

Excessive/uncontrolled balance

- Cancer
- Rheumatoid arthritis
- Psoriasis
- Blindness

Insufficient balance

- Neurovascular infarcts/strokes
- Cardiovascular Disease
- Scleroderma

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?



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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

[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

[Our Mobile Locations](#)

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



Like me on *Facebook* to receive short therapeutic wellness

an entire year!!!

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.*

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

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