

# Preventive Breast Care

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When one thinks of preventive care, did the mind think of a mammogram? Or, instead, daily care to support the immune system to protect one's breasts. A mammogram might show a lump or fibrous tissue; which could be addressed with a surgical procedure. However, there's more to breast health than seeing if there's a lump. That is not the definition of "preventive" care in this article. Instead, our definition of "preventive care" is what one chooses to do as ongoing daily routines to support ones body to vital and full of life.

## ESTABLISH A BASE LINE

First, instead of a mammogram, consider a thermogram or "Digital Infrared Thermal Imaging" (DITI). This is a noninvasive diagnostic technique that takes only 15 minutes. It helps in the early detection and monitoring of abnormal physiology by the use of an infrared scanning device that converts infrared radiation emitted from the individual's skin surface into electrical impulses that are visualized in color on a monitor. By mapping the body temperature, one observes the thermal symmetry in the normal body and therefore, the subtle abnormal temperature asymmetry. This can be used as an aid for diagnosis and prognosis, as well as comparative for therapy follow up and monitoring.

Sometimes it is not what someone does that matters, but what one doesn't do that is important. The wires in bras are constrictive to the lymphatic flow around the breasts. While most women wear these for appearance, only a few needs them for support due to the size of their breasts. Instead, select natural fiber (cotton) bras and have them fitted so that correct support is provided. Small-breasted individuals can select "bra tops" which have a lining to the top with an elastic band for under the breast. This provides some support and reduces the constriction of lymphatic

For those women that need the support of the wires, after removing the bra, place one arm on top of the head (thereby opening the lymph flow of the area) and gently **zig-zag** rub across the skin where the wire has pressed against the area. Start at the armpit and rub to the center of the chest and then back to the armpit, following the path of the wire. Take 30 seconds for one breast and then, place the opposite arm on top of the head and repeat on the other side. This is beneficial whether or not one wears a wire bra or not. Frequently the skin will begin to "itch" as the lymphatic fluid increases its flow in the chest.

## MONTHLY BREAST EXAMS

When a woman examines her breasts on a monthly basis, she will know when something is *not quite right*. Start with the arm placed on top of one's head and using the opposite hand, begin a circular examination. Begin at the lower edge of the nipple (#1) and thoroughly and gently **walk** the path shown in *Diagram #1*. Become aware of what your breast

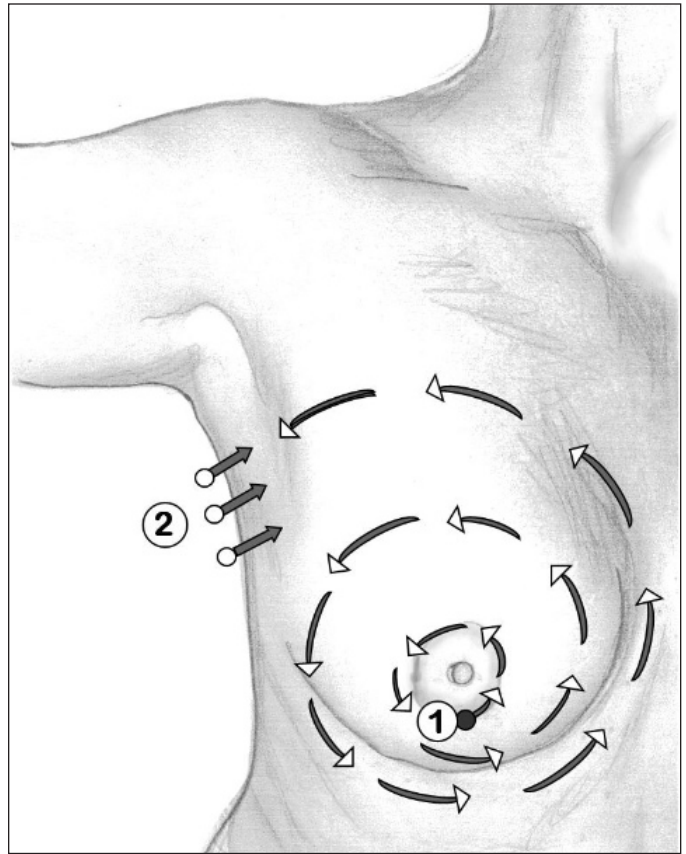


Diagram #1

feels like and you will recognize changes if and when they occur. One will also begin to recognize congestion in these areas. Now that we have a baseline of the breasts' health, one can now begin a program to encourage our immune system to work in our favor.

