



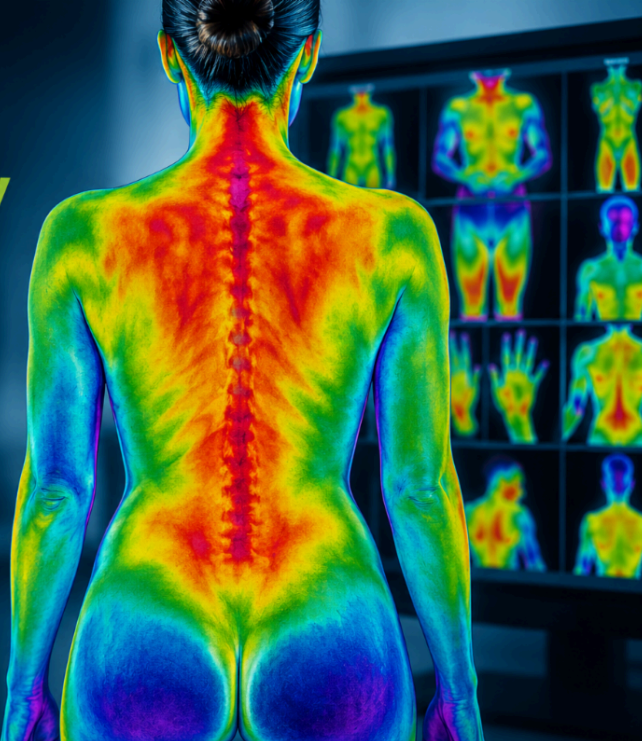
Greetings!

Speaking of Mindful Wellness...





Speaking of Mindful Wellness...

- Why an Annual Full Body Thermography Scan Matters
- Bringing Thermography to your friends and loved ones special
- 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 and our Natural Health Direct Primary Care our partner thermography lab location on July 1st! Watch facebook for our contest to win a breast ultrasound appointment at our Mindful Wellness location.
- June 20th EVENT at Liberty Collective from 10 - 2 pm
- Check out the Breast Care Corner - Micro Calcifications of the Breast
- 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



Why an Annual Full Body Thermography Scan Matters

-  **Early Detection**
Thermography can help identify changes in the body early—before symptoms appear.
-  **Non-Invasive & Radiation-Free**
A safe, comfortable, and painless way to gain insight into your health.
-  **Track Changes Over Time**
Annual scans create a personal baseline to help monitor your body's unique patterns.
-  **Empower Your Health**
Knowledge gives you the power to make informed choices and take control of your well-being.

Why an Annual Full-Body Thermography Scan Matters

In today's healthcare environment, more people are looking for proactive, non-invasive ways to monitor their health before symptoms become serious. One emerging tool in preventive wellness is medical thermography — a radiation-free imaging technology that detects heat patterns and temperature changes within the body. While thermography is not intended to replace traditional diagnostic imaging, annual full-body thermography scans can provide valuable insight into physiological changes that may warrant further evaluation.

Understanding Medical Thermography

Medical thermography uses advanced infrared imaging to measure heat emitted from the body's surface. Because inflammation, increased blood flow, nerve dysfunction, and metabolic activity often create detectable thermal changes, thermography may reveal abnormalities long before structural changes become visible through conventional imaging.

X-rays, CT scans, and mammography are anatomical/structural imaging tests, whereas thermography evaluates physiology and function. Thermography is painless, non-invasive, and safe for repeated use, making it especially appealing for individuals focused on preventive care and long-term health monitoring.

Why Annual Scans Are Important

Early Detection of Physiological Changes

One of the greatest advantages of thermography is its ability to identify subtle physiological changes over time. Inflammation and vascular irregularities can develop years before symptoms appear. By having annual scans, patients and healthcare providers can compare thermal patterns year after year, making it easier to detect unusual changes early.

These early indicators may relate to:

- Inflammatory processes
- Circulatory concerns
- Neuromuscular stress
- Lymphatic congestion
- Hormonal imbalances
- Metabolic dysfunction

Establishing a personal thermal baseline through routine annual imaging allows practitioners to monitor trends instead of relying on a single snapshot in time.

