



Whole Body Breast Whealth Part 3 of 5



Polyvagal Posture
for Autonomic Augmentation

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Today's Objectives

- How nerve health affects breast health
- Understanding nervous system anatomy
- Applying polyvagal system self-care
- Basic polyvagal massage and posture protocols
 - Polyvagal Penguin
 - 9-minute morning (midnight)
- Motivation and the nervous system



Aubrey Lesicki, BS, LMT



Aubrey has been studying integrative medicine for over 20 years. Her first foray started when she learned osteopathy could help migraines better than pain pills. To study the topic further, she hosted Vital Voice, a radio talk show about alternative medicine. After studying biology and psychology at the University of Michigan, she obtained a certificate in clinical massage therapy. For the past 10 years she has focused on lymphatic massage and osteopathic massage, with a subspecialty of breast massage and breast care. Through teaching hundreds of clients, she has distilled a decade of information into simple instructions to empower women to take their breast health into their own hands. During this journey she discovered that massage and energy work could also heal the mind. Using a holistic health approach and studying the latest scientific discoveries, she was able to successfully treat her mood disorder. She applies a mind-body-spirit approach to her massage and wellness coaching practice, emphasizing that the body's wisdom is our best teacher.

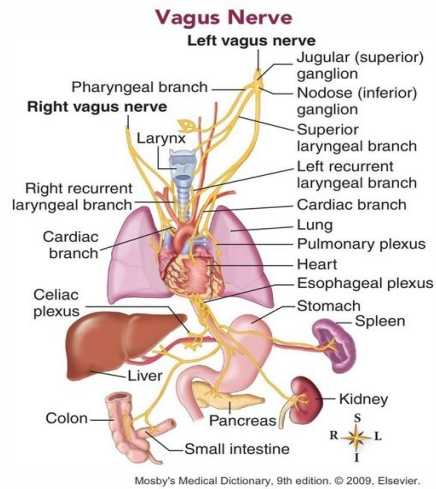


Personal Background

- Chronic insomnia and night terrors
 - Grinding teeth at night
- Chronic migraines
 - Childhood headaches turn into migraines age 19
- Chronic mood imbalance
 - Irregular periods, mood swings, “lumpy” sore breasts, constipation
- Chronic fatigue, mood disorder
 - Collapse 2007-2008 (grandmother passed 2005)



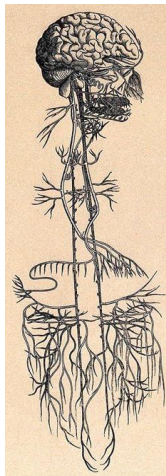
Autonomic Nervous System



The “automatic” nervous system governs all of our organs so they function outside of our control, except the diaphragm, which we can have control over.



Autonomic Nervous System Actions



We used to think the autonomic system had only 2, binary systems:

- Fight-or-flight (sympathetic)
- Rest-and-digest (parasympathetic)

We now it has 3 systems that operate on a continuum

- Fight-or-flight (Attack/Avoid)
- Play-and-Pose (Performance)
- Face-and-Favor (Social Engagement)
- Rest-and-digest (Restore/Heal/Bond)
- Freeze-and-float (Dissociate)



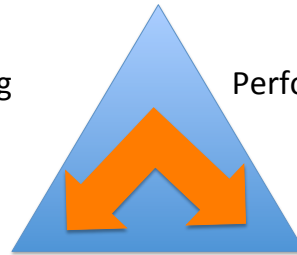
Polyvagal Tricycle: A Continuum



Social engagement system

Bonding

Performing

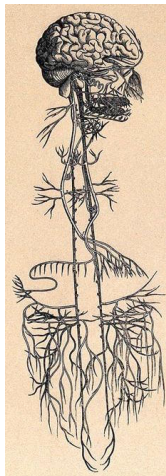


Shut down
(Freeze/Float)

Spinning out
(Fight/Flight)



Vagal Nerve Anatomy Application



- The majority of the nerve fibers in the branches of the vagus nerve are actually **SENSORY**. **This nerve is the mind-body connection!**
- Pain and inflammation around the organs will send sensory signals from the viscera to the brain. **This will alter the autonomic nerve state from ease to dis-ease and can alter your mood.**



How ANS effects breast health

- Hormone imbalances from increased cortisol
- Increased inflammation from tight bras
- Aggravating sensory stimulation from underwires in bras
- Reduced respiration from shut down *and* from tight bra bands (fluid movement)
- Reduced immune function
- Reduced digestion



How ANS effects breast cancer

- Cortisol is found to increase breast cancer metastasis! (2010)
- Liver pathways break down estrogen into “good or bad” estrogen metabolites (next lecture)
- Bones release osteocalcin under stress (2019)
 - Breast cancer utilizes calcium

CONTROVERSIAL

- Dr. Bigelsen – Traumatic event 1-2 years before cancer diagnosis
- Dr. Hamer foci – “shock circles” seen on CT



Breast health and implants

- It is my theory that Breast Implant Syndrome is a cascade of events. The implant can:
 - Physically increase tension around the ribs and chest muscles, which reduces breathing.
 - Irritate the fascia causing inflammation and scar tissue build up (encapsulation).
 - Aggravate the nervous system (fascial tension).
 - Initiate an immune response to foreign body or leakage from a silicone implant.



