

Love Your Lymph - Improve Your Immune System

Half of all women who go to doctors go because they have some kind of pain in their breasts and fear sets in that it could be cancer. 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! Dr. Christiane Northrup says, “The **link between breast pain and breast cancer is very low**, less than one percent.”

In her book *Women's Bodies, Womens Wisdom*, She says, “there are healthy alternatives to a monthly self breast exam. You can get to know your breasts in a healthy loving way that embraces your health on all levels.” She is talking about being proactive:

1. Eat wholesome foods. We can reduce our body's toxic burden by avoiding processed food, and eliminate simple sugars and carbohydrates. ***Investigate any food sensitivities*** that may affect digestion and be a cause of 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.

Drink plenty of purified/filtered water to help carry oxygen and nutrients throughout the body and eliminate toxins and wastes. Drink a large glass or two of water as soon as you get up in the morning, on an empty stomach.

2. Limit daily exposure to environmental toxins. Several studies indicate “95 % of all cancer is due to diet and accumulation of toxins.” Learn about harmful ingredients in personal care and household cleaning products, and read labels before purchasing.

Zenoestrogens are foreign estrogens, synthetic chemicals that mimic natural estrogens and can be linked to many health problems. We come in contact with hormone disrupting chemicals through pasteurized dairy, soy products, food additives, plastics, Teflon pans, and phthalates in personal care products. Cell phones improperly carried cause EMF overdose, which has been labeled, the deadliest toxin on the planet.

3. Nurture and Protect.

Breasts are composed of fat and connective tissue and over time the ratio changes to more connective, dense tissue. **Fibrocystic breast tissue is not a disease.** Statistics say that 90% of breast lumps are benign.

Clinical studies show that essential oils with high amounts of d-Limonene stop and regress abnormal cells. A blend of quality essential oils works synergistically to help balance emotions and raise vibrations from fear, anxiety, and anger to higher levels of happiness, joy, and love. At the same time it will address physical conditions such as inflammation, pain, fibrocystic lumps and PMS breast symptoms.

Giving our breasts a loving lymphatic self-massage every day moves lymph, and is healing in every way. It assists the lymph in transporting toxins, inflammation, virus, bacteria and other impurities to the lymph nodes and thoracic for processing. **Use a light touch**, moving the skin instead of massaging the muscles. What a beautiful, fun way to “get to know our girls and take care of them”

4. Learn techniques that calm anxiety and heal. A depressing, fearful thought pattern, projected by society, can lower our immunity, increase the likelihood of inflammation, or cell abnormalities throughout our body, and may even block treatment. Often we feel stuck in a particular pattern of stress that reduces our capacity to make positive changes.

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 express our emotions fully and bring balance to giving and receiving. We can learn to forgive ourselves for all the things we think we did wrong, be honest about our feelings, and speak out what we feel. We can experience confidence, trust, with a balanced state of love, gratitude and appreciation.

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