



Dear Jacky,

## Speaking of Mindful Wellness...

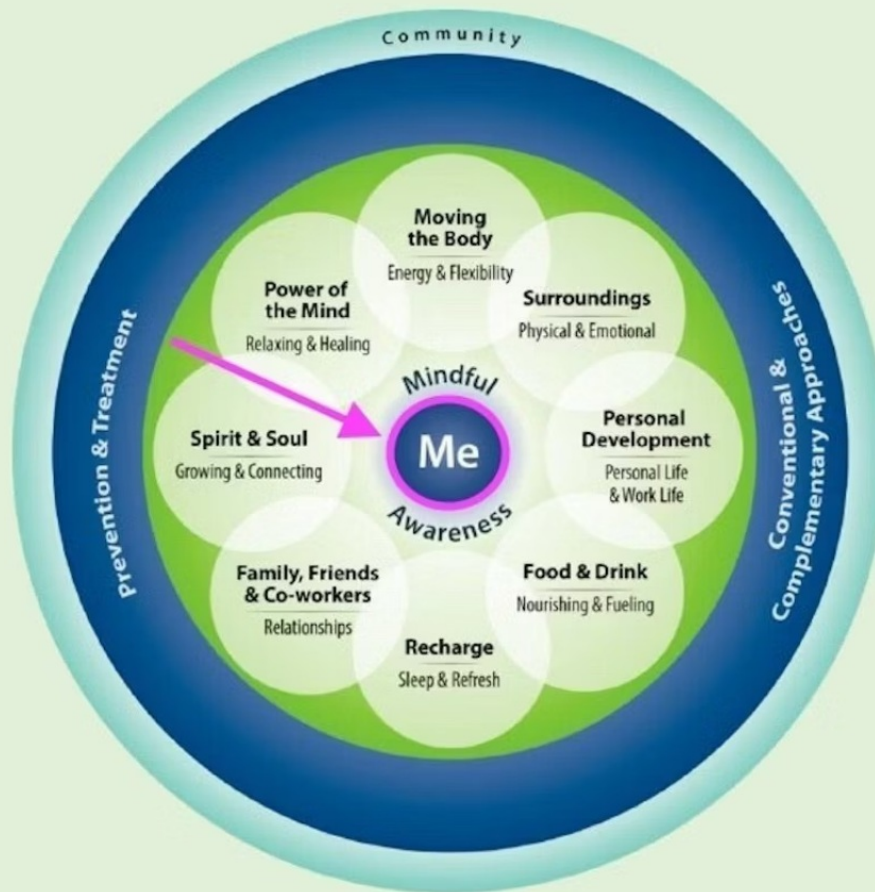
### Speaking of Mindful Wellness...

- Mindfulness begins with you...
- Thank you for your Service - New 10% Discount on Thermography Scans available for Active and Retired Military Personnel.
- Welcome to our newest lab location - Natural Health Direct Primary Care in Lawrenceburg, IN
- 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, August 11th and September 29th!
- Check out - the Breast Care Corner... Why Thermography is helpful for Breast Health
- 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

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# Mindfulness begins with you



As depicted in this circle of health, mindful awareness begins with YOU. Mindful awareness helps you to be attentive to your thoughts and feelings, but not focused on them. Instead, mindful awareness allows you to focus on the present and what is most important.

## Pay attention

Slow down. Take the time to experience the environment around you with all your senses - touch, sound, sight, smell, and taste.

## Live in the moment

Mindful awareness involves paying attention in a particular way, on purpose, focusing on the present moment without judgement. This helps to bring an open, accepting, and discerning attention to everything you do. Find joy in simple pleasures life has to offer.

## Thermographic Wellness



# THANK YOU FOR YOUR SERVICE

WE ARE OFFERING A 10% DISCOUNT ON  
THERMOGRAPHY SCANS TO OUR VALUED  
VETERANS AND ACTIVE MILITARY PERSONNEL

Discount cannot be combined with other discounts. (except Referral Discounts).  
Present your military ID to receive 10% off.

## 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 June 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

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, June 11th**



HerScan

## Take Charge of Your Health

Don't wait for symptoms—take  
proactive steps to safeguard your  
well-being. Routine screenings, like  
breast thermography and ultrasound,  
are essential tools for early detection  
and optimal health.