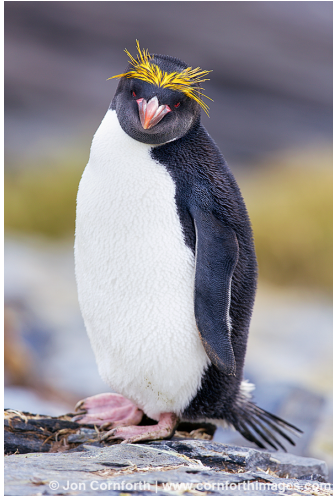
Polyvagal Self-Care

- Posture (Polyvagal Penguin)
- Breathing (alternate nostril breathing)
- Singing or chanting
- Moving (cross-body, rhythmic)
- Massaging (PHAST, skin brushing, liver pumps)
- Friending (support groups)



Polyvagal Penguin (Macaroni Penguin)

From Teresa Posakony and Vickie Dodd



- Spread webbed penguin feet on the floor
- Flip out your penguin tail feathers
- Straighten your penguin tuxedo jacket
- Wiggle your penguin ears
- Fluff your penguin crown feathers
- *CornforthImages.com*

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Why Polyvagal Posture Penguin?

- Allowing tailbone movement encourages motility of the spine and encourages spinal fluid to flow.
- Giving space to the organs allows them to be at ease and give positive sensory feedback to the brain (two way street).
- Opening the base of skull allows better blood flow to the brain stem and cranial nerves.

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Alternate Nostril Breathing

with Christine Cipra, RYT



- <https://vimeo.com/350678564>
– Password CosmosChristine
- Forefinger and middle finger on forehead between eyebrows
- Thumb and ring finger on either side of the nose
- Plug one nostril, inhale
- Plug the other nostril, exhale
- Repeat in reverse
- Start with 4-count breaths



Why Singing or Chanting?

- Singing and chanting involves conscious breath control that has a longer exhalation than an inhalation.
- It mobilizes the facial muscles and stimulates the ear muscles.
- These activities activate the ventral vagal nerve system and social engagement.

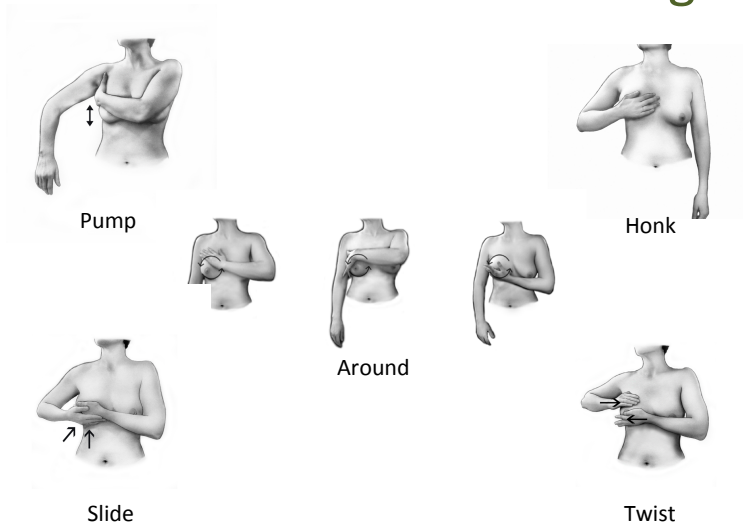


Why Cross-Body Moving?

- Moving the major muscle groups helps to utilize excess cortisol in the blood.
- Cross-body movements balance the right and left hemispheres of the brain.



PHAST Breast Self-Massage



Why PHAST Breast Self-Massage?

