



## Natural Breast Health Essentials

What causes breast pain and tenderness lumps and bumps? Is fibrocystic breast really a disease? How do hormones affect breast density? What are changes we can make to improve our natural breast health?

It's a non-validating, fear-based society we live in. Our thoughts and beliefs are heavily influenced throughout our childhood and by age ten our conditioning about health and disease is already in place. All too often when a woman receives an abnormal mammogram report, she is thrust into the belief that she must take some drastic measures in order to be a survivor. Too many perfectly healthy women, because of abnormal test results, find themselves living in fear of what might happen.

### **Fibrocystic Breast, Lumps, Cysts and Pain**

Half of all women who go to doctors go because they have some kind of pain in their breasts. Breast pain that comes and goes is usually caused by excess hormonal stimulation of the breast from too much estrogen, excessive caffeine, or chronic stress. It is not a risk for breast cancer! According to Dr. Christiane Northrup the **link between breast pain and breast cancer is very low**, less than one percent. Often simply breathing from the diaphragm will put more oxygen into all of your cells and cause you to feel more relaxed and the pain is likely to disappear.

Often women are made to feel that their breasts are too small, too large or the wrong shape, and then they are told by someone they trust that they have a disease! In reality a natural breast is perfect the way it is! Truly it is the shape and diversity of breasts that makes every woman unique and special in her appearance.

Breasts are composed of fat and connective tissue and over time the ratio changes to more connective tissue and more dense. **Fibrocystic breast tissue is not a disease.** Dense breast tissue affects 20% of women. Influenced by hormonal changes, breasts can be painful.

Aggravated often by overweight, stress, caffeine, chocolate, smoking, and poor diet. Estrogen dominance with low progesterone is another factor in fibrocystic breasts, pain and tenderness. Breast cysts are common in women in their 30's and 40's. They usually disappear after menopause, unless they continue on hormone therapy. Statistics say that 90% of breast lumps are benign. Benign breast lumps, usually move around when pressed, are not painful and quite common for women in their 20's and 30's.

Breast cysts are fluid filled and often a physician suggests local anesthetic and aspirated by placing a needle in them. This is a painful experience. Instead, woman can learn to do a gentle self breast massage daily. Dr. Susan Love says most breast cancers have been in the breast 6-8 years before detected with mammography. It takes about two years before a blood supply is established to feed the tumor.

It's time for a revolution! It is time to make a change and activate your personal power and learn simple **essentials** that will improve your **natural breast health**. It's time to reduce overall "body sludge" to give your body a lift. Nurture and protect your breast naturally with **9 essential steps** that help to balance, detox, soften breasts, improve lymphatic circulation, and at the same time improve your immune system.

**1. Individualize your diet.** Reduce our body's toxic burden by avoiding processed food, eating organic when possible, and eliminating simple sugars and carbohydrates. Meat and/or dairy with added hormones tend to raise estrogen levels and may be one cause of painful fibrocystic breast tissue. Drugs, such as antidepressants, some statins, and some cardiac pills may have side effects that can cause breast pain. High body fat and insulin levels easily cause high estrogen levels.

**Investigate any food sensitivities** or allergies that may affect your digestion. A naturopath or nutritionist will help you find out which food sensitivities may be the cause of different stressors in your body. Learn what foods will support your cellular function, digestion, and elimination. Look into probiotic supplements to help maintain a healthy ratio of intestinal flora. Our body works best on whole natural nutrient-rich foods.

**Check your hormone levels with a saliva test.** When there is too much estrogen in relationship to progesterone and other hormones, it causes an imbalance. Breast pain or hot flashes may be the symptoms. Side effects of synthetic estrogens such as Premarin, may damage DNA and cause mutations.

**Iodine may be important to supplement.** We do not get enough iodine in our diet. Iodine deficiencies may be due to many toxic chemicals in our environment that compete for iodine at the cellular level. Correct iodine levels can decrease breast pain because it decreases the ability of estrogen to adhere to estrogen receptors.

**Drink plenty of purified or filtered water** (at least half of our bodyweight in oz) will help to carry oxygen and nutrients throughout the body and eliminate toxins and wastes. Scientific tests have proven the value of drinking water. Drink a large glass or two of water as soon as you get up in the morning, on an empty stomach. Drink water before you start eating. Do not drink too much liquid when eating a meal. Food digests better without diluting it.

