



Greetings!

Speaking of Mindful Wellness...

Speaking of Mindful Wellness...

- What Thermography Can Teach us About Aging Well
- Thank you for your Service - New 10% Discount on Thermography Scans available for Active and Retired Military Personnel.
- HerScan is coming to Natural Health Direct Primary Care and True2Form Chiropractic our partner thermography lab locations
- Check out the Breast Care Corner - Healthy Breasts Healthy Aging
- 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

Aging is inevitable. ♡
**Declining health
is NOT.**

♡
*Your Body
Talks.
We Listen.*

WHAT THERMOGRAPHY *Can Teach Us* ABOUT AGING WELL

Thermography reveals what's happening beneath the surface—long before symptoms appear.

- ✔ Spot early signs of inflammation
- ✔ Support healthy circulation
- ✔ Understand stress impacts
- ✔ Take action early
- ✔ Age with vitality and confidence

Be Proactive.
Stay Informed.
Age Well. ♡

Healthy choices today.
Stronger tomorrow. ♡



**MINDFUL
WELLNESS**
Medical Thermography

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

What Thermography Can Teach us About Aging Well

When most people think about aging, they think about wrinkles, gray hair, or slowing down physically. But healthy aging isn't simply about how we look on the outside—it's about what's happening beneath the surface long before visible signs appear. One of the most valuable lessons thermography teaches us is that the body often provides subtle clues about imbalance and stress years before they develop into more significant concerns. By observing thermal patterns associated with circulation, inflammation, and physiological function, thermography offers a unique perspective on what it means to age well.

Aging Is Not Just About Time

Chronological age tells us how many birthdays we've celebrated. Biological age tells a different story.

Two people may both be 65 years old, yet one remains active, energetic, and resilient while the other struggles with chronic discomfort and declining health. The difference often comes down to how well the body's systems have been maintained over time.

Healthy aging is closely tied to factors such as:

- Efficient circulation
- Balanced inflammatory responses

- Hormonal health
- Stress management
- Quality sleep
- Consistent movement and exercise
- Nutritional habits

These are all areas that can influence thermal patterns within the body.

The Role of Inflammation in Aging

Many researchers now recognize chronic inflammation as one of the major drivers of age-related decline. Unlike acute inflammation, which helps the body heal after injury, chronic low-grade inflammation can persist for years without obvious symptoms.

Over time, this ongoing inflammatory burden may contribute to:

- Joint discomfort
- Cardiovascular concerns
- Reduced mobility
- Metabolic dysfunction
- Accelerated aging processes

Thermography helps visualize heat patterns associated with inflammation, offering a window into physiological activity that may otherwise go unnoticed.

While thermography is not designed to diagnose disease, it can help identify areas that may warrant further attention and support a proactive approach to health.

Circulation: A Key Indicator of Vitality

Good circulation is one of the hallmarks of healthy aging.

Blood flow delivers oxygen and nutrients to tissues while removing waste products. As circulation becomes compromised, tissues may not function as efficiently, and recovery can become slower.

Thermographic imaging can reveal patterns that reflect vascular activity and circulation. These observations may encourage individuals to take a closer look at lifestyle factors that influence cardiovascular health, including exercise, nutrition, hydration, and stress management.

In many ways, healthy circulation is a visible sign of the body's ability to adapt, recover, and thrive with age.

Stress Leaves a Physiological Footprint

Many people underestimate the impact of chronic stress on the aging process. Long-term stress affects hormones, sleep quality, immune function, and inflammatory responses. Over time, these effects can contribute to fatigue, diminished resilience, and increased health risks.

Thermography can sometimes reveal physiological patterns associated with stress-related changes in the body. While no single image tells the entire story, thermal patterns may provide useful insights when viewed alongside a person's health history and lifestyle.

The takeaway is simple: managing stress is not a luxury—it's an essential component of healthy aging.

Looking Beyond Symptoms

One of the most important lessons thermography offers is the value of paying attention before symptoms become severe.

Many people adopt a reactive approach to health, waiting until discomfort, pain, or illness forces them to take action. Healthy aging, however, is often the result of

small, consistent decisions made long before problems arise.

Preventive health strategies may include:

- Maintaining an anti-inflammatory lifestyle
- Prioritizing restorative sleep
- Engaging in regular physical activity
- Managing stress effectively
- Supporting cardiovascular health
- Monitoring changes over time

Thermography can serve as a tool that encourages greater awareness of these foundational habits.

