



## Whole Body Breast Whealth Part 1 of 5



Take your breast health into your  
own hands with massage!

Aubrey Lesicki, BS, LMT

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## Whole Body Breast Whealth DISCLAIMER



I am not a doctor, I am a massage therapist and wellness coach. This information is provided for educational purposes only. You should discuss any health changes with a medical professional. Please use caution and common sense before making any lifestyle changes that may affect your health.

Aubrey Lesicki, BS, LMT

## Who is Aubrey and where did this all come from?

[www.breastremedyseattle.com/about-aubrey/](http://www.breastremedyseattle.com/about-aubrey/)



### My Breast Care Training includes

- Breast Massage for Healthy Breasts
- Myofascial Release
- Pregnancy Massage
- Oncology Massage
- Pre- and Post-Surgical Massage
- Lymphatic Drainage Therapy (Chikly)
- Lymphedema Therapy (Klose)
- Cranial and Osteopathic massage
- Lactation Consulting
- Hospice Massage
- Presencing/Table Talking
- Heart Centered Transformation
- A Course in Miracles
- Meditation (Vipassana, Realization Process)
- Reiki



## Overview of 5 weeks

- Provide students with science, resources and health possibilities, rather than fear mongering cancer statistics.
- Explain why increasing circulation and reducing stress on the nervous system promotes breast health.
- Teach clients Self-Massage options and why they work.

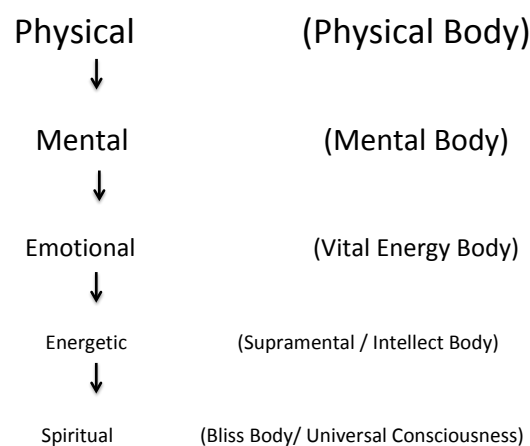


## Overview of 5 weeks

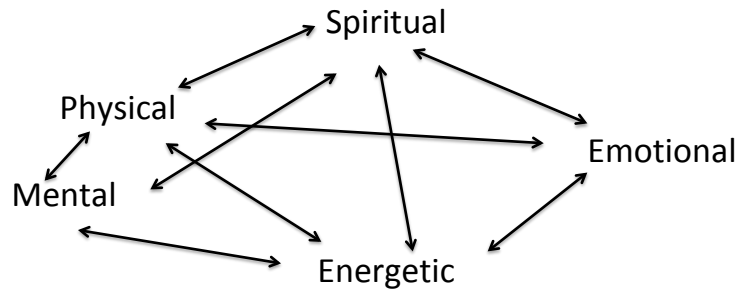
- Educate about bra sizing for HEALTH versus for appearance.
- Learn alternative breast health screening options.
- Review topical and dietary support for breast health.
- Discuss hidden influences on breast health that are not discussed in the mainstream.



## 5-Dimensional Breastwork (old)



## 5-Dimensional Breastwork (new)



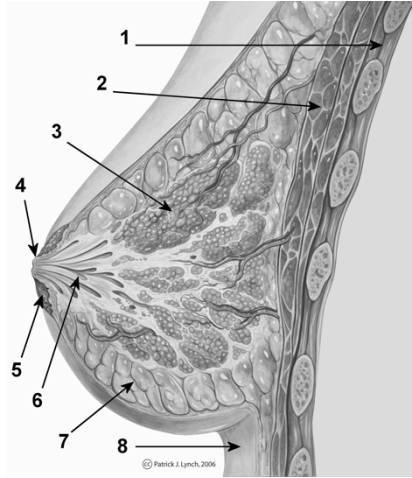
## Where do we start? With LACE

- Lifestyle - breast cancer as a lifestyle disease
- Anatomy - learn the system and use it to its best advantage (physical, energetic)
- Community/Family - you are not alone (emotional, spiritual)
- Education - knowledge is power (mental)



