



Dear Jacky," contenteditable="false">Dear {First Name},

Speaking of Mindful Wellness...

- Thank you Dr. Boynton for the article about, "Breast Size and Back Pain...is there a connection?"
- News Flash...check out the newest service you can add on to your massage!
- Is your Olive Oil Fresh? The Spicy Olive talks about the health benefits about Olive Oil.
- Check out the Breast Care Corner - "Boobs: the war on women's breasts." This is a very compelling documentary talking about how well thermography and ultrasound work together. You can purchase or rent it.
- 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

Breast Size and Back Pain... is there a connection?



How chiropractic care can help treat pain...

By David Boynton DC, CCEP

As a chiropractor for 14 years, I have treated thousands of patients with pain. Most of the patients I have treated have been very satisfied with care and their pain was resolved. However, there is a certain subset of patients who never complete symptomatic relief. Women with larger breasts often do not achieve complete pain relief and develop a condition called upper crossed syndrome (UCS). Pain in the neck, upper mid back and traps, headaches and lower back pain are common areas of complaint with UCS.

Let's think about physics and gravity. If anyone has carried a 4-pound weight around their chest all day long every day, they will have constant tension on their upper thoracic spine trying to counter balance the weight in the front of their body. Some women have breasts that

weigh several pounds each and if you are a smaller framed woman, the struggle is real.

A common thought might be to wear the correct bra but many women with larger breasts often do not wear the right size bra according to researchers. These bras can also dig into their shoulders and the wire edge reduces lymphatic circulation in the breasts which can lead to several other problems.

Exercise may not be your breast friend if you have large breasts. Running is not a good idea due to the amount of movement which can be involved with each breast. Strain, counter strain and rotation can occur when running which can damage underlying breast tissue and structures. Cycling, swimming, pilates, and yoga may be better options and not a constant strain of breast movement.

Often, women with larger breasts struggle with poor posture as the weight of large breasts pull them further into flexion (bending forwards). When adolescent girls develop before other girls, they often feel awkward and self-conscious and slouch intentionally to make their chest less obvious. This leads to a bad habit of poor posture and typically will lead to further problem as they become older.

Losing weight is an option for some women, but women lose weight in different parts of their body. Sometimes losing weight in the breasts is noticed last, but don't give up, there is still hope.

There is hope for endowed women. Studies have shown that regular chiropractic adjustments can reduce pain associated with UCS and large breasts. Massage therapy is another helpful adjunctive therapy to reduce pain in the muscles. Physical Therapy, strengthening and stretching exercises are also beneficial to reduce muscle pain and tension. Supplementing with Vit D3, calcium, magnesium and anti-inflammatory supplements like turmeric will also help with pain and tightness. The last and most invasive of interventions is breast reduction surgery. Make sure to consult with your physician prior to consulting a breast surgeon, who would be more than happy to operate on you.

I would advise going to a local chiropractor who should be able to help you with any pain associated with Upper Crossed Syndrome. They can create a treatment plan for you so that you no longer have to

struggle with back pain and headaches.

Contact Dr. Boynton at
www.sycamorechiro.com

Dr. David Boynton
Sycamore Chiropractic and Nutrition
9007 Fields Ertel Road
Cincinnati, Ohio 45249

513-773-1214

News flash..

As many of you know, I am trained in breast cupping and have been offering it for a long time.

Recently, I was in another intensive breast cupping training and I've increased my skills significantly.

Breast cupping helps create space, ease tissue and encourage fluid exchange (blood and lymph).

If you would like to experience this in your next massage session, don't hesitate to ask.

There is no additional fee to add one service to your massage session.

You can choose from breast cupping, body cupping, a castor oil pack or a sugar scrub foot treatment.

If you would like 2 services, just add \$10 to your session.



I became interested in olive oil after a family vacation to Italy. When I tasted the olive oil at a vineyard in Tuscany, it was so flavorful, bright and grassy- so different from the olive oil at my home. I became curious about olive oil and what we were getting in our stores and started looking into it. I had been a pharmaceutical rep before staying home with my children. When I learned that olive oil reduces inflammation and follows the same pathways that NSAIDS do I was hooked. I loved that it was a natural way to keep inflammation under control.

Melanie Cedargren

Is your Olive Oil Fresh?

Many people are aware that olive oil is a healthy oil to include in their diets. But most do not know that olive oil must be fresh to impart those health benefits. After all, olive oil is a fruit juice - and fruit juice is healthiest when it is fresh! Consumers rely on grocery stores to purchase olive oil, but don't realize that it's almost impossible to find fresh olive oil there. Despite annual spending of about \$1 billion in the US on olive oil, Americas do not see the health benefits like their neighbors in the Mediterranean region because our olive oils are old.

Worse, fraud runs rampant in the olive oil industry. Sixty nine percent *of the olive oils in the grocery stores are not extra virgin. Some are not even olive oil - containing cheaper canola oil, a little bit of olive oil and a splash of green food coloring.

The biophenols are the source of the health benefits found in olive oil. Biophenols break down when exposed

Special for those who mention this article...

Come into The Spicy Olive and mention that you read this article and get **\$5 off a purchase of \$30 or more.** Expires 9/30/2022

7671 Cox Lane
West Chester, Ohio 45069
(513) 847-4397
www.thespicyolive.com

to heat, air, time and light. Think of the grocery store where you shop and the olive oil in their aisles. Clear bottles under fluorescent lights and no indication of when that oil was crushed. Those bottles don't contain many biophenols or the health benefits you seek.

