

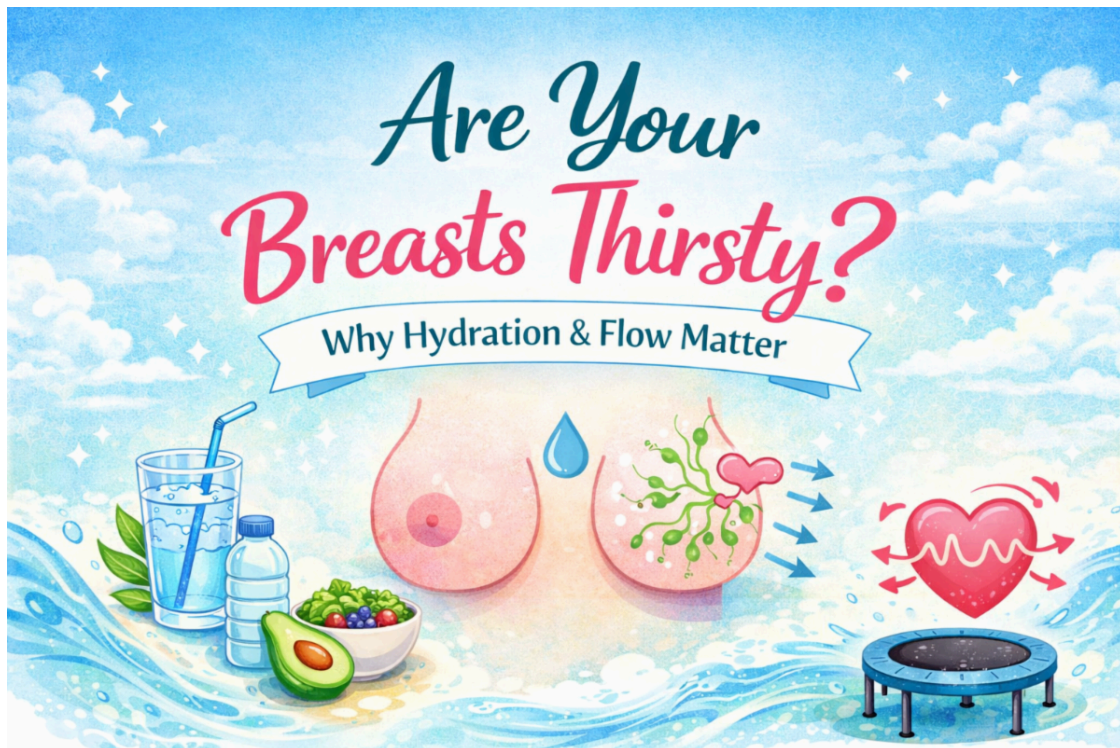
Greetings!

Speaking of Mindful Wellness...

Speaking of Mindful Wellness...

- Are Your Breasts Thirsty? It may sound surprising, but hydration can impact how your breast tissue feels and functions
- 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 June 22nd!
- Check out the Breast Care Corner - Your Breasts Have Story - Are you Listening?
- 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



Are your Breasts Dehydrated

Breast Tissue Hydration: What It Means & Why It Matters

When we think about breast health, most people immediately think of screenings—but there's another important piece of the puzzle that often gets overlooked: the health and vitality of the tissue itself.

You may have heard the phrase “dehydrated breast tissue.” While it's not a formal medical diagnosis, it's a concept often discussed in holistic and functional health. It refers to breast tissue that may be less hydrated, less elastic, or more congested than ideal.

What Does “Dehydrated” Breast Tissue Mean?

Breast tissue is made up of fat, glandular tissue, connective tissue, blood vessels, and lymphatic vessels. Like all tissues in the body, it depends on proper hydration and circulation to function well.

When tissue isn't well supported, it may feel:

- Tight or less flexible
- Dense or slightly ropey
- Tender or heavy at times

Often, this isn't just about water intake—it's also about how well fluid is moving through the tissue.