A Whole-Body Perspective on Health

Many traditional imaging procedures focus on one specific area of concern. Full-body thermography offers a broader physiological overview by evaluating thermal activity throughout the body. This comprehensive approach may help identify patterns connected to systemic stress, inflammation, or compensation occurring in multiple regions simultaneously.

Annual full-body scans can assist in monitoring:

- Breast health
- Thyroid function
- Cerebrovascular circulation

- Peripheral vascular health
- Musculoskeletal inflammation
- Nerve irritation and neuromuscular conditions
- Skin surface temperature abnormalities

Because the body functions as an interconnected system, a full-body assessment may reveal relationships between symptoms and underlying physiological patterns that might otherwise go unnoticed.

A Valuable Tool for Preventive Wellness

Preventive healthcare is increasingly shifting from reactive treatment to proactive monitoring. Annual thermography scans align with this philosophy by helping individuals track their health before problems escalate.

Thermography may be especially beneficial for individuals who:

- Have a family history of inflammatory or vascular conditions
- Prefer non-radiation imaging options
- Want ongoing wellness monitoring
- Experience chronic pain or unexplained symptoms
- Are focused on optimizing long-term health
- Seek complementary screening tools alongside traditional medicine

By identifying thermal abnormalities early, patients can pursue additional medical evaluation, lifestyle changes, or therapeutic interventions sooner.

Safe, Comfortable, and Non-Invasive

Another reason annual thermography is growing in popularity is the patient experience itself. Scans are comfortable, contact-free, and typically completed within a short period of time. There is no exposure to radiation, making thermography suitable for repeated monitoring over the years.

This safety profile makes annual imaging practical for individuals seeking consistent preventive assessments without cumulative radiation exposure.

Thermography as Part of an Integrated Healthcare Approach

Medical thermography is most effective when used as part of a broader wellness and diagnostic strategy. It is designed to complement — not replace — physical examinations, laboratory testing, ultrasound, MRI, mammography, or other diagnostic tools when medically indicated.

The value of annual thermography lies in its ability to provide physiological information that may help guide earlier clinical attention and more informed healthcare decisions.

Conclusion

An annual full-body thermography scan offers a proactive way to monitor changes in the body's physiology over time. By detecting thermal patterns associated with inflammation, circulation, nerve activity, and metabolic function, thermography can serve as a valuable adjunctive tool in preventive health and wellness.

As healthcare continues to evolve toward earlier detection and whole-body wellness, annual thermography provides individuals with a safe, non-invasive option for tracking their health year after year.

Medical thermography is FDA-cleared for specific adjunctive applications and should always be interpreted by qualified healthcare professionals. It is not intended to diagnose, treat, cure, or prevent disease as a standalone procedure.



Bringing Thermography

— TO YOUR —
LOVED ONES

Because *wellness* is
even better when *shared*.

ONLY
\$519.00
\$30 OFF
FULL BODY
THERMOGRAPHY SCAN ONLY

NORMAL PRICE
~~\$549.00~~

REFER OR BRING IN
a friend or loved one
FOR A FULL BODY
THERMOGRAPHY SCAN

AND THEY'LL RECEIVE
\$30 OFF
THEIR SCAN — ONLY \$519.
(FULL BODY THERMOGRAPHY SCAN ONLY)

ONCE THEIR
SCAN IS COMPLETED,

YOU'LL HAVE
30 DAYS
TO SCHEDULE YOUR OWN
FULL BODY SCAN AT THE
SAME DISCOUNTED PRICE.

Early Detection. Peace of Mind. Empowered Health.

