

Other Tips to Improve and Maintain Healthy Breast

1. **Lymphatic massage.** This type of gentle manipulation can actually reduce or completely dissolve breast lumps and associated tenderness, see insert.
2. **Sunbake.** By exposing the breasts to 10-20minutes of sunshine between 10am and 2pm regular helps to balance hormone levels.
3. **Positive thinking.** Ever noticed that a friend was only diagnosed with breast cancer after a divorce, that they are so unselfish and can't say no, or maybe they interfere relentlessly in other peoples lives trying to control their choices?
According to Louise L. Hay in her book 'You Can Heal your Life' the breasts represent mothering, nurturing and nourishment. Problems often arise when one refuses to nourish themself, or put their needs before others. Over-mothering, over-protection and overbearing attitudes also can create problems.
Positive thought patterns to rectify these patterns are described as Louise as follows:
I am important. I count. I now care for and nourish myself with love and with joy.
I allow others the freedom to be who they are. We are all safe and free.
4. **Supplementation.** Along with diet there are a number of supplements that will help to increase breast health by reducing estrogen dominance and inflammation.
Estrosense, Natural Progesterone Cream, Vitamin E, Vitamin D, Omega 3 oils, Multivitamin, Mineral, Antioxidant, Iodine
Herbs: Sarsaparilla, cinnamon, liquorice, dinger, dandelion, juniper, clove, skullcap, black cohosh, blue cohosh, damania, wild yam, chaste tree
5. **Personal Products.** Throw your tampons and purchase natural personal hygiene products. Avoid traditional deodorants and makeup, choosing instead a crystal roll on and mineral makeup.
6. **Research pharmaceutical drugs.** Cholesterol lowering drugs have been proven to increase breast cancer rates, so too Tamoxifen, the number one leading pill to treat breast cancer. OPC's taken for extended periods of time create a progesterone deficiency.
7. **Breastfeed.** Pregnancy and breast feeding offers valuable protection to a woman, however if this was not part of your journey other measures listed above will help provide the same protection.