



Dear Jacky,

## Speaking of Mindful Wellness...

### Speaking of Mindful Wellness...

- The Hidden Impact of Inflammation on Heart Health
- Unlock the Secrets to Better Health and a More Youthful You! - ASEA is life changing
- HerScan is back at Mindful Wellness the week of June 9th. HerScan will be at True2Form one of our mobile thermography lab locations - April 22nd and 23rd.
- Check out - the Breast Care Corner... Ruptured Implant! A grateful patient's journey to explant surgery
- Are you interested in hosting a fun evening at your home with friends? Robin and I are happy to share information about breast health and thermography. Plus, you earn hostess incentives to put toward your thermography scan. See our Hostess Incentives Section below.

Yours in health & Wellness,  
Jacky



### THE HIDDEN IMPACT OF INFLAMMATION ON HEART HEALTH

Chronic, low-grade inflammation is often called the "silent threat" because it typically goes unnoticed, yet it plays a major role in heart diseases. Unlike acute inflammation- such as redness or swelling from an injury - this type of persistent inflammation occurs inside the body, gradually damaging tissues without obvious symptoms. Over time, it can weaken the heart muscle, impair its ability to pump blood efficiently, and contribute to heart failure.

One of the most concerning ways inflammation affects heart health is by fueling the development of atherosclerosis - the buildup of plaque inside the arteries. Inflammatory processes not only contribute to plaque formation but also make existing deposits unstable, increasing the risk of rupture. When plaque ruptures, it can trigger blood clots, potentially leading to heart attacks or strokes. Additionally, inflammation can contribute to high blood pressure by making blood vessels stiff and less flexible, forcing the heart to work harder to circulate blood.

The good news is that reducing inflammation can significantly improve heart health. A

balanced diet, regular exercise, stress management, and avoiding smoking are all essential steps in lowering inflammation levels and supporting cardiovascular function.

While inflammation is often invisible, thermography provides a protective way to detect it early. This non-invasive imaging technology can reveal heat patterns in the body, helping to identify chronic inflammation before symptoms appear. By using thermography as a wellness tool, individuals can gain valuable insights into their inflammatory status and take preventative measures to protect their heart health.

Let's prioritize heart health by addressing inflammation - both through lifestyle choices and by utilizing tools like thermography to stay ahead of potential risks. A heart-healthy future starts with awareness and action.

### Set up your first or follow-up Thermography Scan today!

Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography or Robin at 513-443-5161 for our Mobile Thermography Locations in Ohio and Kentucky.

### Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our May dates at our partner lab locations.

#### 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 **Monday, April 14th**

True2Form Chiropractic - West Chester, OH **call for more details**

Fully Alive Integrative Health - Springboro, OH **call for more details**

Advance Chiropractic & Nutrition - Eastgate, OH **Wednesday, April 9th**

Versailles Medical Massage - Versailles, OH **call for more details**

Wellness Collective - Fort Wright, KY **Friday, April 11th**



#### EMPOWER YOURSELF

Seize control of your health by scheduling routine screenings, including thermography and breast ultrasound.

Proactive screening, rather than waiting for symptoms to manifest, is paramount for maintaining optimal health.

HerScan is coming back to Mindful Wellness. Book your your ultrasound soon before they fill up.

HerScan, a Mobile Ultrasound group that does not require a doctor requisition, is returning to Mindful Wellness the week of June 9th. HerScan will be at our Mobile Lab Location, True2Form Chiropractic West Chester the week of April 22nd.

Harrison Chiropractic & Wellness -  
Harrison, OH **Monday, April 7th**

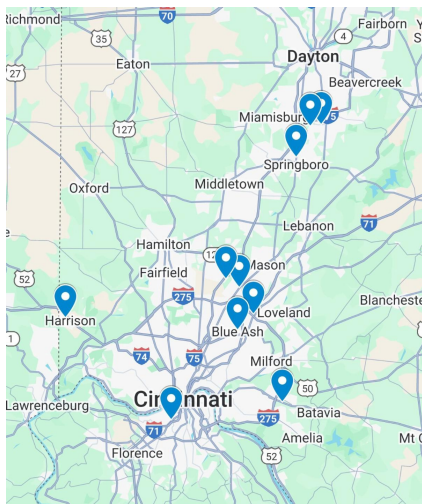
Family Tree Chiropractic & Wellness - Blue  
Ash, OH **Tuesday, April 15th**

Turning Point Health & Wellness - Dayton,  
OH **Thursday, April 17th**

Optimize U - Blue Ash, OH **Thursday,  
April 10th**

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.



