



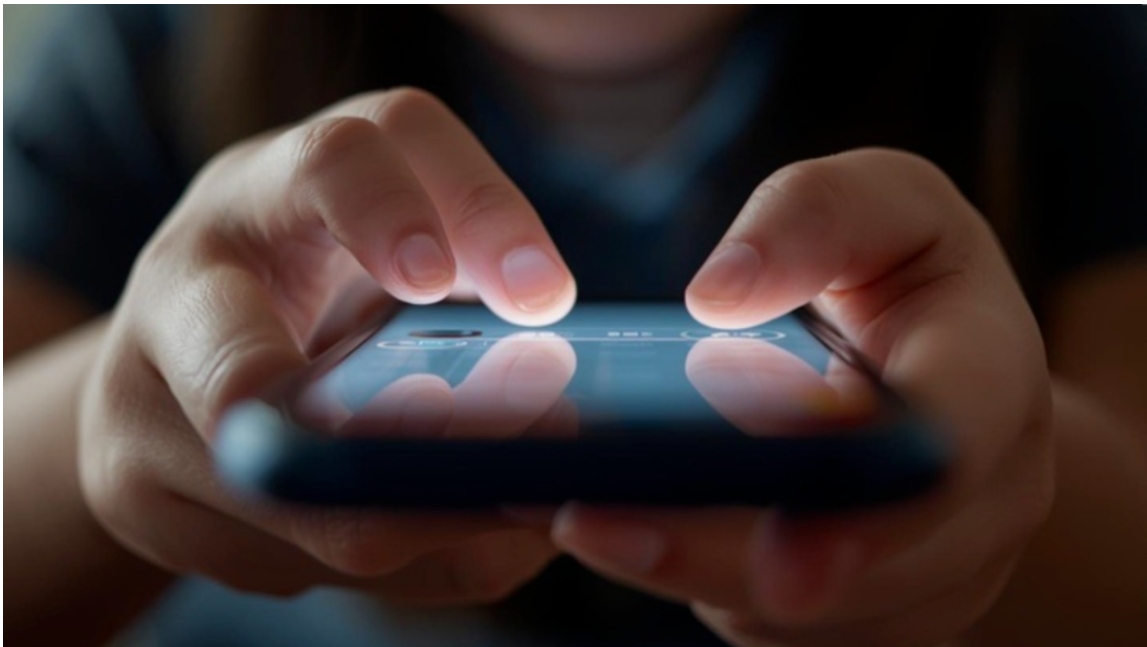
Greetings!

Speaking of Mindful Wellness...

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- Back to School Alert - Protect your Child from Hidden Strains
- The Impact of Constant Texting
- 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 - Natural Killer Cells and Lymphocytes Increase in Women with Breast Cancer following Massage Therapy Study
- 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



Back-to-School Alert—Protect Your Child from Hidden Strains!

Now that kids are back to school, long hours at desks, heavy

backpacks, and constant texting or typing aren't just tiring—they can stress your child's neck, shoulders, back, and wrists. These daily strains may cause muscle tension, inflammation, or early signs of overuse—often before any pain shows up!

Thermography is a safe, non-invasive way to detect areas of inflammation and stress early, helping prevent long-term postural or musculoskeletal issues.

Benefits of a thermography screening:

- Spot early signs of back, neck, or wrist stress
- Ensure proper backpack ergonomics and posture
- Support overall wellness and healthy growth

Tip: Encourage good posture, backpack safety, and regular movement breaks to keep kids strong and pain-free. Start the school year proactively—schedule a thermography screening today to help your child stay healthy, comfortable, and ready to learn! Back-to-School Alert!

The Impact of Constant Texting

How Texting Affects Your Thumbs

Thumb Stress

Increased pressure on thumbs can lead to pain and discomfort, affecting children's ability to enjoy physical activities.

Nerve Damage

Prolonged texting can result in **nerve compression**, which may cause tingling and numbness in the thumb area.

Prevention Tips

Encourage breaks from texting to **reduce strain** and promote healthy thumb movement for kids during activities.



Keep Your Thumbs Healthy!



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, November 11th**

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

Advance Chiropractic & Nutrition -
Eastgate, OH **Wednesday, November
12th**

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

Children's Family Chiropractic - Fort
Wright, KY **Friday, November 14th**

Harrison Chiropractic & Wellness -
Harrison, OH **Monday, November 3rd**

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

Turning Point Health & Wellness - Dayton,
OH **Thursday, November 13th**

Optimize U - Blue Ash, OH **call for more
details**

Natural Health Direct Primary Care, LLC -
Lawrenceburg, IN **Monday, November
10th**

Spieles Chiropractic Clinic - Minster, OH
call for more details

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.