**2. Get regular physical exercise.** Jumping on a rebounder, or mini-trampoline, just five minutes a day is a great way to get our lymph system pumping. A Chi Machine is another great tool to move the lymph. Walking, stretching, tai chi, yoga, Pilates, and other moderate activities are helpful, too especially if we do them every day. (Research shows 30% lower risk of breast cancer.

**Don't be afraid to sweat!** Sweating helps detoxify the body while it supports lymphatic function. Avoid antiperspirants block sweat and add to our toxic load. Choose natural deodorants made with natural ingredients including essential oils. Healthy Girls Breast Oil is a beautiful blend to use as a natural deodorant. Plus you receive all the benefits of nurturing and protecting natural breast health.

**3. Give a loving breast self massage daily.** Our lymphatic system has more fluid in our body than blood. Lymph nodes look like a chain of small pearls lying next to the blood vessels, Amazingly the lymphatic system has no pump, and depends on breathing from the diaphragm, muscle contraction, and body movement to flush out toxins, bacteria, viruses, inflammation, germs and abnormal cells.

**Dr Christiane Northrup's book " Women's Bodies, Women's Wisdom"** has a beautiful technique, which I have adapted and tweaked for the Lady lymph self breast massage: Focus on creating movement of stretching and releasing with a pumping action. We start to open the circulatory system at the neck first and then follow these steps: **Instructions**

1. With the first three fingers of your right hand, find the hollow spot above your left collarbone. Lightly stretch this skin, stroking from your shoulders toward your neck.
  2. With the fingers of your right hand held flat, stretch the skin upward in your armpit.
  3. Keeping the fingers flat lightly stroke the skin from the breast bone to the armpit. Do this above, over, and below the breast, five to ten times each.
  4. With fingers of the right hand still held flat, lightly stroke your left side from your waist up to your armpit.
  5. Gently stretch the skin away from the nipples all around the breast. Then "beep the horn" by pressing with a flat hand on the nipple a few times. This moves the lymph in that area.
- Do each of the steps 10-15 times. Repeat on the other breast.

**Another fun loving technique** called Phluffing (Personal Hand Lymphatic Undulation Flow Facilitation) conceived by Cheryl Chapman, RN, NBCTM, breast health advocate, is a fun loving way to move the lymph any time of the day. Simply bend at the waist, cup your hands

under each breast. Gently move up and down like you are fluffing a pillow, ten times. Place the side of each hand under one breast onto the ribs. Move your hand toward the armpit about ten times. Repeat with the other breast. A spontaneous phluffing technique is to lift the bra straps up and down. Place your hands flat over the nipple and beep the horn.

Either the self breast massage or Phluffing assists the lymph system in transporting toxins, inflammation, virus and bacteria and other impurities to the lymph nodes and thoracic for processing. Apply **Healthy Girls Breast Oil** for extra balance, detox, and immune protection. Use a light touch, moving the skin instead of massaging the muscles. Enjoy the sensual natural touch. *The more pleasure you feel the more natural breast health you experience.*

**4. Use quality therapeutic essential oils daily.** In 2007 as I researched which essential oils I would put into a blend for natural breast health, I found **clinical studies** that showed d'limonene in large amounts in certain essential oils stopped, regressed abnormal cell growth. **Jojoba oil, the carrier oil**, is highly absorbent, has anti inflammatory properties, and leaves the skin light and silky feeling. Then I researched and chose 8 quality essential oils, with therapeutic benefits to work synergistically for natural breast health:

**Lemon** purifies immune and lymphatic systems, dissolves cellulite

**Sweet Orange** rich in D-Limonene, promotes tissue repair

**Lavender** balances physically and emotionally, cellular repair

**Geranium** balances, regenerates tissue, and opens liver to discharge toxins

**Frankincense** adds oxygen, stimulates immune system, and wards off infection

**Nerolina** promotes healing, slows aging with tissue regeneration

**Marjoram** eases congestion and pain in tissues, increases longevity-“Joy of the Mountains”

**Rose Absolute** raises frequency of all cells, brings well being and love to the body

Healthy Girls Breast Oil was born! We will celebrate 7 years this summer.

**5. Avoid restrictive clothing that press on your lymph nodes.** Incorrectly fitted bras and underwires, tight girdles, panty hose, jeans, and skirts can impede lymph flow. Try to go bra-free for at least 12 hours a day, and don't sleep in one. If this is uncomfortable for you, consider buying a stretchy camisole.

