



Experience a Beautiful Awakening

Are you aware that you can make changes to improve your own breast health? My purpose is to teach you to nurture and protect your breast health naturally. You want to balance, detoxify, and soften your breasts, at the same time strengthening your immune system through improved movement of lymph fluid. The lymphatic system is actually a crucial player in your body's ability to ward off disease and heal.

The reality is that you have twice as much lymph fluid in your body as blood. The lymph continuously bathes each cell and drains away the debris through the circulatory system, powered only by your breathing and movement.

After studying and learning about the lymphatic system's role in a healthy immune system, I came to realize there are several ways to ensure your lymphatic system stays healthy. I created these nine easy steps for natural breast health.

Nine Easy Steps to Natural Breast Health

STEP 1. *Clean up your diet.* Reduce your body's toxic burden by avoiding processed food, eating organic when possible, and eliminating simple sugars and carbohydrates. Our bodies work best on whole natural food and become less forgiving to junk food as we age. A regular nutritional detox, ionic foot 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 body weight in ounces). This practice will help to carry oxygen and nutrients throughout the body and help eliminate toxins and wastes.

STEP 4. Breathe deeply and slowly from your diaphragm, through your nose. This 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. You can feel better instantly.

STEP 5. 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, t`ai-chi, yoga, Pilates, and other moderate activities such as dancing or swimming, all are helpful ... especially if you do them every day. **(Research shows 30 percent lower risk of breast cancer.)**

STEP 6. Avoid restrictive clothing that presses on your lymph nodes. Underwires and overly tight bras, 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 that is uncomfortable, consider getting a stretchy camisole.

STEP 7. Don't be afraid to sweat! Sweating helps detoxify your body and supports lymphatic function. Avoid aluminum-based antiperspirants (they block sweating and add to your toxic load). Choose natural deodorants instead.

STEP 8. Give yourself a loving lymphatic breast massage every day. This will help to release toxins, stimulate the immune system, and soften breast tissue. Women find this self breast massage reduces breast pain, inflammation, and fibrocystic breast tissue; relieves PMS breast symptoms; and reduces fear of breast cancer. It is a beautiful way to get to know your girls.

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

1. Start with the lymph in the neck and gently stroke downward to the top of the collar bone.
2. Feel the hollow spot behind the collar bone. Gently stretch the skin about an inch away from the center, then another inch toward the center, and lastly from the shoulder to that same hollow. This opens the lymph passages before they empty 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 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 9. To enhance the lymphatic self breast massage even more, you will love to use Healthy Girls Breast Oil as you massage your breasts. Ingredients in Healthy Girls Breast Oil:

Clear Jojoba Oil is highly absorbent, leaving the skin light and silky feeling. It is suitable for all skin types. It has long extended shelf life.

Lemon rich in d-Limonene, purifies and clears the skin, the aroma is pure and fresh.

Sweet Orange rich in d-Limonene, awakens and calms the body and mind, fresh citrus aroma.

Lavender balances physically and emotionally, relaxes, relieves pain and tenderness.

Rose Geranium balances physically and emotionally, adds a quality of spiritual awareness.

Frankincense induces a feeling of peace, relaxation and satisfaction with a spiritual connection.

Nerolina lifts the spirit with a woody green aroma.

Marjoram may ease congestion and pain. In folklore it was called "Joy of the Mountains".

Rose damascena offers emotional balance and brings well being and love to the body.

Directions: Spray into hand, and with a gentle stretching and relaxing motion, massage your breasts and underarm area. 1 ounce bottle will generally last about 3-6 months.

Buy here: <https://healthygirlsbreastoil.com/>