



## BREAST HEALTH

### Breast Massage

Studies show that massaging your breasts to improve lymphatic flow and circulation reduces the incidence of breast cancer. Breast Massage is an important step every woman can take to maintain breast health.

Breast Massage can help many women to correct a variety of health concerns, including:

- fibrocystic breasts
- nodules in the breasts
- premenstrual swelling and tenderness
- premenstrual syndrome
- avoidance of mastectomy
- blocked milk ducts during breastfeeding months

By gently BUT FIRMLY moving the lymph around the breasts, you assist in the removal of congestion, prevent toxins from collecting in fatty tissues of the breasts, and allow the immune fighting properties of the lymphatic system to reach your breasts. Breast Massage helps to reduce the congestion in the breasts so that they do not become susceptible to disease.

### *How to do Breast Massage*

It is beneficial when doing breast massage to either do it in the shower with soap on your hands or to use light massage oil. Try to do daily or at least every other day.

1. Lightly massage the area around your clavicle/collarbone and the base of your neck. Use all four fingertips, in small delicate circular movements, or “C” shaped movement. Lift the fingers after the circle or C before moving on to next spot. Start from center and work to sides/shoulder area.

2. You may start with either breast, but it is important to do one at a time.

Right Breast: Stimulate the area around the nipple (areola and finger width beyond) to get lymph flowing to the skin and tissue underneath. Use your right hand to gently pull the breast away from the center. With the left hand, massage from bottom of the breast up to your collarbone. Make several tracks upwards, first starting from center of chest at breastbone, and then gradually moving over the breast and continuing the “tracks” to right side of body. As you reach the right side, release the breast and continue the movements. When you are finished working the breast, continue the movement up into the armpit.

3. Using the palms of both hands, gently make clockwise circles around your breast. Begin with the palm of the right hand under the right breast, press and slide the palm around the breast in clockwise direction. At the top left portion of the Right breast, begin to descend down the center of the chest. At this point, use the left palm to take over, then press and slide the palm down the inside of the right breast and over to the lower ribs. This looks like an Over, then Under movement. Repeat for a total of 20 times.

4. Left Breast: Stimulate the area around the nipple (areola and finger width beyond) to get lymph flowing to the skin and tissue underneath. Use your left hand to gently pull the breast away from the center. With the right hand, massage from bottom of the breast up to your collarbone. Make several tracks upwards, first starting from center of chest at breastbone, and then gradually moving over the breast and continuing the "tracks" to left side of body. As you reach the left side, release the breast and continue the movements. When you are finished working the breast, continue the movement up into the armpit.
5. Using the palms of both hands, gently make counter-clockwise circles around your breast. Begin with the palm of the left hand under the left breast, press and slide the palm around the breast in counter-clockwise direction. At the top right portion of the Left breast, begin to descend down the center of the chest. At this point, use the right palm to take over, then press and slide the palm down the inside of the left breast and over to the lower ribs. This looks like a down then Under and Over movement. Repeat for a total of 20 times.
6. Bend over at the waist at 90 degree angle, letting your breast hang freely. Shake your shoulders, letting the breasts jiggle freely. You may also use your hands to gently shake your breasts.

Additional Hints to Keep Lymph Moving and Your Breasts Happy:

*Clothing:* wearing tight clothing or brassiere can severely impair your lymphatic flow. Poor fitting bras, underwire bras, tight waist bands and tight pants all impair your lymphatic flow and should be replaced with looser clothing. Change into something more comfortable for your commute home, or remove bra as soon as you return home.

*Hydrotherapy:* After cleansing in the shower, alternate the water temperature between hot and cold. This stimulates your circulation.

*Breast Oils:* Use a good quality oil for your massage. If you have dense breasts, cysts and lumps, or a previous health scare, I recommend Original Swiss Aromatics Breast Health Magic #3136 ([originalswissaromatics.com](http://originalswissaromatics.com)). It is a pleasantly scented combination of essential oils that promote circulation and drainage, in a soothing base of Sesame and Calendula oils.

For those with hard lumps, multiple cysts or several years post-chemo, I recommend Herbalix Restoratives Sentinel Breast Cream, ([herbalix.com](http://herbalix.com)), a soft cream formula that quickly softens and detoxifies breast tissues for a smoother and more uniform texture. Apply in the evening 2-3x per week, doing a breast massage and working cream into tissues, and go to sleep. Results felt in a few applications.