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

Children's Family Chiropractic - Fort  
Wright, KY **Friday, June 13th**

Harrison Chiropractic & Wellness -  
Harrison, OH **Monday, June 2nd**

Family Tree Chiropractic & Wellness - Blue  
Ash, OH **Tuesday, June 17th**

Turning Point Health & Wellness - Dayton,  
OH **Thursday, June 26th**

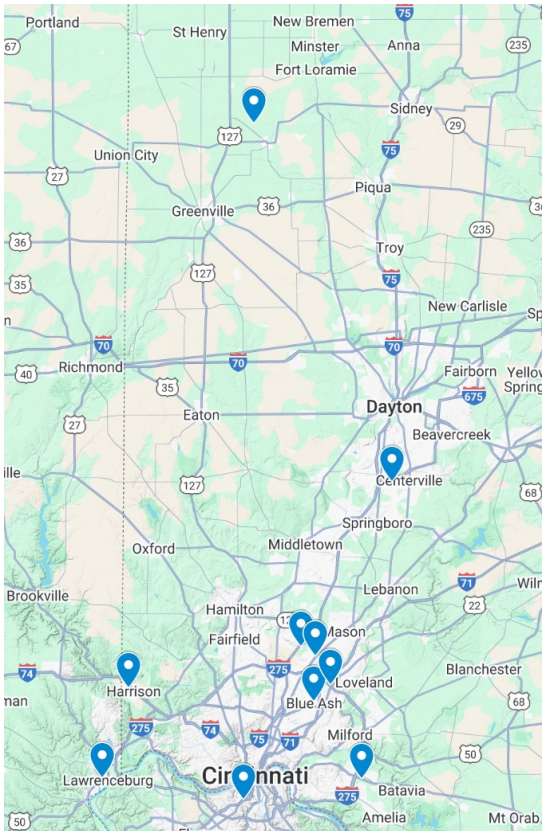
Optimize U - Blue Ash, OH **Thursday,  
June 12th**

### New Lab Location

Natural Health Direct Primary Care, LLC -  
Lawrenceburg, IN **Monday, June 9th**

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.



HerScan is returning to Mindful  
Wellness!

This trusted mobile ultrasound  
provider does not require a doctor's  
referral and offers convenient,  
affordable access to breast screening.

□ Upcoming Dates at Mindful  
Wellness:

- Week of June 9
- Week of August 11
- Week of September 29

Appointments fill fast—reserve yours  
now!

□ Pro Tip: Schedule your ultrasound  
first, preferably at least 2 weeks  
before your thermography scan to  
leave plenty of time for you to get  
your results, Once your ultrasound  
results are in, you can forward them  
to us to upload into your patient file in  
our database. This allows our  
thermography doctors to include that  
data in their interpretation—offering  
you a more complete and accurate  
picture of your breast health. The  
same applies for any recent  
mammograms, MRIs, or biopsies.  
Start building your baseline today—  
it's never too late.

□ Book your appointment at  
[HerScan.com](https://www.herscan.com)

Welcome to our newest lab location  
Natural Health Direct Primary Care in  
Lawrenceburg, IN

Hello!

My name is Whitney Cooley. I am a physician





Whitney Cooley, DMS, PA-C

Natural Health Direct Primary  
Care, LLC

associate and owner of Natural Health Direct Primary Care! I graduated with honors from Yale University with a Master of Medical Science degree and went on to obtain my Doctor of Medical Science degree from Butler University.

I began my healthcare career in 2010 as a respiratory therapist. I worked with adults before starting at Cincinnati Children's Hospital & Medical Center where I became a lead therapist in the neonatal intensive care unit and a member of the extracorporeal membrane oxygenation (ECMO) team to deliver long-term heart lung bypass therapy.

After more than a decade of care, advocating for patients, and continuing my education, it was finally time to press forward and become a physician associate (PA). My time as a respiratory therapist was critical to my understanding of patient care, pushing the bar to demand better care, and reinforcing the impact of human empathy and kindness in improving the quality and outcomes of care in patients. I learned to follow my gut and always advocate for what is right no matter the barriers.

During my PA clinicals, I found that my passion lied in educating patients about the pillars of our health and motivating lifestyle changes. The Covid era provided insight into a growing population that felt unheard by providers and sought out alternative medicine. There was an existing population that needed longer than ten-minute visits to unmask the root cause of their illness. People were cranked through the conventional healthcare system turnstiles and bounced from one specialist referral to another, only to have symptoms temporarily hushed by immunosuppressants rather than ever addressing why these symptoms were present.

I submerged myself in functional medicine and completed clinical rotations around the country to diversify my learning. From functional medicine in South Carolina to clinics at Yellowstone National Park, I took in all I could to best prepare myself for my future. My goal was to serve my community as a healthcare provider in integrative medicine, ideally in a direct primary care model that allowed time to talk with patients, and get to know them and their goals. Unfortunately, there were not a lot of options for this style of care in Lawrenceburg, IN.

Ultimately, I decided to open my own direct primary care in the community I live and love. This is now Natural Health Direct Primary Care, LLC. Our practice has quickly grown since opening January 7, 2025. I am honored to serve my community and help others looking for answers. I believe that elements of both conventional and functional medicine are needed to provide a comprehensive explanation of healthcare screening, symptoms, and

treatments to my patients. I am very thankful for the opportunities and experiences that have led me to this moment where I can practice honest medicine with the patient's optimal health in mind. My goal is to advocate for my patients and make them key stakeholders in their own health. I strive to lead by example and motivate lifestyle changes. I live on a farm, co-own a tree nursery called Whit Acres, LLC, and am a beekeeper. I do not preach habits that I do not believe in or live myself. Thank you for your time in reading this. I am happy to host thermography at Natural Health Direct Primary Care because I know that there are many limitations in healthcare. Thermography serves as an adjunct to help give options to people seeking answers regarding their health.