NON-INVASIVE
NO COMPRESSION
OR RADIATION

SAFE & COMFORTABLE
Painless and
drug-free

DETECT CHANGE
Before you feel
symptoms

EMPOWER YOUR HEALTH
Knowledge today for
a healthier tomorrow

Visit our website:
MindfulWellnessMedicalThermography.com

SERVING
Ohio, N. Kentucky
& S. Indiana

Call to schedule YOUR THERMOGRAPHY SCAN:

Jacky Groenewegen
LMT, CTT
513-382-3132

Robin Hanson-Gobell
LMT, CTT
513-443-5161

OFFER EXPIRES ON JUNE 30, 2026

Cannot be combined with other offers. \$30 off is valid only on a Full Body Thermography Scan.

Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our June 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, June 12th**

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

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

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

Optimize U - Blue Ash, OH
call for more details

Natural Health Direct Primary Care, LLC -
Lawrenceburg, IN **Monday, June 8th**

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 EVENTS...



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.

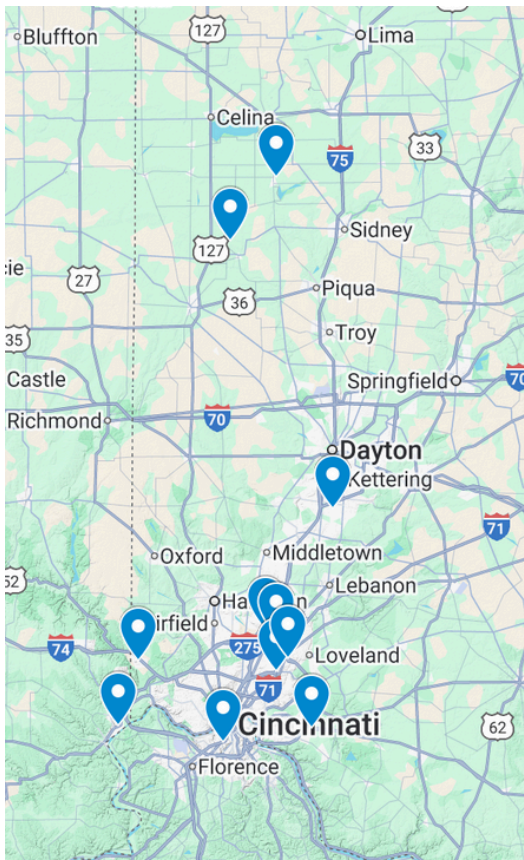
📅 Upcoming Dates at Mindful Wellness:

- Week of June 22nd

And HerScan is coming to our Natural Health Direct Primary Care on 7/1.

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)

MINDFUL WELLNESS
Medical Thermography

Something EXCITING is coming!

Stay Tuned!

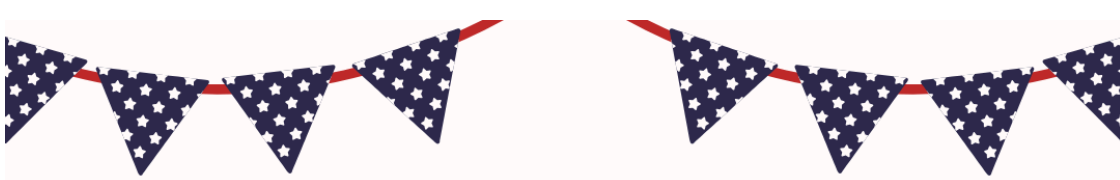
A SPECIAL GIVEAWAY
is coming to our Facebook page!

WATCH our Facebook page for your chance to WIN!

WIN A FREE BREAST ULTRASOUND (\$295 VALUE)

Don't miss it!

The graphic is a promotional flyer for HerScan. It features the company logo 'MINDFUL WELLNESS Medical Thermography' at the top left. A blue circular badge on the top right says 'Something EXCITING is coming!' with a heart icon. The main text reads 'Stay Tuned!' in a large, stylized font, followed by 'A SPECIAL GIVEAWAY' in a dark blue banner. Below this, it says 'is coming to our Facebook page!' and 'WATCH our Facebook page for your chance to WIN!' with a Facebook 'f' icon and an arrow pointing to a circular badge that says 'WIN A FREE BREAST ULTRASOUND (\$295 VALUE)'. At the bottom, it says 'Don't miss it!' with a heart icon and a leafy branch graphic on the left.



