



Greetings!

Speaking of Mindful Wellness...

Speaking of Mindful Wellness...

- Invest in your Future Self
- Yummy Make Ahead Pumpkin Chia Pudding
- October is Breast Health Awareness Month - Get your Thermography Scan & Win
- Welcome to our newest lab location - Spieles Chiropractic Clinic in Minster, OH
- 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 January 19th!
- 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

Get Your Thermography Scan and Win!

Every thermography scan during October (10/1 - 10/31/25) = 1 entry into the raffle!*



Enjoy **exclusive October discounts!** Get your scan in October & be entered into our raffle for a Merach Vibration Plate.



Breast Health Awareness Specials (October Only)

- ♥ **\$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. Raffle winner will be chosen on November 1, 2025.

Serving Ohio, N. Kentucky, and S. Indiana.
Call us to schedule your thermography scan

Jacky Groenewegen LMT, CTT – 513-382-3132
Robin Hanson-Gobell LMT, CTT – 513-443-5161

MindfulWellnessMedicalThermography.com

Prize: Merach Vibration Plate Exercise Machine

- ✓ **Supports lymphatic drainage**
- ✓ **Designed for men and women**

Your lymphatic system is your body's detox highway. Supporting it can help:

- Reduce inflammation
 - Strengthen your immune system
 - Improve circulation
 - Boost natural healing & detoxification
- ⚡ Vibration plate exercise is a simple, effective way to activate lymph flow – complementing what your thermography scan reveals about inflammation.



□ Invest in Your Future Health □

October is Breast Health Awareness Month—a time to pause and reflect on how the choices we make today can shape our health tomorrow. Breast health isn't just about yearly check-ups or responding when something feels off. It's about being proactive, taking steps that give us clarity, confidence, and peace of mind for the future.

One of the most powerful ways to invest in your health is through Medical Thermography. This safe, radiation-free, and non-invasive screening detects patterns of heat and circulation in the body. These patterns can reveal areas of inflammation, vascular changes, or other concerns—long before symptoms may appear.

Think of thermography as a map of your health journey. It shows where you are today while offering clues about where your body may be headed. With this information, you can make better decisions now that can improve your well-being for years to come.

Why Look to the Future?

- Early Insight Matters: The sooner you see potential changes, the sooner you can act.
- Prevention is Power: Making small adjustments today can prevent larger problems tomorrow.
- Peace of Mind Counts: Knowing more about your health reduces worry and strengthens confidence in your choices.

This October, in honor of Breast Health Awareness Month, we want to make it easier for you to take this important step toward a healthier future.

□ Breast Health Awareness Month Specials

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

□ Special Raffle Giveaway!

Everyone who schedules a thermography scan in October will be entered into our raffle for a Merech Vibration Plate—a wellness tool that supports circulation, lymphatic flow, and overall vitality. The raffle drawing will be held on November 1, 2025, and one lucky winner will bring this amazing resource home.

□ Act Now—Special Pricing Ends October 31, 2025

Call today to schedule your scan with:

- Jacky: 513-382-3132
- Robin: 513-443-5161

Or visit us online at MindfulWellnessMedicalThermography.com

□ “The choices you make today become the health you live with tomorrow.”

This October, choose to invest in yourself—because your future health is worth every step you take today.



Pumpkin Chia Pudding (Make-Ahead Breakfast or Snack)

Ingredients:

- 1 cup unsweetened almond milk (or milk of choice)
- ½ cup pumpkin purée
- 2 tbsp maple syrup or honey
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 3 tbsp chia seeds

Directions:

1. In a jar or bowl, whisk together milk, pumpkin, sweetener, spices, and chia seeds.
2. Refrigerate at least 4 hours (or overnight), stirring once after 30 minutes.
3. Top with pecans, granola, or a sprinkle of cinnamon before serving.

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 **Tuesday, October 14th**

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

Advance Chiropractic & Nutrition - Eastgate, OH **Wednesday, October 8th**

Versailles Medical Massage - Versailles, OH **Tuesday, October 21st**

Children's Family Chiropractic - Fort Wright, KY **Friday, October 10th**

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

Family Tree Chiropractic & Wellness - Blue Ash, OH **call for more details**

Turning Point Health & Wellness - Dayton, OH **Thursday, October 16th**

Optimize U - Blue Ash, OH **Thursday, October 9th**

Natural Health Direct Primary Care, LLC - Lawrenceburg, IN **Monday, October 13th**

NEW Lab Location Spieles Chiropractic Clinic - Minster, OH **Monday, October**



Welcome to our newest Lab Location

Spieles Chiropractic Clinic in Minster, OH

We are excited to begin offering thermography scans on Monday October 20th.

Spieles Chiropractic offers holistic care for Families in their Community by finding the root cause of your pain and working to correct it through Chiropractic Adjustments, Therapeutic Modalities, and Nutrition.



