

Breast Care

Breast health depends upon the interactive balance of body/mind/spirit and the following systems:

- Lymphatic
- Endocrine
- Digestive, especially the liver
- Cardiovascular
- Nervous

There appears to be a direct link between ovarian, breast and uterine cancer and oestradiol and oestrone. This link was reinforced with the decline in breast cancer incidence between 2002-2004 with the decrease in use of HRT.

Oestrogen acts to encourage cell proliferation, whilst progesterone acts to induce cell maturation, differentiation and ultimately apoptosis (death). A study done by Cowan et al (1981) showed women who had low progesterone showed a fivefold greater incidence of premenopausal breast cancer and a tenfold increase in death from any type of cancer.

Another study done by Mohr et al (1996) showed that a higher level of progesterone at the time of excisional surgery was associated with improved prognosis.

The study by Chang et al (1995) showed the use of:

- Oestradiol cream only increased cell proliferation by 230%
- Progesterone cream only decreased growth by 400%
- Combined cream results showed normal growth rates

Keep your lymph moving!

Dry Brush Massage

- Dry brush massage – the skin is your 3rd kidney and needs to expel at least 1lb in toxins everyday!!
- Use a natural bristle brush (<http://www.merben.com/> for great brushes)
- Use a circular motion starting with the soles of your feet as you move up your body, feet to legs, hands to arms, etc towards the heart with as much pressure as is comfortable. Take at least 5-10mins until your skin feels pleasantly warm

Hydrotherapy – hot/cold showers

- Alternating hot and cold showers greatly enhance circulation which in turn assists the lymph in detoxification
- Best to do after dry brushing your skin
- 1-3 minutes of hot followed by 30 seconds of cold. Repeat 3 times ending with cold

Go bra-less! Or definitely no underwire

- Many if not most bras restrict the movement of the breasts and impede lymphatic circulation. Read “Dressed to Kill”

Massage breasts with healthy breast oil

- Massage breasts daily to assist in blood and lymph circulation as well as cellular detoxification. Essential oils are a wonderful way to unify healing on the physical,

spiritual and mental/emotional levels, but best to check with an aromatherapist for your own personal suitability.

- Two healthy breast oils you can purchase:
- Mastos Breast Oil: www.stfrancisherbfarm.com
- Healthy Breast Oil: www.healthybreastprogram.on.ca

Rebound exercises on a mini-trampoline

- Rebounding for 10 minutes has the aerobic equivalent of playing tennis for 40 minutes or jogging for 30 minutes!
- Rebounding greatly improves the circulation of lymphatic fluid within the body as muscular contractions push the fluid through lymphatic vessels

Nutritional support for breast health

Diet

Be aware of the sugar and insulin connection – avoid process foods
High intake of antioxidant fruits and vegetables
Fibre

Supplements

Indole 3 Carbinol
Calcium d-Glucarate
Omega 3 Fatty Acids
Vitamin D3 or Cholecalciferol
Phytoestrogens

The Healthy Breast Formula

This formula improves lymphatic circulation, strengthens immunity and assists the body in reducing tumour growth. Many of the herbs it contains are traditional anti-cancer herbs. If you are using any other herbal tinctures/supplements please check with a herbalist first. Order from www.healthybreastprogram.on.ca/supplements.htm

Healthy breast practices

Tracking breast function – breast self-exam – what is normal?

The key to surviving breast cancer is early detection and treatment which is why routine monthly breast self examination is repeatedly recommended to all women from age 20 but the reality is that a cancer is likely to have been growing 10 years before it is clinically palpable

Assessing breast tissue function – infrared digital breast thermography -

www.chironclinic.com

Great book to read:

"The Complete Natural Medicine Guide to Breast Cancer" by Sat Dharam Kaur ND

www.healthybreastprogram.on.ca

Lastly, love and enjoy your breasts no matter what size or shape!!!