



Greetings!

Speaking of Mindful Wellness...

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- Bounce into Better Health - How Gentle Rebounding May Support Inflammation, Lymphatic Health & Breast Wellness
- Back to School Thermography Special at Mindful Wellness Medical Thermography
- Thank you for your Service - New 10% Discount on Thermography Scans available for Active and Retired Military Personnel.
- HerScan is coming to True2Form Chiropractic our partner thermography lab location
- Check out the Breast Care Corner - Small Habits, Big Benefits
- 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

Bounce Into Better Health

How Gentle Rebounding May Support Inflammation, Lymphatic Health & Breast Wellness

5-10 MINUTES A DAY
A few minutes of rebounding each day can make a difference.

LYMPHATIC FLOW
Gentle bouncing helps encourage lymphatic movement and circulation.

BETTER BALANCE & WELLNESS
Supports balance, mobility, and overall whole-body wellness.

GENTLE MOVEMENT. BIG BENEFITS.
Rebounding on a mini trampoline is a low-impact way to support your body's natural systems, reduce stiffness, and promote better circulation—one small step at a time.

Rebounding May Help:

- ✓ Encourage lymphatic circulation
- ✓ Support healthy inflammation response
- ✓ Improve circulation
- ✓ Enhance balance & mobility
- ✓ Support recovery & reduce stiffness from inactivity
- ✓ Complement breast self-awareness & healthy lifestyle habits

START SLOWLY
5-10 minutes per day
3-5 days each week
Gentle "health bounce" with both feet on the mat
Small steps. Big benefits.

**LOW IMPACT
HIGH POTENTIAL**

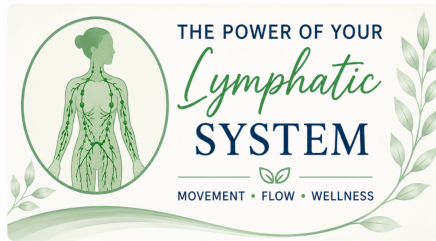
MINDFUL WELLNESS
Medical Thermography

Holistic Health
Mobile Thermography

Small Steps. Big Benefits.

Rebound Your Way to Better Health: How Gentle Movement May May

Support Inflammation, Lymphatic Health & Breast Wellness



Have you ever noticed how good you feel after just a few minutes of movement? Sometimes the simplest activities can have the biggest impact on how our bodies function. One form of exercise that has been gaining popularity is rebounding—gently bouncing on a mini trampoline—or using a whole-body vibration plate.

While these activities are not a replacement for regular exercise or medical care, they can be enjoyable ways to support circulation, lymphatic flow, balance, and overall wellness.

Why the Lymphatic System Matters

Unlike your heart, which continuously pumps blood throughout your body, your lymphatic system has no pump of its own. Instead, it depends on muscle contractions, deep breathing, and body movement to circulate lymph fluid.

A healthy lymphatic system helps:

- Remove cellular waste and excess fluid
- Transport immune cells throughout the body
- Support immune function
- Maintain healthy fluid balance

When we spend long periods sitting or become less active, lymphatic flow can become sluggish. Even a few minutes of daily movement can help encourage healthy circulation.

Can Rebounding Help Reduce Inflammation?

Research suggests that regular physical activity may help reduce chronic, low-grade inflammation—the type associated with aging and many chronic health conditions.



At Mindful Wellness Medical Thermography, we encourage a proactive approach to breast health that includes becoming familiar with your body, maintaining a healthy lifestyle, and utilizing appropriate screening tools recommended by your healthcare provider.

Rebounding Best Practices

If you're new to rebounding, remember—you don't need to jump high to experience benefits.

Start Slowly

Begin with:

- 5–10 minutes per day
- 3–5 days each week
- A gentle "health bounce," where both feet remain in contact with the mat

As your fitness improves, gradually increase to 15–20 minutes per session.

Maintain Good Form

- Keep your knees slightly bent.
- Engage your core muscles.
- Relax your shoulders.
- Keep your head upright and eyes forward.
- Let your arms move naturally.
- Wear supportive athletic shoes unless your rebounder manufacturer recommends otherwise.
- Stay hydrated before and after your workout.

Listen to Your Body

Stop exercising if you experience:

- Dizziness
- Chest pain
- Significant shortness of breath
- Joint pain that worsens with activity

If you have osteoporosis, balance disorders, recent surgery, are pregnant, have implanted medical devices, or have other medical concerns, consult your healthcare

Rebounding and vibration plate exercise may contribute by:

- Increasing circulation
- Encouraging healthy lymphatic movement
- Improving muscle activation
- Supporting recovery after exercise
- Promoting better balance and mobility
- Helping reduce stiffness from inactivity

While rebounding itself has not been proven to directly reduce inflammation, incorporating regular movement into your routine is one of the healthiest lifestyle habits you can adopt.

Supporting Breast Health Naturally

Healthy breast tissue relies on good circulation and efficient lymphatic drainage. Most of the lymphatic vessels that drain the breast travel through the underarm (axillary) lymph nodes before returning fluid to the bloodstream.