The Role of the Lymphatic System

The breasts rely heavily on the lymphatic system for fluid balance and detoxification. Unlike the circulatory system, the lymphatic system doesn't have a pump. It depends on movement and muscle activity to keep fluid flowing.

When lymph flow slows, fluid can become stagnant. This may lead to:

- Tenderness
- Swelling
- Lumpiness that changes with your cycle
- A feeling of heaviness
- Fullness under the arms

This sluggish movement is often what practitioners are referring to when they describe “dehydrated” or congested tissue.

What Thermography Can Reveal

Thermography doesn't look at structure—it looks at patterns of heat, circulation, and inflammation.

When breast tissue is not functioning optimally, we may see patterns such as:

- Diffuse warmth → suggesting low-grade inflammation or sluggish drainage
- Patchy heat patterns → indicating inconsistent circulation
- Cooler areas → possibly reflecting reduced metabolic activity or circulation
- Increased vascular patterns → showing tissue stress or irritation

These patterns don't diagnose a condition, but they can highlight areas where the body may need support.

Simple Ways to Support Breast Tissue Health

The good news is that small, consistent habits can make a meaningful difference.

1. Gentle Breast Massage

Encourages lymphatic flow and helps reduce congestion. Just a few minutes a day using light, circular motions toward the underarm and collarbone can help.

2. Daily Movement

Activities like walking, rebounding, or even light bouncing help stimulate lymph flow.

3. Improve Posture

Opening the chest (instead of rounding forward) supports better circulation and lymph drainage.

4. Hydration Matters

Consistent water intake—along with minerals and electrolytes—helps support tissue and fascia health.

5. Anti-Inflammatory Nutrition

Focus on:

- Omega-3 fats
- Leafy greens
- Cruciferous vegetables
- Whole, unprocessed foods

6. Reduce Compression

Wearing properly fitted bras and allowing for some bra-free time can help maintain healthy flow.

A Simple Way to Think About It

“Breast tissue thrives when it has good circulation, lymph flow, and hydration. When fluid movement slows, tissue can become congested or irritated. Simple daily habits can help keep everything moving and support healthy breast tissue.”

Final Thoughts

Breast health isn't just about detecting problems—it's about supporting healthy function every day.

By understanding how hydration, lymph flow, and lifestyle impact breast tissue, you empower yourself to take a more proactive, whole-body approach to wellness.

Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our February 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 **call for more details**

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

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

Harrison Chiropractic & Wellness -Harrison,
OH **Monday, April 6**



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.

Family Tree Chiropractic & Wellness - Blue Ash, OH **Tuesday, April 7**

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

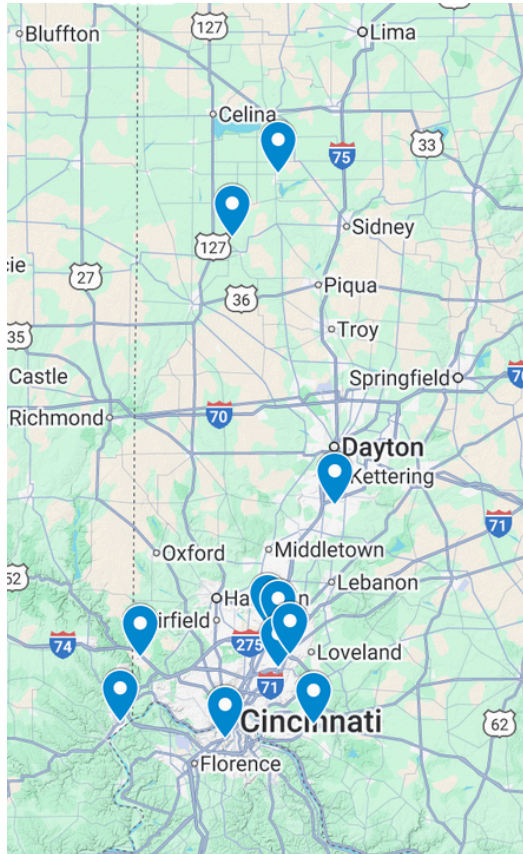
Optimize U - Blue Ash, OH **Thursday, April 9th**

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

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 your.