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.

Join us on June 20th from 10 AM – 2 PM at the Small
Business Fair at [Liberty Collective](#) and learn more about
the benefits of thermography!

Robin will be there sharing how thermography provides a
safe, non-invasive, radiation-free way to help monitor your
health, and changes in the body that may impact overall
wellness and breast health. Thermography can be a



Join Us!
Small Business Fair
and
Learn About the Benefits of
THERMOGRAPHY

JUNE 20TH
10:00 AM – 2:00 PM

LIBERTY COLLECTIVE
6795 Lakota Lane
Liberty Township, OH 45044

Thermography is a safe, non-invasive, radiation-free way to help monitor your health and changes in the body that may impact overall wellness and breast health.

Shop. Connect. Support. | SUPPORT LOCAL. INVEST IN WELLNESS. ❤️

valuable tool for proactive health prevention and early detection support.

Come out to:

- Learn about thermography and holistic wellness
- Ask questions and explore how thermography works
- Support other local small businesses in our community
- Discover unique products and services

Liberty Collective
6735 Lakota Lane
Liberty Township, OH 45044

We look forward to seeing you there!

Breast Care Corner

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

Micro Calcifications of the Breast

MICRO CALCIFICATIONS of the Breast

Micro calcifications are tiny deposits of calcium that can form in the breast tissue. While many are benign, some can be an early sign of abnormal cell changes.

WHAT ARE THEY?
Tiny calcium deposits that appear as small white specks on a mammogram.

WHY THEY MATTER
Clusters of micro calcifications may be associated with abnormal cell changes.

EARLY DETECTION IS KEY
Finding changes early provides more options and better outcomes.

THERMOGRAPHY VIEW
Increased heat may indicate increased metabolic activity.

MAMMOGRAM VIEW
Cluster of micro calcifications (white specks)

WHAT THERMOGRAPHY CAN SHOW
Thermography detects heat patterns and increased blood flow associated with changes in the breast tissue—often earlier than structural changes can be seen on other imaging.

SAFE & GENTLE
Non-invasive, radiation-free and comfortable.

COMPLEMENTARY CARE
Thermography can be used alongside other screening methods for a more complete picture.

BE PROACTIVE
Know your body. Get screened. Take control of your breast health.

Your health matters. ♥

Mindful Wellness Medical Thermography
INSIGHT. AWARENESS. PEACE OF MIND. ♥

Jacky Groenewegen LMT, CTT
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VISIT OUR WEBSITE
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SERVING
Ohio, N. Kentucky
& S. Indiana

THERMOGRAPHY DOES NOT DETECT MICRO CALCIFICATIONS.
It shows heat patterns and changes in the breast tissue. Always follow up with your healthcare provider for recommended diagnostic imaging and care.

Micro Calcifications of the Breast

by Anthony Piana, DC

Micro calcifications are tiny calcium deposits that can be seen on a mammogram. They are important to see in the breast because they can sometimes be a sign of breast cancer or other breast conditions that may require further evaluation.

While most micro calcifications are not cancerous, some types of micro calcifications may be associated with breast cancer, such as those that are clustered together, have irregular shapes, or are associated with other abnormal features on a mammogram. Therefore, identifying and evaluating micro calcifications is an important part of breast cancer screening and diagnosis.

In some cases, if micro calcifications are identified on a mammogram, additional tests such as a breast biopsy may be recommended to determine if cancer is present. Therefore, the detection of micro calcifications can help with early detection and treatment of breast cancer, potentially leading to better outcomes for patients.

What is the rate of false positive on these biopsies?

The rate of false positives on breast biopsies can vary depending on several factors, including the type of biopsy performed, the characteristics of the micro calcifications seen on the mammogram,

and the experience and skill of the radiologist or pathologist interpreting the results.

In general, the rate of false positives on breast biopsies ranges from approximately 10-30%. Mercer and Taylor, 2015). This means that in 10-30% of cases, the biopsy may show abnormal cells that are not cancerous, leading to unnecessary worry and potential harm from additional testing or procedures.

