

Greetings!

Speaking of Mindful Wellness...

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- What some women wish they knew about Breast Health when they were younger
- Happy Mother's Day Special valid only at our Mindful Wellness Medical Thermography Location in West Chester
- 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 - Know Your Normal
- 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



What some women wish they knew about Breast Health when they were younger

What some women wish they knew about Breast Health when they were younger

Here's the distilled wisdom many women say they wish they had known earlier in life about breast health — the things that only become obvious with age, experience, or a few scares along the way. This isn't medical advice, but a collection of patterns that show up again and again when women reflect on their bodies, their health, and what they weren't taught soon enough.

The Big Takeaway

Most women say they wish they had understood their own normal, trusted their instincts sooner, and known how much breast health is shaped by hormones, lifestyle, and time — not fear.

1. "I wish I knew what was normal for my breasts."

Breasts naturally:

- Change with your cycle
- Feel lumpy or ropery in places
- Shift in density over time
- Become more tender with stress, caffeine, or hormones

Many women say they spent years worrying about things that were actually normal variations.

[Click here to download your FREE Breast Mapping Guide](#)

2. "I wish I knew how important it is to track changes over time."

Not obsessively — just enough to know:

- What your baseline texture feels like
- How your breasts behave during your cycle
- What's new vs. what's always been there

This makes it easier to notice meaningful changes without spiraling into anxiety.

3. "I wish I knew breast density matters."

Dense breasts are:

- Very common
- Not a disease
- A factor that can make imaging harder to interpret

Many women say they didn't learn about density until their 30s or 40s, even though it affects screening choices.

4. "I wish I knew how much hormones affect everything."

Hormones influence:

- Pain
- Swelling
- Lumps
- Cysts
- Mood around breast symptoms

Understanding this earlier would have saved a lot of fear and confusion.

5. "I wish I knew lifestyle plays a bigger role than I thought."

Not in a moralizing way — just realistically:

- Stress can increase breast pain
- Sleep affects inflammation
- Exercise improves lymphatic flow
- Diet shifts can reduce cyclical tenderness

Small habits matter more than most women were told.

6. "I wish I knew breast pain is usually not cancer."

This is one of the biggest misconceptions. Most breast pain is:

- Hormonal
- Muscular
- Cyst-related

- Linked to caffeine or stress

Many women say they spent years terrified of pain that was benign.

7. “I wish I knew to advocate for myself sooner.”

Women often say they wish they had:

- Asked more questions
- Requested imaging when something felt off
- Not dismissed their own concerns
- Not let anyone minimize their symptoms

Self-advocacy is a skill most women learn later than they wish.

8. “I wish I knew breast health isn’t just about cancer.”

It’s also about:

- Comfort
- Hormonal balance
- Musculoskeletal support
- Emotional wellbeing
- Body literacy

Breast health is a whole-body, whole-life topic — not just a screening appointment.

9. “I wish I knew how common breast issues are.”

Cysts, fibroadenomas, dense tissue, asymmetry, discharge, pain — these are everyday realities for millions of women.

Knowing that earlier would have reduced a lot of shame and fear.

10. “I wish I knew my breasts would change throughout life — and that’s normal.”

Breasts evolve with:

- Age
- Pregnancy
- Weight changes
- Menopause
- Stress
- Medications

Women often say they wish they had been taught that breasts are dynamic, not static.

Happy Mother's Day

Gift Certificates make the perfect Mother's Day Gift!
Don't forget the gift of health for your special someone!
We are offering thermography specials until May 10th!

Save \$30 off a Full Body Thermography Scan
Now \$519 (Retail \$549)

Save \$25 off a Head & Torso Thermography Scan
Now \$374 (Retail \$399)

Save \$20 off a Breast Thermography Scan
Now \$279 (Retail \$299)

Valid only at our West Chester Location - Mindful Wellness Medical Thermography.
Mother's Day special pricing applies to gift certificate purchases only.



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 **Monday & Tuesday, May 11th & 12th**

Children's Family Chiropractic - Fort Wright,
KY **Thursday, May 8th**

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



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, May 19th**

Turning Point Health & Wellness - Dayton, OH **Thursday, May 14th**

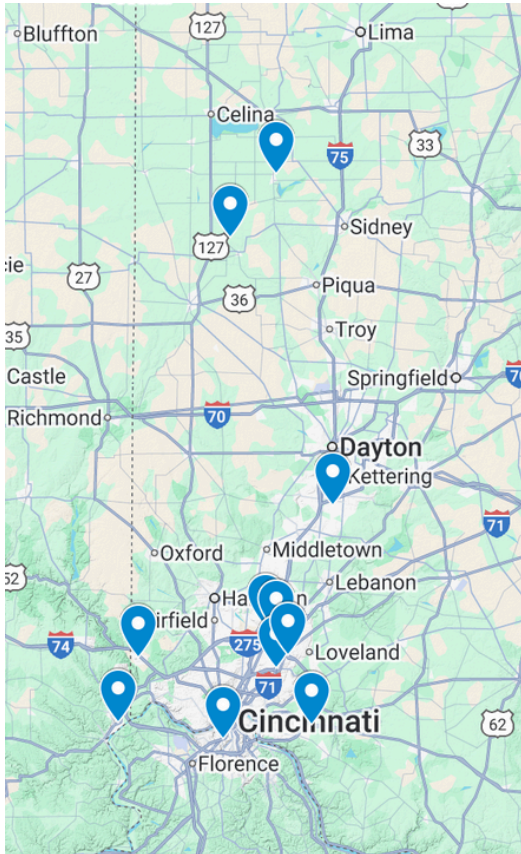
Optimize U - Blue Ash, OH **call for more details**

Natural Health Direct Primary Care, LLC - Lawrenceburg, IN **Monday, May 18th**

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.