Aging Well Is About Awareness

Perhaps the greatest lesson thermography teaches us is that aging well is not about chasing youth—it's about cultivating awareness.

The body is constantly communicating through subtle physiological signals. The more attention we pay to those signals, the more opportunities we have to support health, resilience, and vitality throughout life.

Aging is inevitable. Declining health is not.

By embracing a proactive mindset and focusing on the body's early indicators of imbalance, we can make informed choices that support wellness at every stage of life.

The goal isn't simply to live longer. It's to live better.

Upcoming Events Check out

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

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

Take Charge of Your Breast Health

The best breast health screening plan often includes more than one imaging tool. Medical thermography and breast ultrasound provide different information—and together they can offer a more complete picture of your breast health.

At Mindful Wellness Medical Thermography, we encourage our patients to take a proactive approach to breast health. That's why we're happy to share that HerScan Mobile Breast Ultrasound offers appointments at several of our mobile thermography partner locations, making it convenient to coordinate your screenings.

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

Turning Point Health & Wellness - Dayton, OH **call for more details**

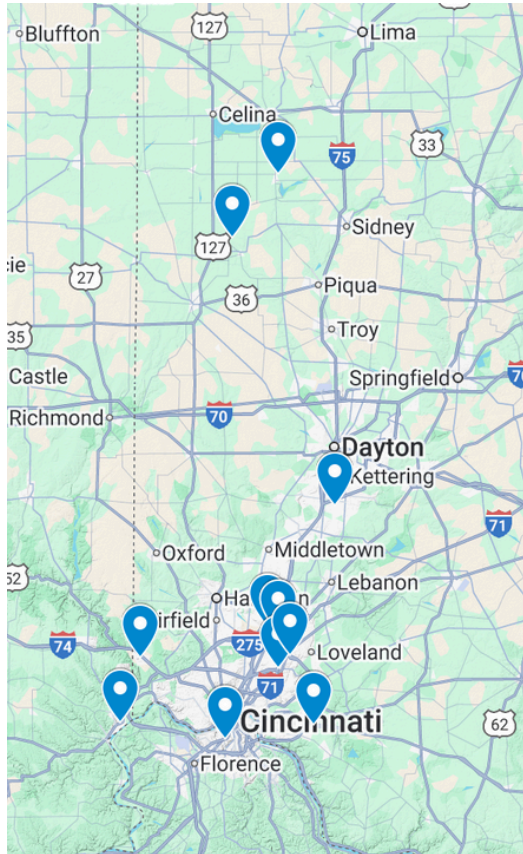
Optimize U - Blue Ash, OH **call for more details**

Natural Health Direct Primary Care, LLC - Lawrenceburg, IN **call for more details**

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 HerScan Appointment
• Natural Health Direct Primary Care (Lawrenceburg) – July 1
True2Form Chiropractic (West Chester/Liberty Twp) - September 21st & 22nd

Additional HerScan appointments are available throughout the region at several of our mobile thermography partner locations.

Our Recommendation:

If you're planning both a breast ultrasound and a thermography scan, schedule your ultrasound at least two weeks before your thermography appointment.

This allows time for you to receive your ultrasound results and send them to us before your thermography interpretation. Our thermography physicians can incorporate your ultrasound findings—along with any recent mammograms, MRIs, or biopsy reports—into your evaluation, providing a more comprehensive assessment of your breast health.

Every piece of information helps tell your unique story.

Whether you're beginning your breast health journey or continuing your annual screenings, it's never too late to establish your baseline and take an active role in your health.

To schedule your thermography appointment contact Jacky at 513-382-3132 or Robin at 513-443-5161.

👉 To schedule a breast ultrasound with HerScan, visit [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 Body Often Gives Subtle Clues
First**

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

Your Body

OFTEN GIVES SUBTLE

Clues First.

Thermography can reveal patterns associated with hormone imbalance long before you feel symptoms.



LOOKS AT FUNCTION, NOT JUST ANATOMY.
Measures heat patterns linked to circulation and inflammation.



IDENTIFIES IMBALANCES BEFORE SYMPTOMS APPEAR.
Early insights empower proactive breast care.