85 out of 100 women are wearing the wrong size bra, which is uncomfortable, unflattering, and unhealthy. Breasts change every two to five years, depending what is going on in our life cycle. The support of a good bra comes from under the breasts with a firm band, not the shoulders. An underwire bra cuts off the circulation of both blood and lymph fluid around the breast, chest wall and surrounding tissue. It may be detrimental for heart health also, because it acts as an antenna to give off EMF's. Never, never ever wear your cell phone in your bra!

**6. Breathe deeply and slowly** from your diaphragm, through your nose, not your mouth. There is a healing power in our breath. Practice this exercise to create more awareness, alignment and balance immediately:

Start with three slow, deep breaths. Breathe in more deeply with each sequential breath. Breathe out a longer time through your nose. You are giving your entire breast and chest area an invigorating massage. This helps your lymph circulation remove toxins and debris from your breasts and lungs.

**7. Get plenty of good sleep** helps prevent hypertension, nervous anxiety, improper glucose control and increased inflammation throughout the body. Dr. Christiane Northrup mentions studies which show exposure to bright light at night, before sleep may increase the risk of abnormal cells. Night light interrupts the production of the hormone melatonin. Inadequate melatonin levels may promote breast tumor growth. Women with *above average melatonin* concentrations *are less likely to develop breast cancer*.

**8. Examine your emotional issues.** A depressing thought pattern can remain with a family history of breast cancer. You may live in fear of what might happen with your natural breast health. Depressing thoughts can lower your immunity, increase the likelihood of inflammation, or cell abnormalities throughout the body, and may even block treatment. You may feel stuck in a particular pattern of stress that reduces our capacity to make positive changes. What can you do?

**Learn techniques that calm anxiety and heal**, such as EFT (Emotional Freedom Technique) and meditation. Give yourself permission to **forgive yourself** for all the things you thought you did wrong. Feel -everything. Be honest about your feelings and speak out what you feel. Don't hold back, and do get it off your chest! Apply these techniques with confidence to bring you to a balanced state of love, gratitude and appreciation quickly.

**Use the wisdom of mind/body unity.** According to Dr. Christiane Northrup, the heart, lungs, breasts, throat and shoulder areas are in the fourth emotional center. The health of this area of the body is affected by our ability to:

- a. Express our emotions fully
- b. Balance of giving and receiving
- c. Nurturing yourself vs. nurturing others
- d. Intimacy with others vs. the capacity to be alone and happy with your own company

**9. Consider adding thermography** to your breast screening regimen. Digital infrared thermal imaging, or thermography, is a gentle, private, FDA approved, radiation free, non-invasive test of physiology. The benefit of DITI is that it offers opportunity of earlier detection of breast disease, than is possible with self exam, doctor exam, or mammography. It uses highly sophisticated infrared cameras to obtain colorful, heat-

based photos. It is especially appropriate for younger women who have dense breast tissue. It takes years for a tumor to grow, so with the earliest possible indication of abnormality, *intervention with self care will benefit tremendously*. Inflammatory breast cancer has no visible signs of abnormality so early detection with thermography is the best screening.

***Breasts want to hang around.*** They may say “till death do we part”

These 9 essentials will benefit everyone who uses them. You can be assured that when you dare to love your breasts, awaken your inner consciousness and healing energy, you will allow your innate self to create vibrant health in all areas of natural breast health.

We are souls who temporarily inhabit bodies. Caring for our bodies is OUR responsibility, not the doctor or anyone else. If we don't care for our body where are we going to live?

Resources: Northrup, C. MD *Book Women's Bodies, Women's Wisdom*

Mindy Green, “Healthy Breasts, Healthy Bones” @Plant Extracts Inc Hopkins, MN Dec 9 2010 Cheryl Chapman RN; HNC; NBCTM [www.cherylchapman.com](http://www.cherylchapman.com)

Joyce Sobotta, educator,  
Certified Reflexologist,  
Certified Aromatherapist  
715-878-4474

[www.healthygirlsbreastoil.com](http://www.healthygirlsbreastoil.com)

[www.aromatherapynaturesway.com](http://www.aromatherapynaturesway.com)

[joyce@aromatherapynaturesway.com](mailto:joyce@aromatherapynaturesway.com)