Jewelry may seem like a minor detail, but it can have significant consequences on the accuracy, reliability, and quality of thermal imaging.

Why jewelry during a thermography scan is problematic



1. Obstruction of Views: Jewelry, particularly necklaces, bracelets, and large earrings, can block key areas, preventing a clear view of the areas of interest, leading to incomplete or inaccurate assessments.

[Link to read more about why wearing jewelry during a thermography scan is problematic.](#)

Breast Care Corner

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

Know Your Normal



When women reflect on their breast health over the years, many share the same thought: they wish they had understood their bodies sooner.

Breast tissue isn't static. It changes with hormones, stress, age, and lifestyle. At times it may feel dense, tender, or uneven — and often, that's completely normal. What many women weren't taught is how important it is to recognize these patterns in their own bodies.

Breast health isn't about a single moment. It's about awareness over time. When you become familiar with how your breasts typically feel from month to month, it becomes easier to recognize when something is truly different.

Many women are also surprised to learn how much everyday factors play a role. Hormones, sleep, stress, and movement can all influence how breast tissue feels. Understanding this can replace unnecessary worry with confidence.

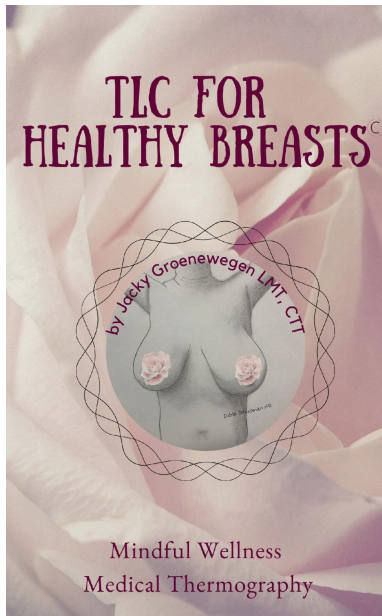
Our bodies are always changing — and that's normal. The goal isn't to eliminate change, but to understand it.

Confidence starts with knowing your normal.

If you're due for your thermography scan or to schedule your first scan, we're here to support you—schedule your appointment at your convenience.

📞 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!

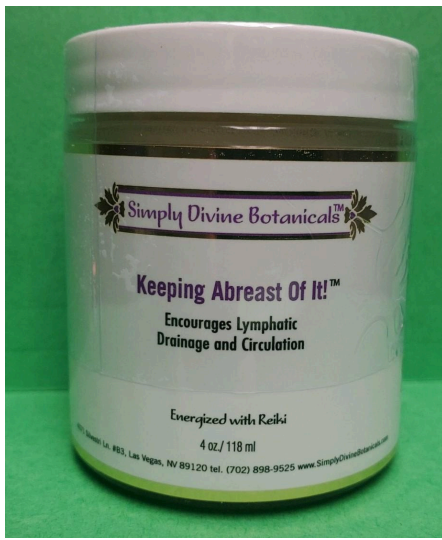
And don't forget: save your receipt to redeem your \$20 discount on your scan with Jacky.

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.

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

Call or text Jacky at 513-382-
3132



Keeping Abreast Of It

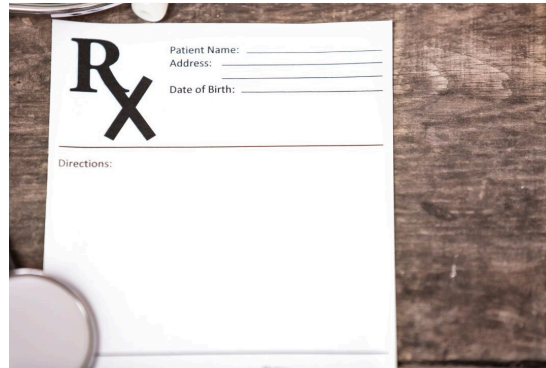
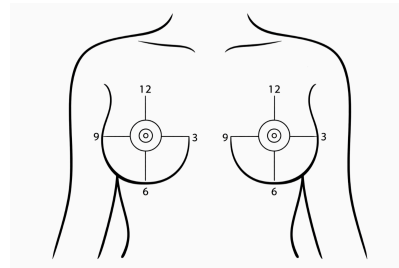
- Potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage.
- Helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow.
- Also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles!
- Rub 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?



Do you have a few moments to share your opinion?

We're asking for your support?

Leave a **GOOGLE REVIEW**

Leave a **FACEBOOK REVIEW**

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



Visit our Website

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