It's never too late to get your baseline  
started!

Consider booking both breast screenings  
close together. If you have your ultrasound  
performed first, then, once you've received  
your ultrasound results, we can add them  
to our patient database so that when it's  
time for your thermography scan, the  
doctors will have access to those results  
and it can be made part of your  
thermography interpretation process. This  
is also true for any other breast studies you  
may have had since your last  
thermography scan, including,  
mammography, MRI, biopsy, etc.

Book your Breast Ultrasound with  
[HerScan.com](http://HerScan.com).

## Breast Care Corner

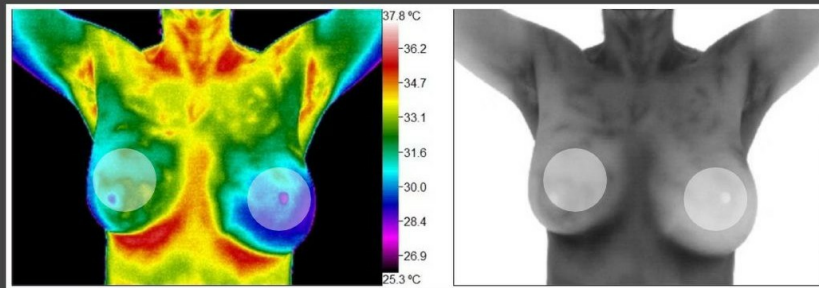
[Click here for more  
valuable breast  
health resources.  
You'll find Patient  
Resources and  
Videos.](#)

## Ruptured Implant

### A Grateful Patient's Journey to Explant Surgery

"Hello, I wanted to let my Dr. Kimberly Lavoie know that I am getting Explant surgery this year to remove my silicone breast implants. I have a scheduled follow up Thermography on June 22nd at 10 am. I do not have the exact date yet of Explant but I will keep you posted. It is because of her that I began doing research and completed an MRI to discover I have a rupture to the right breast implant and has led me to do Explant. I am so grateful to her gentle kindness and direction and to the thermography results to see something was not right. Thank you so much"

We are committed to providing the highest quality thermography reports and consultation services to help our clients make informed decisions about their health, leading to a positive impact on their lives. Through our thermography interpretation services and BTI's consultation process, we strive to empower our clients with the knowledge they need to make best decisions for their health !!!!

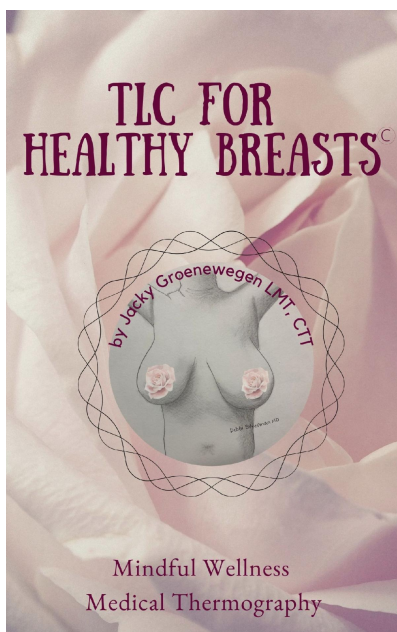


Thermography images reviewed which warranted further anatomical testing.  
Right breast implant rupture was confirmed on breast MRI

*Thermographic Wellness*

Add thermography to your health journey!

Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography or Robin at 513-443-5161 for our Mobile Thermography Locations in Ohio and Kentucky.