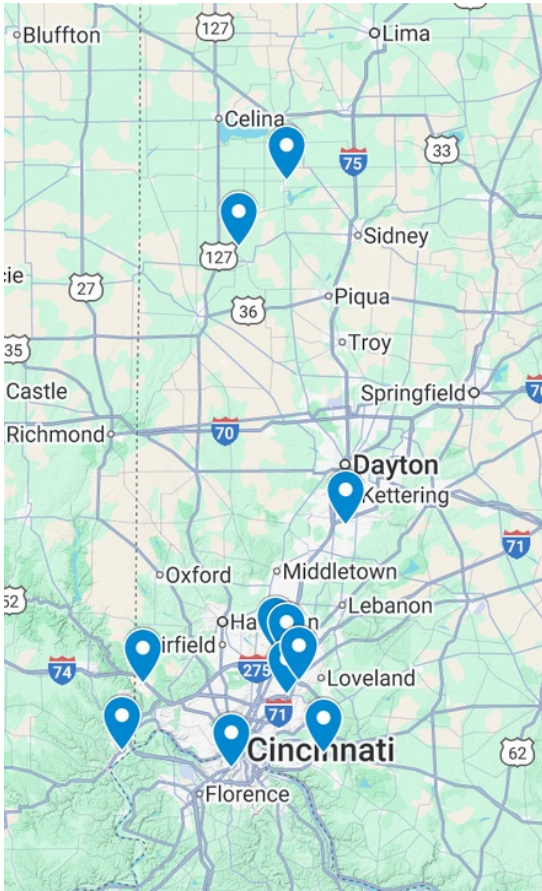
Take Charge of Your Health

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.

HerScan is returning to Mindful Wellness!

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.



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 January 19

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.](#)

Your Health Story: Why Tracking Changes Matters

For many women, breast health is something that's only thought about once a year—or only when something feels wrong. But your body is always changing, and keeping an eye on those changes is one of the most important gifts you can give yourself.

We often hear from women who say their thermography scan gave them something they didn't expect: peace of mind. One woman shared that after years of worry due to her family history, her breast scan showed no concerning changes. She left feeling lighter, with the confidence that she had a clear baseline for the future.

Another client discovered areas of inflammation in her scan that didn't show up on other screenings. With this information, she was able to make simple lifestyle changes and work with her practitioner to support her health before it became a bigger issue.

These are just two examples, but they highlight an important truth: monitoring your breast health regularly gives you knowledge—and knowledge gives you power.

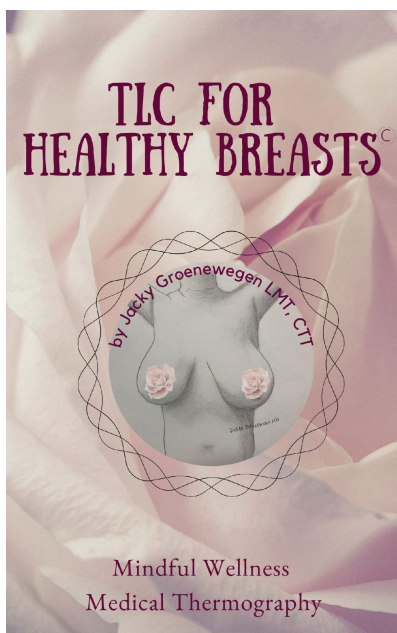
Why It's So Important

- Your body is unique. Monitoring helps you know what's "normal" for you.
- Change happens over time. Tracking with consistent scans lets you see even small shifts early.
- Awareness is empowering. With clear information, you can make better decisions for your health and your future.

Medical Thermography makes monitoring simple. It's safe, non-invasive, and radiation-free—designed to give you a clear picture of your breast health without added risks. By comparing your scans over time, you and your care team can spot changes early and respond with confidence.

- Your breast health is too important to leave to chance. Start monitoring today—and give your future self the gift of knowledge and peace of mind.
- 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®

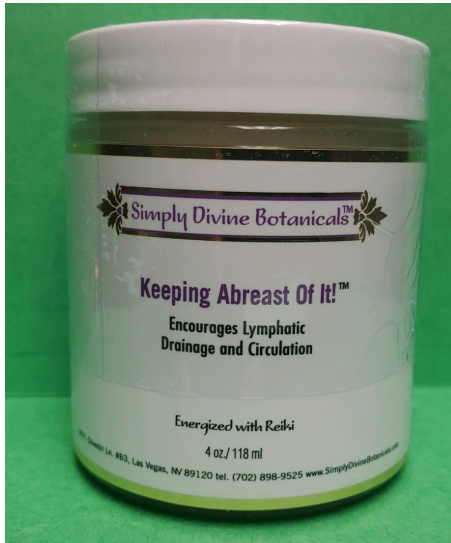
**Click to Learn More about this
Life Changing Product**

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



Click for more information about
Lymphatic Body Brushing

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

Call or text Jacky at 513-382-
3132



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



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.

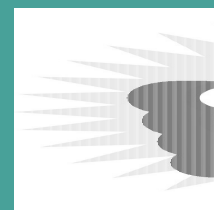
Schedule an Appointment

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!!!



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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