Gentle rebounding may help:

- Encourage healthy lymphatic circulation
- Support normal tissue oxygenation through improved blood flow
- Complement breast self-awareness practices
- Pair well with healthy habits such as proper nutrition, hydration, stress management, and regular exercise

provider before beginning a new exercise program.

What About Vibration Plates?

Whole-body vibration plates provide gentle mechanical vibrations while you stand or perform simple exercises.

Some studies suggest they may help:

- Improve muscle strength
- Enhance balance
- Increase circulation
- Improve flexibility
- Encourage light muscle contractions with minimal joint impact

For those unable to perform traditional exercise—or simply looking for another low-impact option—a vibration plate may be a helpful addition to a regular wellness routine.

Building a Breast-Healthy Lifestyle

Movement is just one piece of the wellness puzzle. Consider combining rebounding or vibration plate exercise with:

- A diet rich in colorful fruits and vegetables
- Adequate protein
- Healthy sleep habits
- Stress management
- Strength training
- Daily walking
- Maintaining a healthy body weight
- Routine healthcare visits and recommended screenings

A Few Minutes Can Make a Difference

You don't need an intense workout to support your health. Just 5–10 minutes of gentle rebounding or vibration plate exercise each day can be an easy, enjoyable addition to your wellness routine. Small, consistent habits often lead to the greatest long-term benefits.

Wellness starts with awareness—and every healthy choice matters.

Small Steps. BIG BENEFITS.

You don't need an intense workout to support your health.

Just 5-10 minutes a day on a mini trampoline can be an easy, enjoyable way to promote movement, circulation, and overall wellness.

Wellness starts with awareness—and every healthy choice matters.

HEALTHY HABITS WORK BETTER TOGETHER

REBOUNDING for Wellness

WHAT IS REBOUNDING?
Rebounding on a mini trampoline is a gentle, low-impact exercise that supports lymphatic movement, circulation, balance, and overall wellness. It's easy on the joints and can be done by most people at nearly any fitness level. Just a few minutes can make a difference!

ALTERNATIVE OPTION: VIBRATION PLATE
For those who prefer or need a low-impact option, a whole-body vibration plate can offer similar benefits when used safely and consistently.

DID YOU KNOW? Your lymphatic system doesn't have a pump like your heart. Movement—including walking, stretching, deep breathing, strength training, and rebounding—helps keep lymph fluid moving throughout the body.

MINDFUL WELLNESS
Medical Thermography

Holistic Health
Mobile Thermography

Call us to schedule your thermography scan

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LMT, CTT
513-382-3132

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

SERVING
OHIO, N. KENTUCKY,
AND S. INDIANA

MindfulWellnessMedicalThermography.com

Thermography Reminder

Medical thermography is a non-invasive imaging tool that evaluates physiological changes by detecting heat patterns in the body. It is not intended to diagnose or treat disease and should be used as part of a comprehensive wellness plan alongside routine medical care and recommended screenings.

Set up your first or follow-up Thermography Scan today!

Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography

Robin at 513-443-5161 for our Mobile Thermography Locations in Ohio and Kentucky.

BACK TO School

INVEST IN THEIR HEALTH.
EMPOWER THEIR FUTURE.

Start the school year with peace of mind.

Thermography is a safe, non-invasive imaging technology that provides valuable information about your child's overall wellness.



Healthy Kids.
Bright Futures.



CHILD THERMOGRAPHY SCAN*

with parent

Full Body Thermography Scan

\$99



*Child 16 or under.

If your child has developed breasts, the scan price would be that of an adult. We will reduce the cost by \$99. No additional discounts or coupons applied.

This special is offered at our main Mindful Wellness Medical Thermography location.



Offer expires
AUGUST 31, 2026

A healthy start leads to a successful year! ♥



Non-Invasive

No radiation. No compression.



Safe & Gentle

Comfortable for all ages.



Early Insight

Detect changes before they become major concerns.



Whole Body Wellness

Comprehensive look at your child's health.



MINDFUL WELLNESS
Medical Thermography



513-382-3132 (Jacky)



www.MindfulWellnessMedicalThermography.com

Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our August 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, August 14th**

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

Family Tree Chiropractic & Wellness - Blue
Ash, OH **Tuesday, August 18th**

Turning Point Health & Wellness - Dayton,
OH **Thursday, August 20th**

Optimize U - Blue Ash, OH
Thursday, August 13th

Natural Health Direct Primary Care, LLC -
Lawrenceburg, IN **Monday, August 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 your.



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.

Upcoming HerScan Appointment
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.