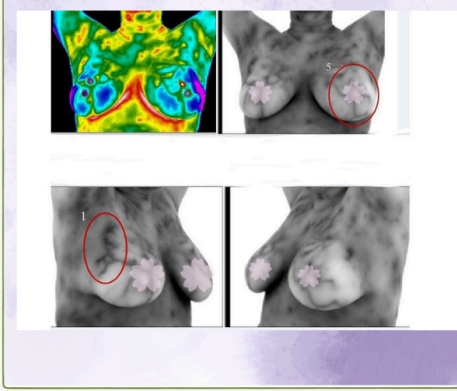


SAFE, NON-INVASIVE & RADIATION-FREE.
A comfortable, non-contact way to gain valuable information.



KNOWLEDGE. AWARENESS. EMPOWERMENT.
Understand your body so you can take charge of your health.

Hormone Imbalance As Seen on Thermography



Listen Early. | Support Balance. | Empower Yourself. 

Knowledge today. Wellness for tomorrow.



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Your Body often Gives Subtle Clues First

Healthy Breasts, Healthy Aging

As we age, our bodies naturally change—and our breasts do too. Hormonal shifts, circulation, and inflammation all play a role in breast health, making it important to stay proactive throughout every stage of life.

Medical thermography offers a unique look at the body's physiology by detecting heat patterns associated with circulation and inflammation. By establishing a thermal baseline and monitoring changes over time, thermography can provide valuable insights that support a proactive approach to wellness.

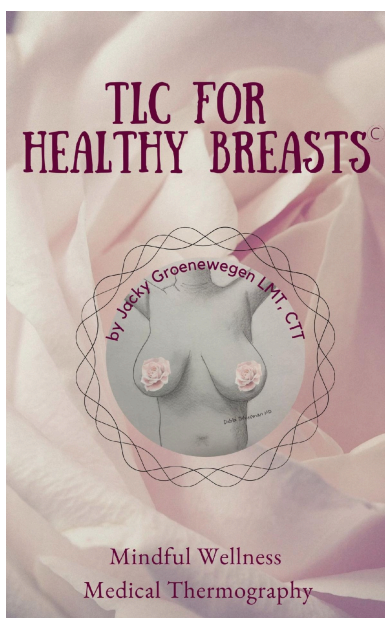
Healthy aging isn't about looking younger—it's about taking care of your body before problems arise. Simple habits like eating well, staying active, managing stress, getting quality sleep, and regularly monitoring your health can all contribute to long-term breast wellness.

Your body is always communicating. Thermography helps you listen.

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



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!

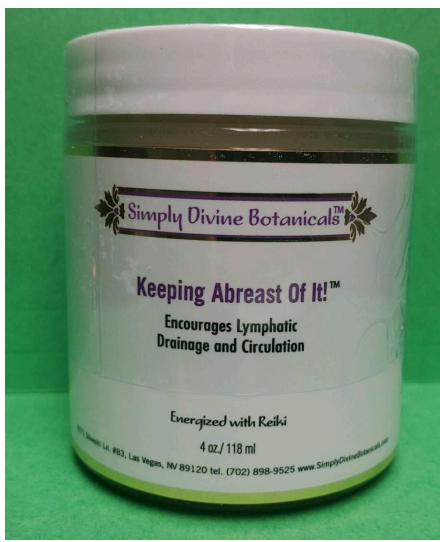
And don't forget: save your receipt to redeem your \$20 discount on your scan with Jacky.

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

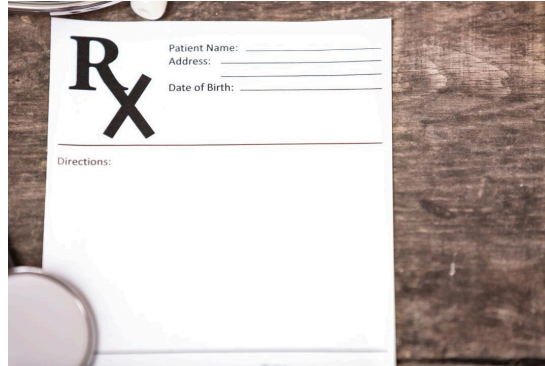
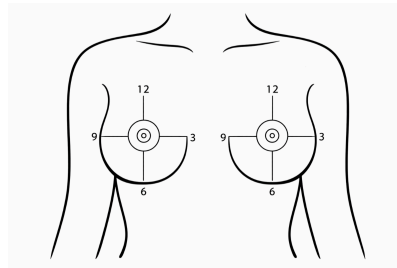
- Potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage.
- Helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow.
- Also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles!
- Rub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

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!

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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