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!

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

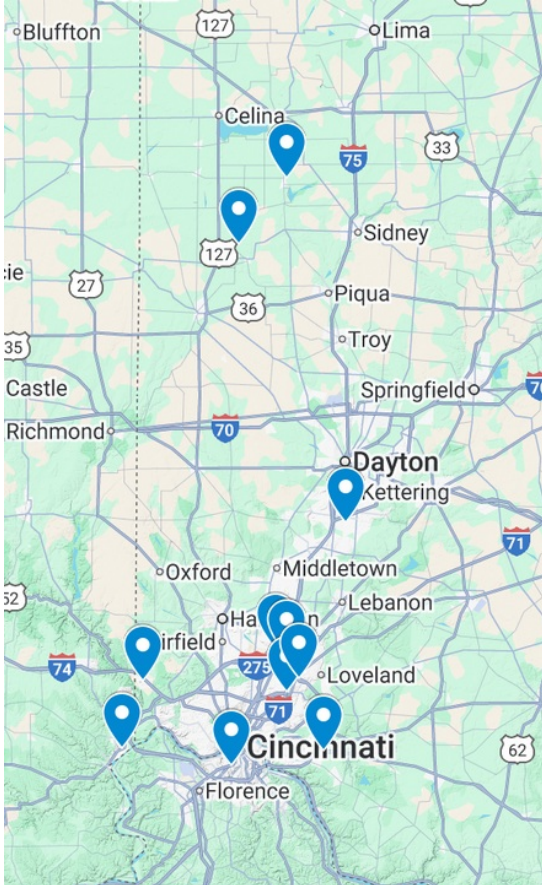
□ Upcoming Dates at Mindful Wellness:

- 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

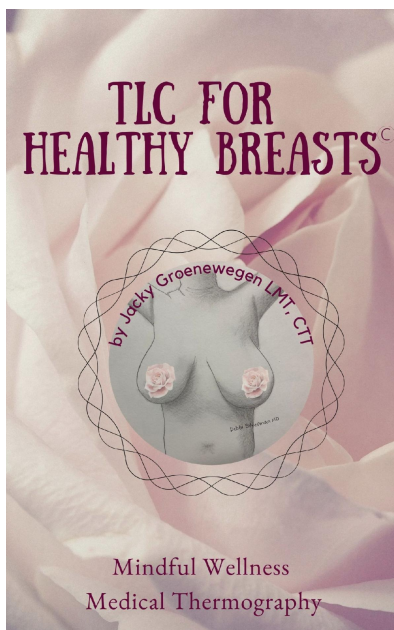
[Click here for more valuable breast health resources. You'll find Patient Resources and Videos.](#)

NATURAL KILLER CELLS AND LYMPHOCYTES INCREASE IN WOMEN WITH BREAST CANCER FOLLOWING MASSAGE THERAPY

Women diagnosed with breast cancer received massage therapy or practiced progressive muscle relaxation (PMR) for 30-min sessions 3 times a week for 5 weeks or received standard treatment. The massage therapy and relaxation groups reported less depressed mood, anxiety, and pain immediately after their first and last sessions. By the end of the study, however, only the massage therapy group reported being less depressed and less angry and having more vigor. Dopamine levels, Natural Killer cells, and lymphocytes also increased from the first to the last day of the study for the massage therapy group. These findings highlight the benefit of these complementary therapies, most particularly massage therapy, for women with breast cancer.

[Click here to continue reading the study.](#)

- ☐ Book 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®

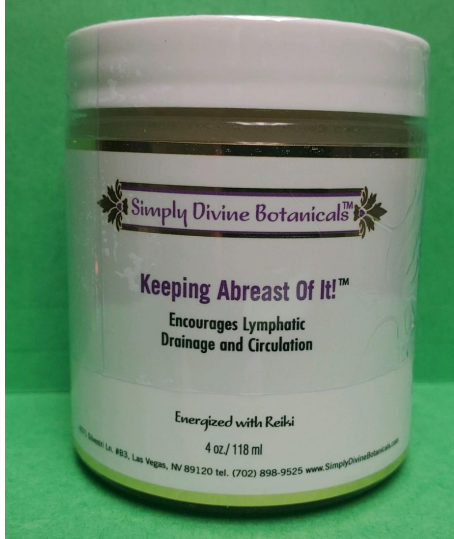
**Click to Learn More about this
Life Changing Product**

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

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

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