Fresh olive oil is rich in antioxidant vitamins, especially vitamins E and A, as well as cancer fighting agent, Squalene. These components are free radical change fighters. The biophenols in olive oil also contains anti-inflammatory agents, one of which is oleocanthal. It works in your body naturally to fight inflammation. Adding 2 tablespoons of fresh olive oil to your daily diet has the anti-inflammatory action of a 200 mg ibuprofen tablet. Olive oil has been linked to lowering bad cholesterol and raising good cholesterol levels as well as lowering blood pressure, thanks to the omega free fatty acids in olive oil.

For a healthy fat and a delicious addition to your diet, consider fresh extra virgin olive oil. The Spicy Olive, in West Chester, Montgomery and Dayton, sources olive oil where the olive harvest is occurring (Nov/Dec in the Northern Hemisphere and May/June in the Southern Hemisphere) so that our olive oils are always 6 months or newer to the crush. That is why you will find the freshest olive oils at The Spicy Olive. We also have our olive oils analyzed and indicate how much Vitamin E, Squalene and biophenols are in the olive oil. Come in and experience the difference fresh makes! Our olive oils are also Ultra Premium which is a grade superior to Extra Virgin and contains the highest amounts of biophenols and are also is able to withstand heat up to 425-450 degrees.

Recent studies on olive oil have indicated that in addition to fighting inflammation, which is a precursor to many diseases, it can prevent and slow the progression of Alzheimer's disease.

il * according to a study by Univ Of Calif. Davis-2010

7671 Cox Lane
West Chester, Ohio 45069
(513) 847-4397
www.thespicyolive.com

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

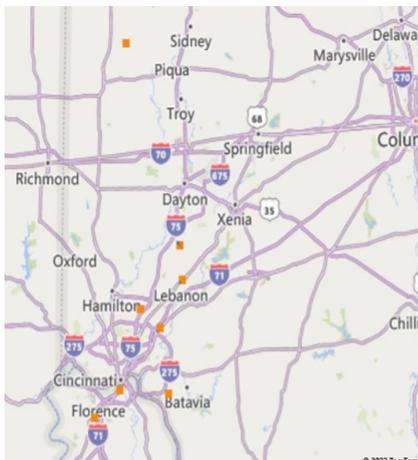
Versailles Medical Massage - Versailles, OH

Children's Family Chiropractic - Fort Wright, KY

Schulte Wellness - Tipp City, 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 you.



It's never too early to focus on your health, especially your Breast Health. Let us know if you'd like to schedule a presentation during September or October to learn more about thermography, stress reduction and how fueling your body with healthy foods can help improve your health. A thermography scan will show you areas of focus.

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.

Please contact Robin Hanson-Gobell 513-443-5161

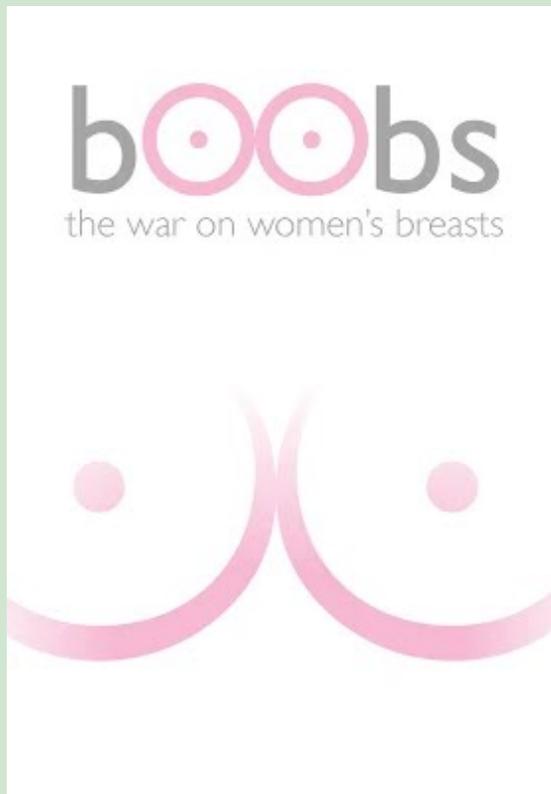


During the month of October, every time Mindful Wellness Medical Thermography performs a full body screening, a portion of their profits will go to Women's Health Initiatives Foundation (WHIF) which has a grant program for thermography scans. WHIF's mission is to empower women and guide them to the truth about natural

options which can prevent, treat, and defeat cancer.

Schedule now and help us impact lives. Visit www.womenshealthinitiatives.org for more information or to apply for a thermography grant.

Breast Care Corner



Boobs: the war on women's breasts

Boobs the war on women's breasts. Buy or rent today!

Buy or
Rent

[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



Like me on *Facebook* to receive short therapeutic wellness tips to help your mind and body feel better.

through Mindful Wellness
Medical Thermography and
Holistic Health Medical
Thermography. *Click here for
more information and access
to the application.*

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

Mindful Wellness Massage & Bodywork | 8859 Cincinnati-Dayton Road #007, West Chester, OH
45069

[Unsubscribe jackygroenewegen@aol.com](mailto:unsubscribe_jackygroenewegen@aol.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by jacky@mindfulwellnessmassageandbodywork.com powered by



Try email marketing for free today!