Please visit our website at [www.naturalhealthdpc.com](http://www.naturalhealthdpc.com) to learn more!

Thank you,

Whitney Cooley, DMS, PA-C  
Natural Health Direct Primary Care, LLC

## Breast Care Corner

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

### Why Thermography is Helpful for Breast Health

Thermography is a safe, non-invasive way to keep an eye on your breast health. It uses heat-sensing technology to detect unusual temperature patterns in your breasts—like inflammation or increased blood flow—that can show up before a lump forms.

What's great is there's no radiation, no squeezing, and no pain, making it a good option for regular monitoring, especially for women with dense breast tissue or those who want a more natural approach.

It can't diagnose cancer on its own, and it's not meant to replace mammograms, but it can catch early warning signs that other tools might miss. It also helps track changes over time, so you and your doctor can see if anything is shifting.

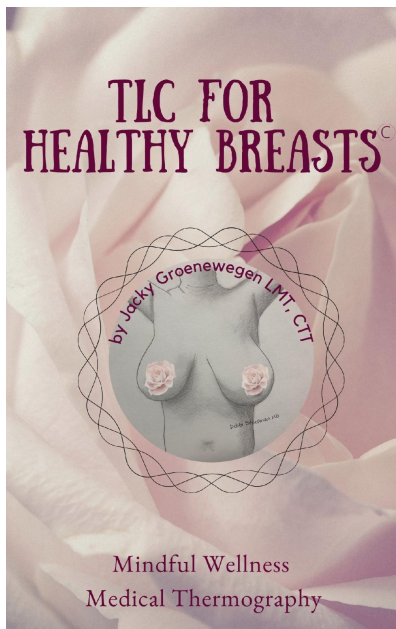
Thermography can also detect things like infections, hormone imbalances, or lymph congestion—so it's not just about cancer, but overall breast wellness.

Bottom line: thermography is a helpful extra layer in your breast health routine—not a substitute, but a smart add-on.



Prioritize your wellness journey with breast thermography!

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



## News flash..

### TLC for Healthy Breasts

We're here to support you in restoring and maintaining vibrant breast health—an important topic that often gets overlooked. The good news? There's so much you can do to care for your breasts, and it starts with a little TLC.

☐ Track your progress with a Thermography Scan!

Purchase our TLC for Healthy Breasts eBook and receive \*\$20 off your thermography scan with Jacky!

What's inside the eBook:

- Step-by-step instructions for effective breast massage
- Clear photos to guide your technique
- Easy-to-follow written directions
- Insight into how and why breast massage supports your lymphatic system

☐ [Buy now for just \\$20 \(tax included\)](#)

Feel free to share the link with your breast friends—they'll want their own copy too!

And don't forget: save your receipt to redeem your \$20 discount on your scan with Jacky.

Fine Print:

- \$20 coupon valid for one-time use only.
- Offer applies exclusively to thermography scans with Jacky.
- Must present your email receipt at the time of your scan.
- Cannot be combined with other promotions.
- Non-transferable.

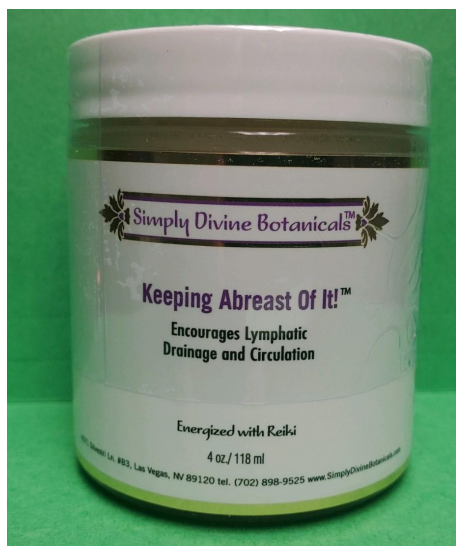
# ASEA®

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

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**



**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.

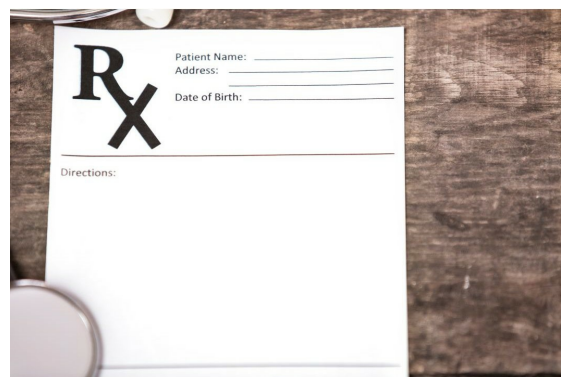


**Ask me how you can save  
15% on your supplements.**

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

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**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](#)

[Schedule an Appointment](#)

[Our Mobile Locations](#)

Get your Thermography or  
Massage Gift Certificate.

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

Brining 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!!!



Like me  
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

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

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