



Lymphatic and Immune system

An effective lymphatic system drains and disposes of toxic waste from body parts. The lymphatic system doesn't have a pump and when lymph becomes blocked, restricted for any number of reasons; it results in a swelling of the affected area.

A blocked lymph system then becomes a breeding ground for pathogenic materials. If not moved out with a light massage, these infected lymph cells can travel to other parts of the body. If they are cancer cells, they can begin to grow cancer, (metastases), in other body parts such as the bone marrow.

We can stimulate the immune system and circulate lymph with a gentle lymphatic self-massage, especially in the breast area and under the arms because these areas do not receive natural movement. After studying and learning about the lymphatic system's role in a healthy immune system, I came to realize there are several steps to ensure your lymphatic system stays healthy:

Step 1. *Clean up your diet.* Reduce your body's toxic burden by avoiding processed food, eating organic when possible, and **eliminate simple sugars carbohydrates.** Our bodies work best on whole natural food. A regular nutritional detox, and/or a colon cleanse supported by liver enzymes will ease your liver and kidney burden.

Step 2. *Investigate any food sensitivities or allergies* that may be affecting your digestion. Experiment with a hypoallergenic diet for two weeks to cleanse your system of moderate food irritants. Look into probiotic supplements to help maintain a healthy ratio of intestinal flora.

Step 3. *Drink plenty of purified or filtered water* (at least half of your bodyweight in oz) will help to carry oxygen and nutrients throughout the body and helps eliminate toxins and wastes. guaranteed less fatigue and less pain.

Step 4. *Breathe deeply and slowly* from your diaphragm, through your nose, is one of the best ways to move lymph fluid throughout your body. Your breath goes directly to your lungs **stimulating the vagus nerve to rest and restore the nervous system.**

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.

Step 5. *Get regular physical exercise* Jumping on a rebounder five minutes a day will get your lymph system pumping. Walking, stretching, yoga, dancing or swimming, all are helpful especially if you do them every day. *(Research shows 30% lower risk of breast cancer)*

Don't be afraid to sweat! Sweating helps detoxify your body and supports lymphatic function. Avoid aluminum-based antiperspirants. Choose natural deodorants made with essential oils.

Avoid restrictive clothing that press on your lymph nodes. Underwires and over tight bras, jeans, and skirts can impede lymph flow.

Step 6. Quality essential oils help the immune system ward off infections, release toxins, and relieve many emotional disturbances. They bring us all kinds of possibilities for alleviating ailments both physical and emotional. 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. At the same time, it will address physical conditions such as inflammation, pain, fibrocystic lumps and PMS breast symptoms.

Using a quality essential oil blend such as Healthy Girls Breast Oil, with lymphatic massage has proven by testimonials to release congestion, reduce fibrocystic breast tissue, PMS symptoms discomfort, tenderness, and pain, while it regenerates new cells, reduces fear of breast cancer and gives you a feeling of being pampered. Healthy Girls Breast Oil is formulated with jojoba oil and 8 quality essential oils each with a specific purpose for breast health.

Clear Jojoba oil is absorbent, unclogs pores, anti-inflammatory, suitable for all skin types.

Lemon high amounts of d'limonene purifies immune and lymphatic systems, dissolves cellulite

Sweet Orange rich in d'limonene, promotes tissue repair, uplifts the spirit

Lavender balances physically and emotionally, cellular repair

Rose Geranium balances, regenerates tissue, and opens liver to discharge toxins

Frankincense adds oxygen, stimulates immune system, and wards off infection

Nerolina brings balance, 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

Taken in part from Dr. Christain Northrup's book, *Women's Bodies, Women's Wisdom*, from the chapter on Breast Health this technique of lymphatic breast self-massage helps to balance, detoxify, soften breast tissue, stimulate the immune system, and improve lymphatic circulation.

Focus on creating gentle movement of stretching and releasing (pumping action) ... illustrations and instructions:

1. Start with the lymph in the neck and gently stroke downward to behind the collar bone.
2. Feel the hollow spot behind the collar bone. Gently stretch the skin about an inch away to the center, then another inch and to the center and lastly from the shoulder to the center. This opens the lymph passages before it empties into the circulatory system.
3. Under your arm, gently stretch the skin straight up into the armpit. You may feel tenderness. Gently pump 6-10 times until the tenderness disappears.
4. Support your breast with one hand and gently move your entire breast toward the armpit with a stretch and release action 6-10 times.
5. With one hand supporting your breast, gently move your breast towards the center of the body, again with a stretch and release action 6-10 times.
6. Focus on a flat palm on the top of your breast and gently massage upward as you stretch and release 6-10 times.
7. Use gentle strokes from the nipple away from the center all around your breast.
8. Press the nipple a few times and as if you are beeping a horn. Love and laugh with this fun technique while you move lymph around your breast and underarms. Repeat each step 6-10 times with the other breast.

Step 7. Examine your emotional issues. Learn techniques that calm anxiety and heal, such as EFT, journaling and meditation. A depressing, fear-based thought pattern can remain with us if

there is a family history of cancer. These stuck thoughts lower our immunity, increase the likelihood of inflammation, or cell abnormalities throughout our body, and may even block treatment.

Forgive yourself for all the things you thought you did wrong. Be honest about your feelings and speak out what you feel. Don't hold back and get it off your chest. 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**. Apply techniques such as meditation, and EFT to bring confidence, love, gratitude and appreciation.

Learn how EFT can be effective with any condition. When we can get to the deep emotion that is blocking us, bring that into our consciousness, and tap on it, we can release pain and difficult emotions for good. It's amazing! Websites to check out: **Emofree.com & TryItOnEverything.com**

Step 8. Get plenty of quality sleep to prevent hypertension, nervous anxiety, inflammation and improper glucose control. 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. Being in a busy world can often cause us to overlook the fact that our bodies need quality sleep to regenerate and repair. The best practice is to go to bed early without any electronic device.

Step 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.

These 9 essentials will benefit everyone who uses them. You can be assured when you dare to love your body, awaken your inner consciousness and healing energy, you will allow your innate self to create vibrant health in all areas of natural health. **Caring for our body is our responsibility**, not the doctor or anyone else. If we don't care for our body where are we going to live?

Now that we understand the beautiful benefits of quality essential oils and the hidden beauty of our lymphatic system, we can use **our personal power to connect to our inner consciousness (intuition)** and healing energy which we all have. Let's appreciate, love and celebrate our magnificence.

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