

Greetings!

Speaking of Mindful Wellness...

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- Welcoming Fall a Season to Care for Yourself
- Getting ready for Breast Health Awareness Month
- Thank you for your Service - New 10% Discount on Thermography Scans available for Active and Retired Military Personnel.
- HerScan is back at Mindful Wellness the week of September 29th!
- Unlock the Secrets to Better Health and a More Youthful You! - ASEA is life changing
- Check out - Thermography - Why Monitoring Breast Health Matters
- 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

BREAST HEALTH *Awareness Special*

October 2025 – Exclusive Thermography Discounts

This October, in honor of Breast Health Awareness Month, we're offering our largest savings of the year on medical thermography.

- ✓ **\$50 OFF Full Body Scan** – Now \$499*
- ✓ **\$35 OFF Head & Torso Scan** – Now \$364*
- ✓ **\$25 OFF Breast Scan** – Now \$274*

*Cannot be combined with other offers. Offer Valid October 1 – October 31, 2025.

Why Thermography?

Thermography is a safe, non-invasive, radiation-free imaging tool that provides early insight into your health by detecting heat patterns and inflammation in the body.

It's not just for breast health—thermography can help monitor:

- Thyroid health
- Sinus & dental inflammation
- Digestive & gut function
- Joint, muscle, and back pain
- Circulatory health
- Breast and lymphatic changes

✦ **Schedule your thermography scan by October 31, 2025 to take advantage of these special rates!**

Take charge of your health this fall—your body has a story to tell, & thermography helps you see it.



Serving Ohio, N. Kentucky, and S. Indiana

Jacky – 513-382-3132

Robin – 513-443-5161

Visit Our Website

MindfulWellnessMedicalThermography.com



☐ Welcoming Fall: A Season to Care for Yourself ☐

As summer fades and the air turns crisp, many of us naturally shift into a different rhythm. The long, hot days of summer often keep us busy with vacations, family activities, and outdoor fun. When autumn arrives, it brings the perfect opportunity to slow down, cozy up, and turn our focus inward.

This seasonal transition is more than just a change in the weather—it's also a reminder to check in with your health. Cooler months can sometimes mean tighter muscles, stiffer joints, or a dip in energy as our bodies adjust. That's why fall is an ideal time to schedule your thermography scan.

Why a Thermography Scan This Season?

Thermography is a safe, gentle, and non-invasive way to see what your body might be

telling you beneath the surface. By detecting heat patterns, thermography can show areas of inflammation, or imbalance before you even notice symptoms.

It's like giving yourself a wellness snapshot—a baseline that helps you understand where your body might need a little extra care.

Partnering With Your Wellness Team

One of the most powerful things about thermography is how versatile it is. Your scan results aren't just for you—they can be shared with the other practitioners who help support your health.

- **Chiropractors:** Your scan may reveal areas of inflammation or tension that align with spinal misalignments. With this added insight, your chiropractor can better tailor adjustments to your body's needs.
- **Other Providers:** Whether you see a primary care doctor, acupuncturist, or functional medicine practitioner, thermography results can complement their findings and help guide a more personalized care plan.

In other words, your thermography scan becomes a tool you can use with your entire wellness circle—helping everyone work together toward your best health.

A Fresh Start for Fall

Think of autumn as your body's "reset button." Just like we clean out our closets or prepare our homes for cooler days, our health deserves the same kind of seasonal tune-up. Scheduling your scan now means you can enter the colder months with confidence, knowing you're taking steps to care for yourself from the inside out.

☐ **Take this season as an invitation to slow down, nurture your health, and listen to what your body is saying. Schedule your thermography scan today—and step into fall feeling empowered and supported.**

☐ Fall Self-Care Tips

- **Layer Up:** Keep your body warm to protect joints and circulation.
- **Stay Hydrated:** Cooler weather can trick us into drinking less water.
- **Move Daily:** Gentle stretching or walks keep stiffness away.
- **Eat Seasonally:** Nourish yourself with hearty fall produce like squash, apples, and root vegetables.
- **Book Your Scan:** Thermography offers insight to guide your wellness choices all season long.

Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our September 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**