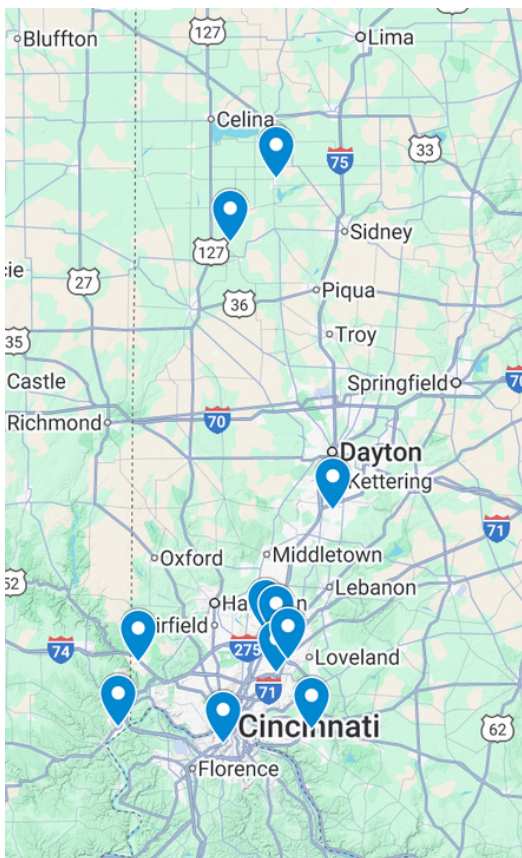
Our Recommendation:

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**

Small Habits, Big Benefits

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



When we think about breast health, many of us think about annual screenings. While those are an important part of preventive care, the choices you make every day also play a meaningful role in supporting healthy breast tissue.

Simple lifestyle habits—such as regular physical activity, eating a diet rich in colorful fruits and vegetables, staying well hydrated, getting quality sleep, and managing stress—can help support your body's natural balance and overall wellness. These healthy choices also promote good circulation and lymphatic function, which are important for maintaining healthy tissue throughout the body.

Another important habit is becoming familiar with your own breasts. Knowing what is normal for you makes it easier to recognize changes and discuss any concerns with your healthcare provider.

Breast wellness isn't about being perfect—it's about making small, consistent choices that support your health over time. Every healthy step you take is an investment in your future well-being.

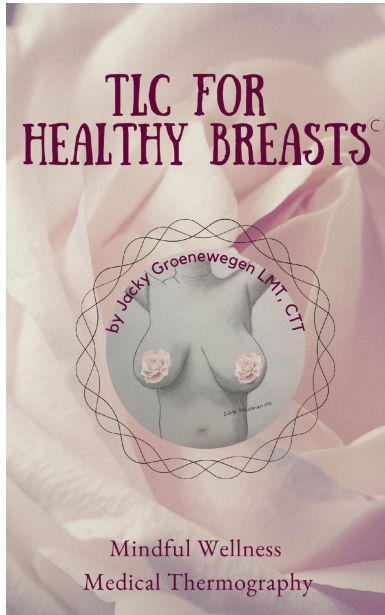
Every healthy choice matters. Pairing healthy habits with thermography can help you take a proactive approach to your breast wellness.

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

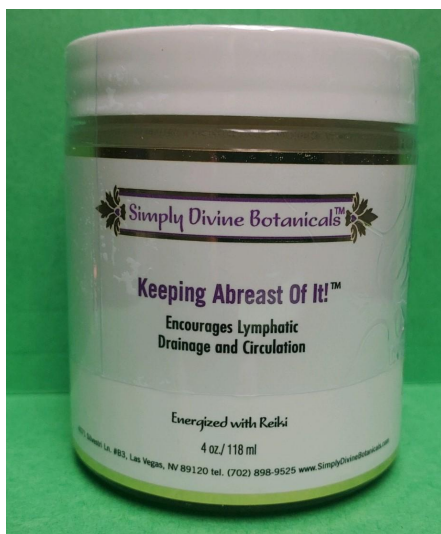
🎉 [Buy now for just \\$20 \(tax included\)](#)

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.



 **Fullscript®**

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

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

Keeping Abreast Of It

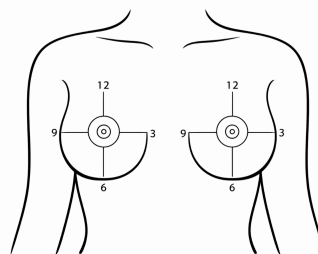
- Potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage.
- Helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow.
- Also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles!
- Rub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

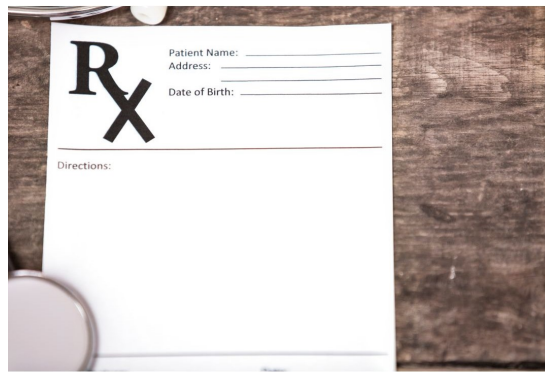
Formulated with: Unconditional Love and Gratitude, Organic Whole-leaf Aloe Vera, Borage Seed Oil, Organic Rosehip Seed Oil, Evening Primrose Oil, Aloe Butter, Castor oil, Beeswax, Orange Oil, Grapefruit Oil, Cypress oil, MSM, Olive Oil infused with St. John's Wort and Calendula, Chaparral, Poke Root,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

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

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

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