

Better Breast Health: Lymph Fluid - Blocked or Free Flowing River

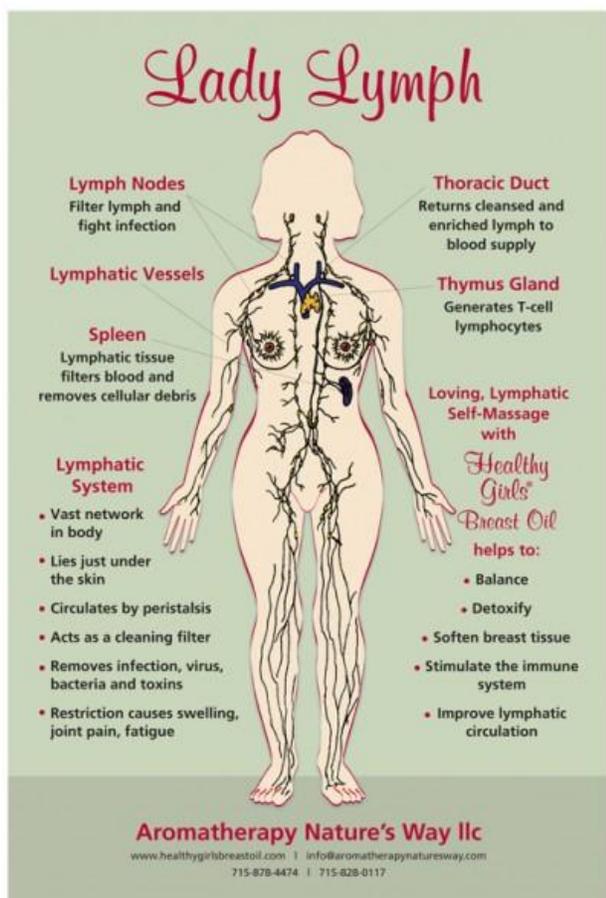
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by Joyce Sobotta

Many women at some time have experienced congestion and tenderness in their breasts. Some women have had breast trauma from mammograms, needle aspirations, cosmetic changes, surgery, and intense emotional fear of what might happen. Being in a busy world, we tend to over-look the fact that our bodies need our loving care daily. Learning to use a loving lymphatic self-massage will create awareness for us to nurture and protect our breasts and maintain a healthy immune system.

The lymphatic system supports every system in the body. We have twice as much lymph fluid in our body as blood. It is a vast network made up of tiny vessels, nodes and spleen. Much of the vascular fluid, waste and all of the live infection is picked up by tiny lymph vessels. Lymph nodes are filters strung along the lymph vessels like pearls. The lymphatic system's primary function is to isolate infection and debris and transport it through these filtration points, better known as lymph nodes. One crucial function of lymph tissue is generating and storing white blood cells that fight infection.

Think of the lymph like a river: a healthy river runs clear. If lymph fluid is blocked (due to illness, surgery, toxic overload, or lack of activity), lymph fluid backs up. If one node is blocked it may take a detour, but with extreme blockage it can cause



swelling, joint pain, nausea, fatigue, cold and flu infections, headaches, cramping, arthritis, fibromyalgia, mental fuzziness, GI issues, depression, skin breakouts and lymphedema.

The spleen is like a big lymph node, except for the fact that it filters blood and destroys worn out red blood cells. It is designed to bring lymphocytes in contact with the blood to ward off infections.

Because lymph fluid moves slowly without its own pump, inactivity can seriously restrict its flow. Muscle contraction, as in the diaphragm with deep breathing, and manual manipulation, as in massage, are the primary means for our lymph to circulate and drain from the body.

Giving a loving lymphatic self-massage around the abdomen, axillary nodes and breast tissue every day not only moves the lymph, but it is healing in every way. Research studies, testimonials, and thermography scans show improvement as lymphatic self-massage reduces breast pain, inflammation, lumps, cysts, fibrocystic breast tissue, relieves PMS breast symptoms and may remove the fear of breast cancer.

The lymphatic self-breast massage that I teach is a combination from Dr. Christiane Northrup, Susun S. Weed, Breast Health Project.com, and other resources.

When we understand the purpose and hidden beauty of our lymphatic system, we are ready to connect with our inner consciousness, and our own healing energy to create infinite possibilities for our health and happiness. Caring for our bodies is our responsibility. No one else knows our body the way we do. We can use our innate voice within to know what our body really needs. Let's start today to accept, appreciate, love, and celebrate our magnificence!