# Breast Anatomy

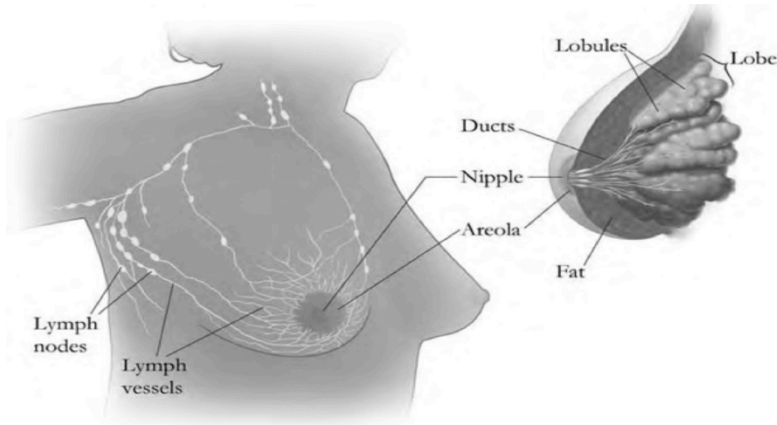
- 1- Rib muscle
- 2- Chest muscle (pectoralis)
- 3- Mammary gland/lobe (champagne grapes)
- 4- Nipple
- 5- Areola
- 6- Mammary Duct
- 7- Mammary Fat
- 8- Skin (Inframammary fold)



© Patrick J Lynch 2006  
Courtesy Wikimedia Commons



# Breast Anatomy



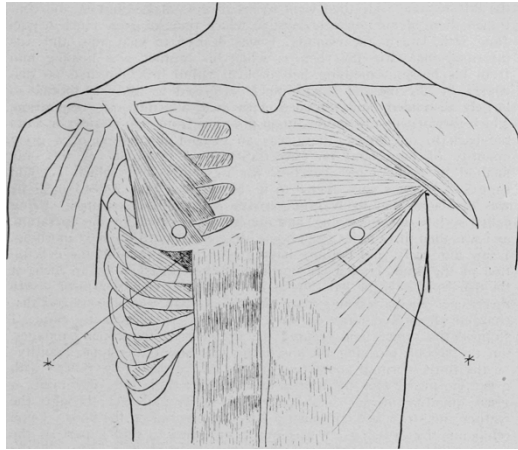
Look at the texture of the glands and location of the lymph nodes in neck and armpit. Courtesy Cancer.gov



# Breast Anatomy

Tight chest muscles reduce the expansion of the ribs, which reduces circulation and nerve supply to breast tissue.

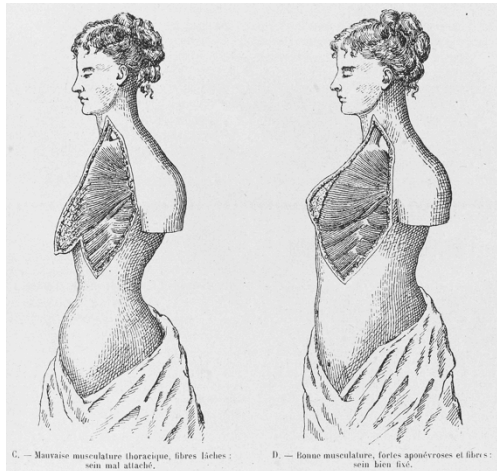
Courtesy of The College of Physicians of Philadelphia Historical Medical Library 1909 Medical Journal



# Breast Anatomy

Posture and healthy musculature affects breast appearance and breast health!