Next place the fingertips on the points represented by (#2). This is the area of greatest concentration of Axillary lymph nodes. It is important not to pinch in the area, instead to **pump** the area. The correct action of pumping is to place the fingers on the area and gently pull the arm across the chest a dozen times. It begins the flow of lymphatic fluid and can be done daily, especially after the breast exam. Whereas, the exam is done monthly, the **pump** needs to be done daily just like the **zig-zag** rub.

## BOWEN MOVES FOR BREAST HEALTH:

Bowen Therapy has been previously discussed in Explore! for the professional. Please review *Physical Homeopathy: The Principle of Bowen Therapy* from Volume 18 #1. This explains **the move**, a plucking motion done on the muscle or area being treated.

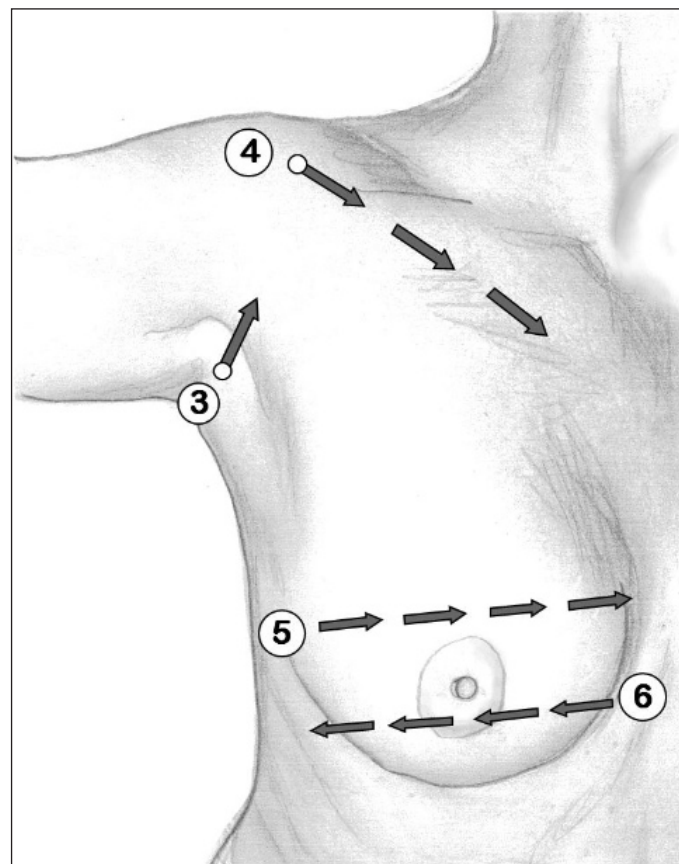
When these techniques are done weekly, one can greatly increase the lymphatic flow in the breasts. However, in cases of concern, they can be done daily. Start at (#3) and place one finger into the armpit, gently challenge the muscle (pectoralis major) and pluck toward the collarbone. Now move to (#4) and use the flat edge of the fingertip(s). Gently execute three or four small moves directly below the collarbone, moving toward the center of the body.

Now it is important to work across the breast. (#5) Take the same side hand (if working on the right breast use the right hand) to move the breast out of the way so the move can be on the chest wall (as much as possible).

Gently cup the breast in the hand and move the breast down. Using the fingertips of the left hand, do the moves from the outer edge of the breast to the sternum. Now, cup under the breast and lift it up to expose the ribs and

chest wall. (#6) Again using the fingertips, do the Bowen moves from the center of the body to the outer edge of the breast. Note: When you lift the breast up, the moves will be where the nipple naturally hangs over the chest.

Repeat these moves on the opposite side. (#5) and (#6) are generally quite tender. Gently moves are needed, not pressure, as pressure would slow the flow. Do these moves once a day if desired, and at least once weekly for good lymphatic flow.



### CONCLUSION

There are certainly many factors regarding breast health. Nutrition, proper supplements, reduction in stress, and a healthy lifestyle all contribute to one's health. However, gentle movements in specific manners can activate the body's immune system to cleanse away the congestion and promote greater breast health. 🌸

### ABOUT THE AUTHOR



**Victoria Bowmann, PhD** has been a health care professional since 1978, specializing in detoxification, cleansing and pain relief. She has developed various programs, published her first book: *You Gotta Have GUTS*, writes for *Explore!* and lectures internationally. She earned her PhD in Homeopathy and Natural Medicine from Westbrook University in 1999 and her doctorate in homeopathy from the British Institute of Homeopathy in 1995. Her private practice is in Phoenix AZ. Please visit her web site at [myrealhealth.com](http://myrealhealth.com).



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