Take Charge of Your Health

Don't wait for symptoms—take proactive steps to safeguard your

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

Advance Chiropractic & Nutrition - Eastgate, OH **Wednesday, September 10th**

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

Children's Family Chiropractic - Fort Wright, KY **Friday, September 12th**

Harrison Chiropractic & Wellness - Harrison, OH **call for more details**

Family Tree Chiropractic & Wellness - Blue Ash, OH **Tuesday, September 16th**

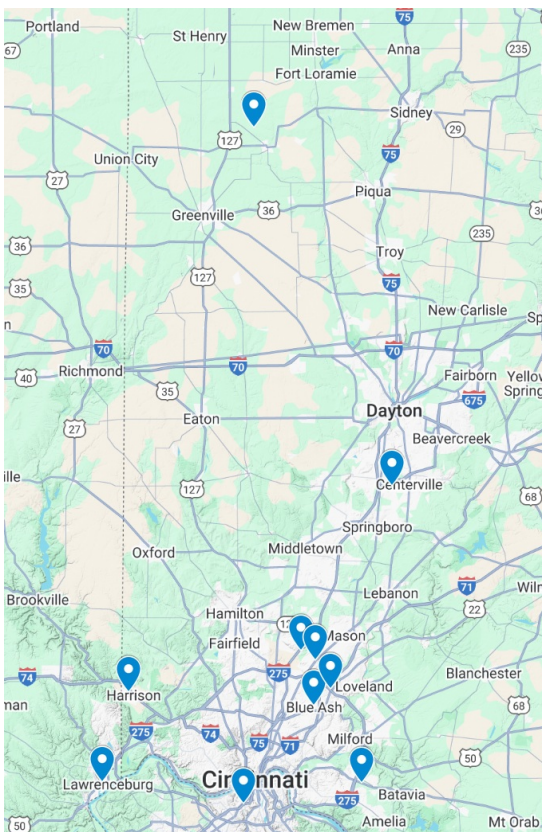
Turning Point Health & Wellness - Dayton, OH **Thursday, September 18th**

Optimize U - Blue Ash, OH **Thursday, September 11th**

Natural Health Direct Primary Care, LLC - Lawrenceburg, IN **Monday, September 15th**

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.



well-being. Routine screenings, like breast thermography and ultrasound, are essential tools for early detection and optimal health.

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 September 29

HerScan is also going to our mobile thermography lab location Natural Health Direct Primary Care in Lawrenceburg, IN on September 9th.

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)



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.

Breast Care Corner

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

Why Monitoring Breast Health Matters

Your breast health is an important part of your overall wellness—and early awareness makes all the difference. Many changes in the body begin long before symptoms appear, which is why regular monitoring is so valuable.

Medical Thermography is a safe, non-invasive imaging technology that detects heat patterns and blood flow in breast tissue. These patterns can reveal signs of inflammation, vascular changes, and other physiological activity that may need further attention. Unlike structural tests that look for existing changes, thermography looks at function, offering an early warning system for potential concerns.

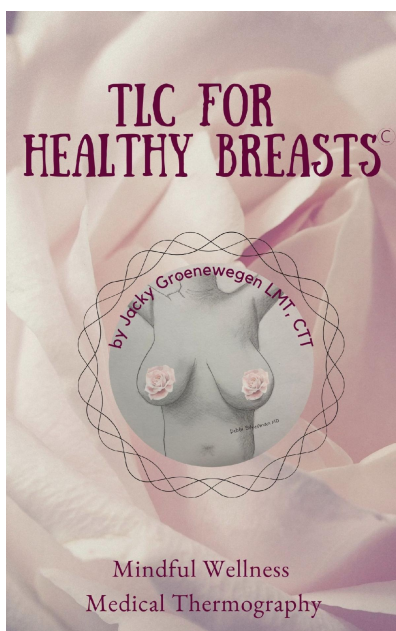
By incorporating thermography into your wellness routine, you gain:

- Early insight into changes before symptoms arise.
- Radiation-free, pain-free imaging that can be safely repeated as often as needed.
- A complementary tool to use alongside mammograms, ultrasounds, or other medical care.

Monitoring your breast health regularly empowers you to take a proactive role in prevention and peace of mind.

See what your body is telling you—schedule your thermography scan today!

- Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography
- Call Robin at 513-443-5161 for our mobile thermography locations in Ohio, N. Kentucky and Indiana
- www.mindfulwellnessmedicalthermography.com



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®

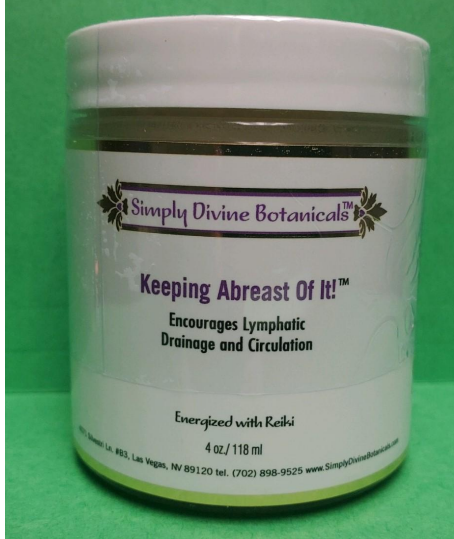
**Click to Learn More about this
Life Changing Product**

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**

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



Rx

Patient Name: _____
Address: _____
Date of Birth: _____

Directions: _____

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?

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!

[Leave a GOOGLE REVIEW](#)

[Leave a FACEBOOK REVIEW](#)

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!!!



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

www.MindfulWellnessMassageandBodywork.com

www.HolisticHealthMobileThermography.com



Visit our Website

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OH 45069 US

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