Courtesy CreativeCommons.org

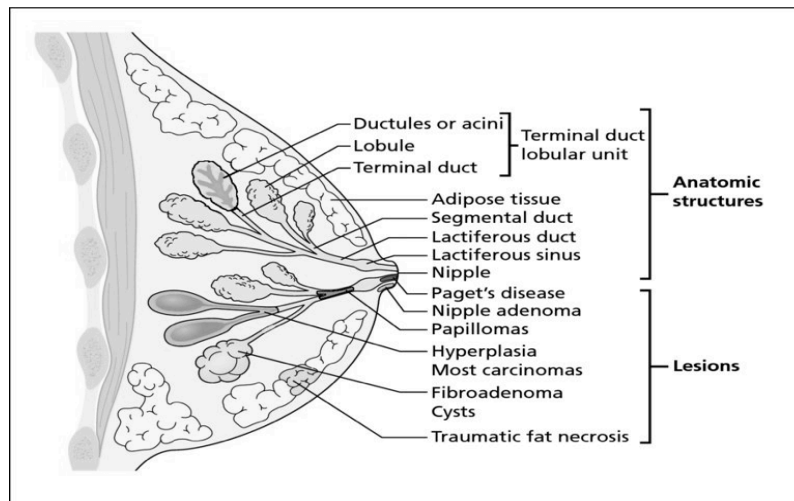


## Chest Muscles Affecting Breasts

- Pectoralis Major – tension around sternum
- Pectoralis Minor – pulls shoulder forward
- Rectus Abdominus – collapses chest down
- Intercostals – reduces inhalation
- Diaphragm – reduces exhalation



## Benign Breast Disease



## Benign Breast Disease

- Benign mammary hyperplasia
- Fibrocystic breasts (painful bumpy breasts)
- Fibroadenoma (benign lump)
- Mammary cyst (fluid)
- Lipid cyst (fat)
- Intramammary lymph node (near armpit)
- Rib joint costochondritis (pain near sternum)



## Breast Massage: What's the point?

- Unfortunately, Breast Cancer still kills **1 in 37 women** despite billions of dollars spent on research and treatment.
- **Over 90% of biopsies in US are benign!**
- British survey found 60%-70% of women experienced breast pain, but less than 4% discussed the issue with a doctor.



## Breast Massage: What's the point?

- It is still misunderstood in some parts of the medical community that massage “spreads” cancer cells – this is the old paradigm.
- It is my theory that promoting healthy circulation in breast tissue may lead to a decrease in the incidence of breast disease.

## Breast Self-Massage

- Massage breasts to open circulation after taking off bra at the end of the day.  
(see PHAST handout)
- This offers the opportunity to monitor changes in breast tissue throughout the month, as opposed to once each month.
- 2016 study found massage and stretching induced cellular (oxygen) changes to reverse benign breast disease!



## Breast Massage: 2016 study

- <https://www.hindawi.com/journals/bmri/2016/9426167/>
- 28 women with benign mammary hyperplasia, found with biopsy and imaging (photoacoustic)
- Alternating 30 minutes of massage and 30 minutes of stretching daily for 45 days reduced pain, pigmentation and bumpiness.

BreastRemedySeattle.com

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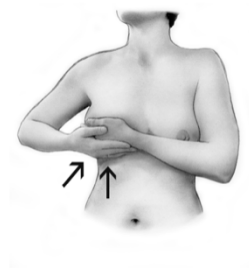


This protocol is intended for women with mostly healthy breast tissue. If you have breast cancer, breast surgery, radiation, lymphedema or an undiagnosed lump, please consult with a medical professional before trying this. Use caution and common sense before making any lifestyle changes that may affect your health.

