

## A Lesson in Lymph

Women fear breast cancer more than any other disease. At the first sign of pain, a rash, or an unsettled feeling, the first thought is *I wonder if I have cancer*. The biggest reason for this fear is because there isn't enough education for women to do preventative measures.

One MD told me she didn't know what to tell her patients when they asked about fibrocystic breast tissue. She was happy to learn about the lymphatic breast self massage to move the lymph. The traditional system stresses to do a *monthly* exam with a **yearly** mammogram. That's all! Doesn't it seem logical to spend time every day to take steps in *preventing* a surprise diagnosis of cancer?

Many proactive women are asking questions and finding answers for what they can do to prevent breast cancer. Western medicine is focused on family history as the main risk factor. But only 25% of all cases of breast cancer occur in women with a family history. And that can be reversed.

Women are learning that the lymphatic system has an important role in maintaining a healthy immune system. The lymphatic system supports every system in the body. This vast network is made up of tiny vessels, nodes and spleen. The lymphatic system's primary function is to isolate infection and debris and transport it through the filtration points known as lymph nodes. It is a crucial player in the body's ability to ward off disease and heal by generating and storing white blood cells that fight infection.

The lymph is like a river; a healthy river runs clear. If lymph fluid is blocked (due to illness, surgery, toxic overload, tight clothing or lack of activity), lymph fluid backs up. Extreme blockage may cause inflammation, pain, fatigue, infections, headaches, cramping, fibromyalgia, depression, and many more symptoms. 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.

The body depends on the circulatory system to supply it with needed nutrients and remove waste. Part of the blood escapes from the capillaries and becomes lymph fluid. There is twice as much lymph fluid in our body as blood and the lymph continuously bathes each cell. The body needs plenty of quality water for our lymphatic system to function optimally. Much of the vascular fluid, waste and all infection are picked up by tiny lymph vessels which drain away the debris through the circulatory system, before it can travel to other parts of the body.

Human breasts contain lymphatic ducts and nodes that need palpitation to fulfill their purpose of detoxification. *Fibrocystic breast tissue is not a disease*. Statistics say that 90 percent of breast lumps are benign. A gentle lymphatic breast self-massage is an effective way to move lymph in the breast area and under the arms. Use a light touch, stretching and moving the skin. Enhance the massage by using a quality blend of pure essential oils such as [\*Healthy Girls® Breast Oil\*](#) to nurture and protect breast health.

Traditional medical may say it doesn't matter what you eat; or about environment toxins, or hormones fed to meat animals; or pesticides and herbicides sprayed on plants that go into the food we eat and the air we breathe. The truth is *it does matter* a lot! Many studies confirm that these practices are very harmful to the immune system and may be the cause of cancer and other disease.

Dr. Tom Hudson, a physician, radiologist, and breast imaging specialist says "The key to good health and cancer prevention lies more in your hands than you might think. What you eat, put on your body, how you feel, what you think and even what you believe affects your breast cancer risk". His Book, *Journey to Hope*, focuses on *self care* which means learning to do for yourself what the medical system cannot do for you!

The good news is there is a lot you can do. The bad news is your doctor can't do it for you! There are simple, reasonable steps to take that can significantly reduce your risk of developing breast cancer and decrease your risk of dying if you already have been diagnosed.

*Joyce Sobotta offers free webinars and presentations to empower women with freedom from fear of breast cancer by taking preventative action. For more information, including a free pdf of *The Nine Steps to Natural Breast Health*, visit <http://www.aromatherapynaturesway.com>*