However, it's important to note that false positives can be reduced by ensuring that the mammogram is interpreted by experienced radiologists who are familiar with identifying micro calcifications and other potential signs of breast cancer. Additionally, newer imaging technologies, such as digital breast tomosynthesis (DBT), have been shown to improve the accuracy of mammography and reduce the rate of false positives.

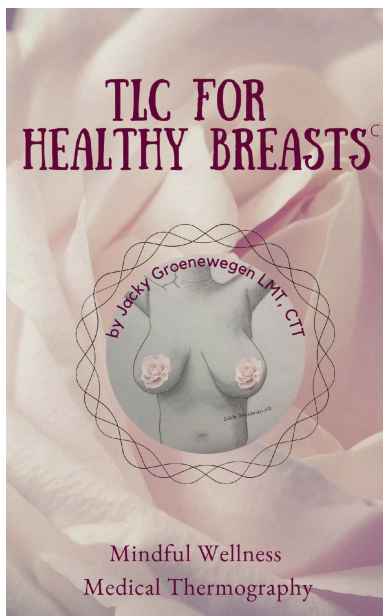
From a thermology standpoint we can theorize that if there is heat associated with these micro calcifications a biopsy should be performed. Cold areas overlying the area of concern of micro calcification could be assumed to be either non-cancerous, or cancer so small that is not able to give off significant heat yet. It is also important to understand that not all cancers give off significant heat. The importance of multimodal analysis is emphasized.

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

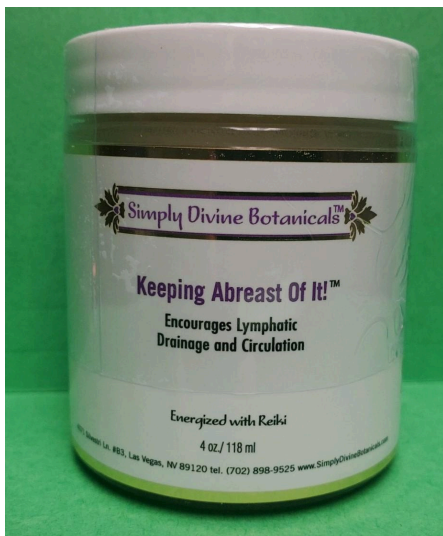
 [Buy now for just \\$20 \(tax included\)](#)

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.



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

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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)

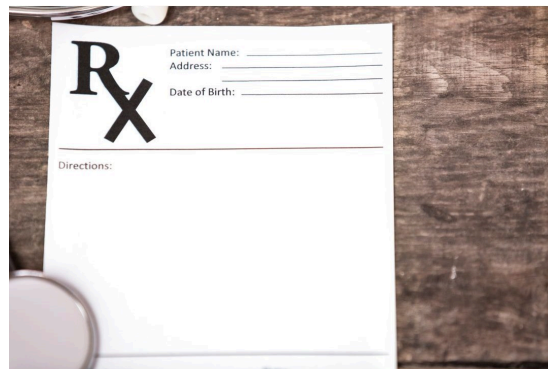
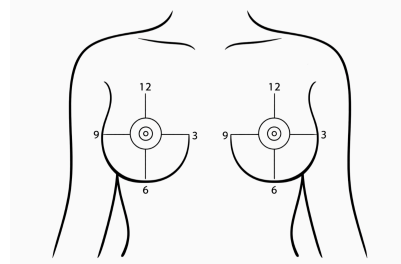
Formulated with: Unconditional Love and Gratitude, Organic Whole-leaf Aloe Vera, Borage Seed Oil, Organic Rosehip Seed Oil, Evening Primrose Oil, Aloe Butter, Castor oil, Beeswax, Orange Oil, Grapefruit Oil, Cypress oil, MSM, Olive Oil infused with St. John's Wort and Calendula, Chaparral, Poke Root,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

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[Our Mobile Locations](#)

Get your Thermography or Massage Gift Certificate.

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Brining 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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