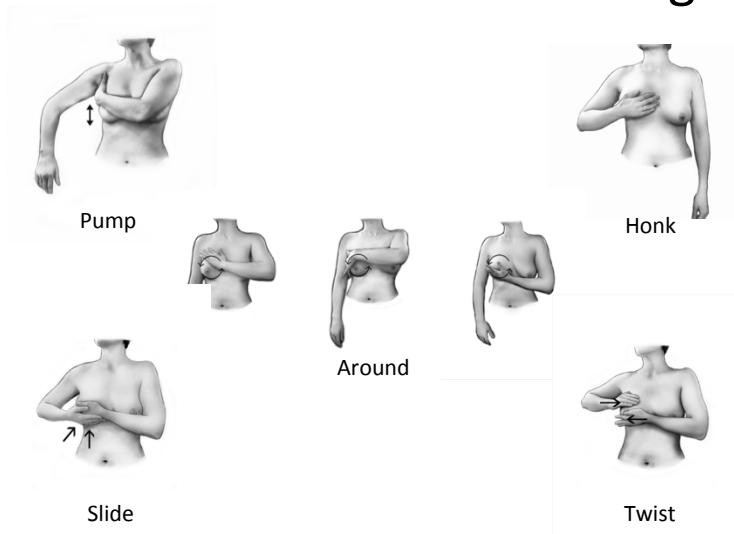
Aubrey Lesicki, BS, LMT

## Breast Self-Massage: A Natural Lift!

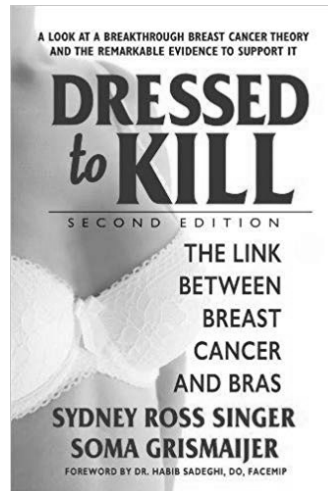
- Party Trick!
  - Check your neck range of motion (turning head side to side)
  - Lift one breast with both hands
  - Re-check neck range of motion
  - What did you find?



## PHAST Breast Self-Massage



## The Link Between Breast Cancer and Bras Sydney Ross Singer and Soma Grismaijer



- NOT a causation study
- Soma (an anthropologist) discovered a “lump” while she was pregnant and out of country.
- This led to lifestyle changes (removing bra, starting breast massage) that reduced the lump.
- Husband and wife organized a study showing correlation between the daily time spent wearing a bra and the incidence of breast cancer.



## The Institute for the Study of Culturogenic Disease Findings:

- Women with breast cancer were more likely to purchase bras based on appearance, rather than comfort.
- Women with breast cancer were more likely to have red marks and skin irritation from their bras.
- Women with breast cancer were more likely to wear their bras longer than 12 hours each day.
- Women with breast cancer were more likely to wear their bras while sleeping.
- Women with breast cancer were LESS likely to have breast fed their babies.
- These findings were all statistically significant.



## Lifestyle Change: Bra Fitting

- 80-90% of women in the US wear the wrong size!
- No wonder: Sizes differ from manufacturer to manufacturer! (see Bra Sizing Handout)
- Most important factor is reduce time wearing a bra and look for a reduction in red lines seen on skin after removing bra.
- Less than 12 hours in bra may reduce risk by 19%.
- Contact [DecentExposures.com](http://DecentExposures.com) to purchase an affordable custom made bra or [RubyRibbon.com](http://RubyRibbon.com).



## What not to do Contraindications

### Contact a professional if you are at risk for LYMPHEDEMA

- If lymph nodes have been removed or radiated in the axilla, increasing the movement of fluid to this area may cause **permanent** swelling
- This includes any deep tissue work to the arm or shoulder of the affected side
- The same rule applies to lymph nodes removed from the neck or groin
- Schedule for consultation with a lymphatic massage specialist to check for lymph re-routes

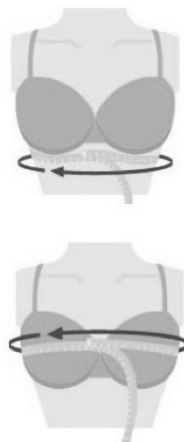


## Lifestyle Change: Bra Fitting References

- Her Room has this table and a bra fitting video  
<http://www.nlm.nih.gov/medlineplus/ency/article/003153.htm>
- Wacoal "study" 2004 - 80% of 750 women measured are wearing the wrong bra size  
<http://www.quixotegroup.com/clients/documents/newfitstudypressreleasefinal.pdf>
- NIH says exercise, eat healthy, reduce caffeine and chocolate, wear bras day and night (really?), and take hormone prescriptions. At least they are encouraging breast self- exams.  
<http://www.nlm.nih.gov/medlineplus/ency/article/003153.htm>



## Lifestyle Change: Bra Fitting



If The Difference Is:	Your Standard US Cup Size Is:	Your UK Cup Size Is:	Your European Cup Size Is:	Your French Cup Size Is:	Your Italian Cup Size Is:	Your Australian Cup Size Is:	Your Japanese Cup Size Is:	Your "Universal Cup Size" Is:
0" to 1/2"	AA	AA	AA	AA	-	-	A	
1/2" - 1"	A	A	A	A	A	A	B	
1" - 1 1/2"	B	B	B	B	B	B	C	
1 1/2" - 2"	C	C	C	C	C	C	D	
2" - 2 1/2"	D	D	D	D	D	D	E	D1
2 1/2" - 3"	DD* or E*	DD	E	E	DD	DD	F	D2
3" - 3 1/2"	DDD* or FF*	E	F	F	E	E	G	D3
3 1/2" - 4"	G*	F	G	G	F	F	H	D4
4" - 4 1/2"	H*	FF	H	H	FF	FF	I	D5
4 1/2" - 5"	I*	G	J	J	G	G	J	D6
5" - 5 1/2"	J*	GG	K	K	GG	GG	K	D7
5 1/2" - 6"	K*	H	L	L	H	H	L	D8
6" - 6 1/2"	L*	HH	M	M	HH	HH	M	D9
6 1/2" - 7"	M*	J	N	N	J	J	N	D10
7" - 7 1/2"	N*	JJ	O	O	JJ	JJ	O	D11
7 1/2" - 8"	O*	K	P	P	K	K	P	D12



