



## **Breast Massage for Healthy Breasts**

Many of us don't understand just how important the lymphatic flow in and out of the breasts is for our long-term breast health. One of the best things you can do to promote breast health is encourage this healthy lymphatic flow. This can be accomplished with the quick daily breast massage, outlined below.

### **The 5-Minute Daily Breast Massage**

1. Pinch and roll breast tissue between thumb and fingers, all over your breast, even along pectoral muscle up to your underarm. Count to 100 while doing so. Do not pinch so hard that you cause pain or bruising, but some redness is OK.
2. Lift one breast. Underneath it, massage out any painful areas found in between and on the ribs. Repeat for other breast.
3. Gently lift and rotate both breasts at the same time, up and out in a circular motion, 80–100 times. This increases circulation, pumps the lymph around the breasts and tones the whole endocrine (hormone) system via nervous system connections.

Over time, you may notice that your breasts are less sensitive/painful, are more smooth, and appear more full.

#### **General Tips for Breast Health:**

- Avoid underwire bras. Over time, these will cause scar tissue to form underneath the breast
- Spend some time every day bra-less. The natural undulations of the breast are healthy for the breast tissue
- Apply Lymphagen cream and/or castor oil packs to the breasts on a weekly basis. Ask Dr. Tanya if these options are appropriate for you