## News flash..

### TLC for Healthy Breasts

Our focus here is to help you navigate restoring and/or maintaining Breast Health. This is seldom spoken of or taught, yet there is so much that we can do to nurture the health of our breasts. **Track positive changes with your breast tissue with a Thermography Scan. Buy your book and Jacky will take \$20 off your thermography scan!\***

You'll find....

- Proper techniques for massaging your breasts
- Pictures showing you how
- Written instructions
- How & Why breast massage helps with your lymphatic system

### Buy your ebook now for \$20

(price includes tax) Feel free to share the link with your breast friends so they can buy their own!!! Save your receipt and your book purchase can be used as a coupon for your Thermography Scan with Jacky.

#### *Fine Print*

*TLC for Breast Health \$20 coupon can only be used one time. Coupon can only be applied to scans with Jacky, save your email receipt to show Jacky. Cannot be combined with other offers. Non transferable.*



# ASEA®

A Life Changing Technology

ASEA REDOX products are the first and only products on the market that contains active redox signaling molecules, cellular messengers vital in protecting, rejuvenating, and restoring cells. These molecules, native to the human body, are created through a groundbreaking, patented process that reorganizes molecules of natural salt and purified water into redox signaling molecules.

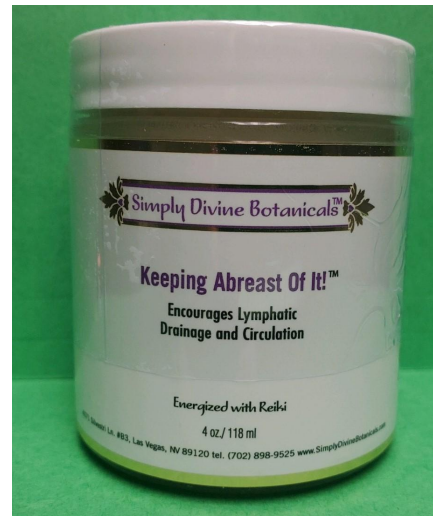
**Call or text Jacky at 513-382-3132**



- This traditional Native American formula is produced in North America with ingredients from nature and to help maintain good health.
- Imbalances of the body
- Helps strengthen the body and aiding its ability to overcome the disease
- \$139.99 (plus tax) includes a protocol packet & a bag of 100 vegan empty pill capsules.

[Click here to read a powerful testimonial.](#)

**Click to Learn More about this Life Changing Product**



## Keeping Abreast Of It

- Potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage.
- Helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow.
- Also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles!
- Rub into underarm area, groin, neck and breast tissue two or more times daily to create or maintain wellness.
- \$29.95 (plus tax)

Formulated with: Unconditional Love and Gratitude, Organic Whole-leaf Aloe Vera, Borage Seed Oil, Organic Rosehip Seed Oil, Evening Primrose Oil, Aloe Butter, Castor oil, Beeswax, Orange Oil, Grapefruit Oil, Cypress oil, MSM,

Olive Oil infused with St. John's Wort and Calendula, Chaparral, Poke Root, Echinacea, Pau D'Arco, Essential Oils of Tangerine, Lemon, Clove, Lemongrass, Lavender, Marjoram, Thyme, Cedarwood, Ginger, Juniper, Rosemary, Myrtle, Clary Sage, Nutmeg and Helichrysum, Co-Enzyme Q-10, Vitamin E and Electrolyzed 24kt Gold.



**Ask me how you can save  
15% on your supplements.**

**Call or text Jacky at 513-382-  
3132**

**Click for more information about  
Lymphatic Body Brushing**



### **Have a Prescription for Massage?**

Bring in your prescription renewal, get \$10 off your next massage.

**The Ohio sales tax will be added to all massage prices unless a  
doctor's prescription is presented at the time of service.**

**This prescription will be good for an entire year.**

## **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.

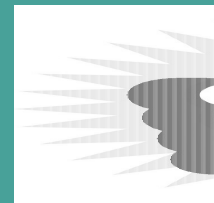
**Schedule an Appointment**

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



[Like me](#)

then signs and dates it  
and TA DA, it's good for  
an entire year!!!

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



#### 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)



Visit our Website

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OH 45069 US

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