## Education: Essential Oils

- AMAZING creations of balanced phytochemicals!
  - Cypress
  - Frankincense (Elemi)
  - Geranium
  - Lemongrass



[http://www.abundanthealth4u.com/Essential\\_Oils\\_Constituents\\_s/41.htm](http://www.abundanthealth4u.com/Essential_Oils_Constituents_s/41.htm)  
 \*\*Abundant Health has a phone app "Ref Guide 4 EO"



## Cypress Possible Effects

- Promotes circulation (vasoconstrictor)
- Decongests lymph (vasoconstrictor?)
- Promotes respiration (bronchoconstrictor)
- Mild diuretic
- Sedative
- Slows heart rate (Anti-cholinesterase)
- Central nervous system action (Parkinson's?)
- Bug killer (big, small and in between; gram+ vs gram- bacteria)



## Cypress Mechanism of Action

- Alpha-pinene and beta-pinene
  - Anti-microbial
  - Anti-inflammatory
  - Immunostimulant
  - Anti-carcinogenic
  - Supports absorption of HIV anti-retroviral medicine AZT (azidothymidine)
- Delta-3-carene
  - Anti-cholinesterase (decreases heart rate, improves muscular contraction, central nervous system (CNS))



## Cypress Do's and Don'ts

- Lipophilic – mix with fat/oil (not water based)
- Avoid during pregnancy
- Bronchoconstrictor and vasoconstrictor – use caution with asthma and high blood pressure





## Frankincense Possible Effects

- Anti-inflammatory
- Respiratory infections
- Anti-carcinogen (anti-tumoral)
- Healthy cell regeneration
- Depression
- Regulating estrogen



## Frankincense Mechanism of Action

- Alpha-pinene (see Cypress)
- Sesquiterpenes
  - Beta-caryophyllene is small enough to pass the blood-brain barrier (affects pituitary to regulate estrogen??)
  - Anti-depressant
- Limonene
  - Photosensitivity
  - Anti-tumoral
    - ✧ inhibits isoprene attachment to G-proteins
    - ✧ Induces apoptosis, possibly through a mitochondrial pathway
  - Anti-oxidant
    - ✧ Immunostimulant and Anti-viral



## Frankincense Do's and Don'ts

- Possible skin sensitivity with sun exposure (minimal)
- Avoid during pregnancy/breastfeeding (may induce menstruation; sesquiterpenes can pass through placenta)
- Use caution in patients taking blood thinners



## Geranium Possible Effects

- Healing skin afflictions (cell regeneration)
- Kills bugs big and small
- Improve circulation
- Stops bleeding
- Anti-carcinogen (anti-tumoral)
- Relaxation
- Regulating menstruation/menopause



## Geranium Mechanism of Action

- Citronellol
  - Insect repellent
  - Anti-fungal (disrupts ergosterol function in cell membrane)
  - Analgesic (CNS)
  - Antioxidant
- Geraniol
  - Anti-inflammatory, menstrual remedy; wound healing
    - ✦ Inhibits prostaglandins
  - Antiseptic
    - ✦ Anti-microbial
  - Anti-tumoral
    - ✦ Inhibits cell reproduction through membrane disruption
    - ✦ Encourages cooperative apoptosis in prostate cancer
- Liver, bile duct, pancreas stimulant?? Sesquiterpenes?
- Skin regeneration?? (through antiseptic properties)



## Geranium Do's and Don'ts

- Possible skin sensitivity with sun exposure (minimal)
- Avoid during pregnancy/breastfeeding (may induce labor)
- Use caution in patients at risk of clotting or taking blood thinners (hemostatic)