📅 Upcoming Dates at Mindful Wellness:

- Week of June 22nd

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)



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.

**Breast
Care
Corner**

**Your Breasts Have a Story—Are You
Listening?**

[Click here for more
valuable breast](#)



We spend so much time taking care of others... but when was the last time you really checked in with your own body?

Your breasts are incredibly responsive to what's happening inside you. Hormones, stress, inflammation—even hydration—can all show up as changes in how your breast tissue feels. Tenderness, swelling, or lumpiness aren't always something serious, but they are your body's way of waving a little flag and saying, "Hey, pay attention to me!" Think of breast care as part of your overall wellness routine—not just something you do once a year.

Simple habits can make a big difference:

- Stay well hydrated 💧
- Support lymphatic flow (think gentle movement or massage)
- Wear properly fitting bras
- Be aware of changes, even subtle ones

And here's something many women don't realize: physiological changes in the body can happen before structural changes. That's where tools like thermography can offer insight—helping you see patterns of heat and inflammation that may not yet be felt.

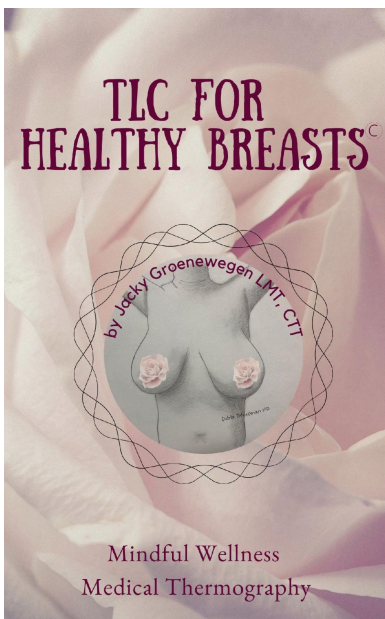
The goal isn't fear—it's awareness. When you understand your body's signals, you're empowered to take proactive steps toward better health.

Your body speaks. Breast care is simply learning how to listen.

📞 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.



 **Fullscript®**

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

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

Keeping Abreast Of It

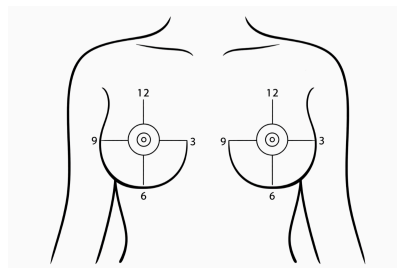
- Potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage.
- Helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow.
- Also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles!
- Rub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

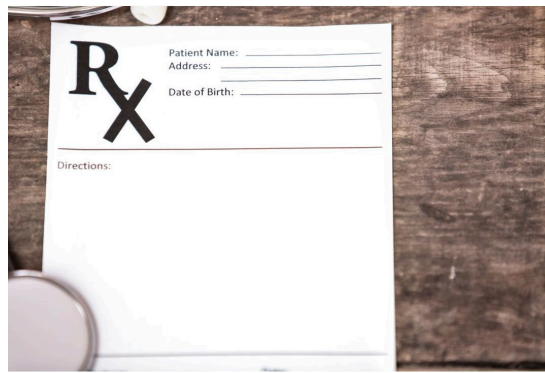
Formulated with: Unconditional Love and Gratitude, Organic Whole-leaf Aloe Vera, Borage Seed Oil, Organic Rosehip Seed Oil, Evening Primrose Oil, Aloe Butter, Castor oil, Beeswax, Orange Oil, Grapefruit Oil, Cypress oil, MSM, Olive Oil infused with St. John's Wort and Calendula, Chaparral, Poke Root, 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.



[Click for more information about Lymphatic Body Brushing](#)

[Click to Download Your Breast Mapping Guide](#)





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.

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!!!

Schedule an Appointment

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

Our Mobile Locations

Brining Thermography to you! Click to find a location near you!



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



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