

# Aromatherapy Nature's Way LLC



## Why Do Healthy Women Get Breast Cancer?

Are there answers to why healthy women get breast cancer? We all know someone or heard of someone who seems to be very healthy and then she gets a diagnosis of breast cancer. There is a good deal of genuine information available for living and loving a healthy lifestyle. I'm sharing information about nine essentials for breast health. We will focus on understanding our emotions as a huge benefit in every area of our life, including breast health.



We hear this question a lot... Why did she get breast cancer, she seems so healthy? She eats healthy, is active, exercises, practices yoga and meditation regularly. She has regular checkups with mammograms yearly. Could that be the reason she gets breast cancer? Mammograms have high amounts of radiation and the soft breast tissue is painfully squeezed. Often women are required to come for a repeat mammogram because there are suspicious looking cells. She goes for the repeat mammogram and then perhaps an ultrasound is scheduled. No doubt by now she is very fearful with additional emotions presented.

All too often when a woman receives an abnormal mammogram report, she is thrust into the belief that she must take some drastic measures to be a survivor. Too many perfectly healthy women, because of abnormal test results, find themselves living in fear and acting too quickly because of anxiety and fear of what might happen. Many women don't take time to ask questions, research and learn what is available for them. Too often I've heard horror stories of a ductal carcinoma diagnosis where surgery is suggested the following week. Perhaps a double mastectomy is suggested or encouraged because "it" may spread to the other breast.

Many women are on autopilot when it comes to emotions. They react with what they learned from their parents or what is the norm with their friends. They fail to take time to research and learn there are improved ways to deal with emotions especially about breast health.

### Understanding Your Emotions

Dr. Thomas Hudson, in his book, *Journey to Hope*, writes a chapter on understanding and expressing emotions. He quotes James Paget, in his book, *Surgical Pathology*, "The cases are so frequent in which deep anxiety, deferred hope and disappointment are quickly followed by the growth and increase of cancer." Another recent study shows chronic repression of anger is a recurring theme. Women who show the ability to express their emotions live longer and have a better quality of life.



Dr. Hudson says dealing with our emotions **starts with awareness**. Becoming aware is simply paying a attention and listening to our inner self. **The first step** is to **name the emotion** we are feeling. There is a difference in what we feel and what we think we feel. For instance, **rejected is an opinion** and different from **feeling brokenhearted**; **overworked** is an opinion and different from feeling frustrated; and **neglected** is an opinion, different from **feeling lonely**. We often confuse the feeling with what we think.

It is important to **acknowledge the emotion as our own**. No one can make us mad or sad; we can only do that to ourselves! Another person may pull the trigger to our emotions, but it doesn't do us any good to blame anyone else for our feelings. We get to take full responsibility to understand them. Only when we take steps to deal with our emotions can we move to a higher level of consciousness and health.

The next step is to **identify where in the body** you feel the emotion. Many emotions are perceived to be in the chest area, which includes the heart, lungs, breasts, throat and shoulders. When you can identify where the emotion is in our body you are getting closer to being able to release it.

Always take time to allow and become calm. Ask questions and listen to the deeper message with meditation or simply being quiet. The answers will come. Once you have heard the message, you need to act on it! Otherwise the whole process will be for nothing.

**No emotions are bad**, not even the unpleasant ones. They all have something to tell you. Any emotion can be considered good if we experience it fully and act on the message you receive. Knowing what you are feeling in the moment is like coming home to your inner self, the self where you can feel, joy, peace and love.

### **Activate Nine Simple Essentials for Natural Breast Health**

Activate your personal power with nine 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 to help 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. 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. Investigate 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. 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 your lymph system pumping. 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 which 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

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, consider buying a stretchy camisole.

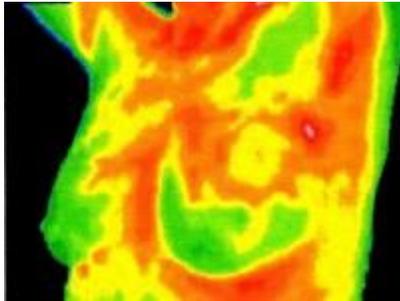
Breasts change every two to five years, depending what is going on in our life cycle. The support of a good bra comes from under the breasts with a firm band, not the shoulders. An underwire bra cuts off the circulation of both blood and lymph fluid around the breast, chest wall and surrounding tissue. 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. 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.** Understanding and expressing your emotions are key to your best breast health. Love your body and your breasts. Tell them you are doing your very best to keep them healthy. I just read about a book “A Mind of Your Own” by Kelly Brogan MD. She writes the truth about depression and how women can heal naturally.

**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.**

**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. The good news is there is a lot you can learn to do; the bad news is your doctor is not going to do it for you. Caring for your body is your responsibility, not the doctor or anyone else.

Resources:

Thomas Hudson MD, *Journey to Hope*, Leaving the fear of breast cancer behind

Northrup, C. MD *Book Women’s Bodies, Women’s Wisdom*

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