- Opening the fascia of the breast and chest allows for better breathing and posture.
- Massaging around the nipples stimulates oxytocin release, which encourages bonding behaviors (social engagement).a



9-Minute Morning (Midnight)

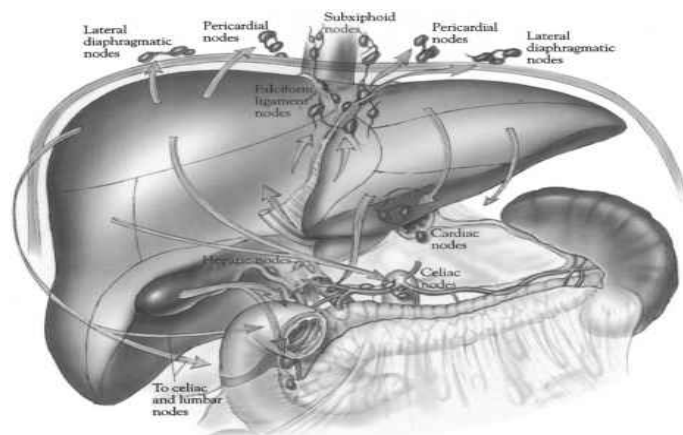
https://www.youtube.com/watch?v=gHBpHI0oebo&list=PLQ5gOIo_OHffidLKTPI38HO5yfCMeUWOv

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- Rosenberg's Basic Exercise ("The Eyes Have It")
 - 90 seconds each eye
- PHAST Breast Self-Massage
 - 90 seconds each breast
- Liver Pumps
 - 90 seconds: hands on either side of ribs, restrict ribs expanding for 4-5 breaths
- Abdominal massage
 - 90 seconds circles follow colon (down toward left hip)



Why Liver Pumps? Enteric Nervous System



<http://www.barnardhealth.us/dynamic-radiology/contributors.html>



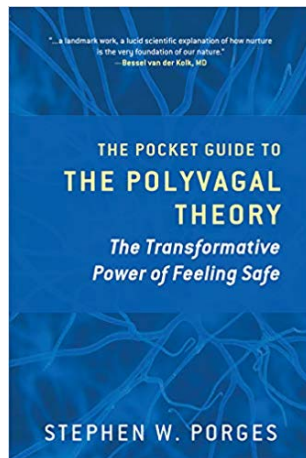
Recap Polyvagal Self-Care

- Posture (Polyvagal Penguin)
- Breathing (alternate nostril breathing)
- Singing or chanting
- Moving (cross-body, rhythmic)
- Massaging (PHAST, skin brushing, liver pumps)
- Friending (support groups)



Stephen W Porges, PhD

Creator of Polyvagal Theory (1994)



- “An interest in our own bodily feelings has been neglected and often disrespected in our contemporary society. Often we have been taught... to reject the feedback that our body is telling us.”

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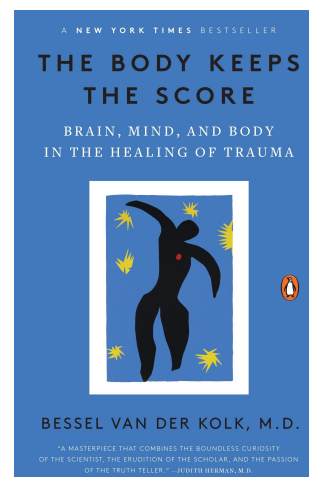


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Bessel Van Der Kolk, MD

Developmental Trauma Disorder (2005)

Developer of ACEs (adverse childhood events) theory and its effect on treatment



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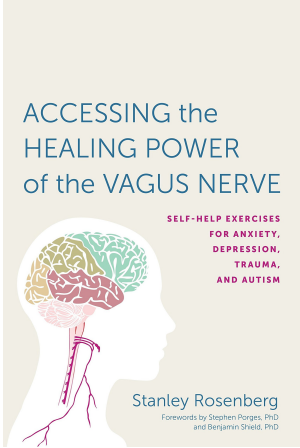
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Stanley Rosenberg, CST

Accessing the Social Engagement Nervous System



“The enteric nervous system is even sometimes referred to as the “second brain,” possessing an intelligence that operates beyond our conscious awareness.”

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What are ACE's?

- Any traumatic or “adverse” childhood event that has made an impact on the conscious or unconscious nervous system
 - Abuse (physical, emotional, spiritual)
 - Neglect/Abandonment (distance violation)
 - Divorce/ death in family
 - Injury/ medical treatment
 - Lack of basic needs (food, shelter, safety)

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Why do ACEs matter?

- People with high ACE scores are more likely to experience
 - Mental illness
 - Autoimmune disease
 - Chronic illness
 - Cancer
 - Allergies
- Life expectancy for adults who experienced more than 6 adverse childhood events was reduced by 20 years.



Why do ACEs matter?

- EVERYTHING IS A THREAT
- CANNOT STAY MOTIVATED
- CANNOT PROCEED WITH SYSTEMATIC PLANS
 - How could you stick with your treatment plan???



How does this happen?

- When the nervous system is exposed to repeated stress events, it creates neuronal pathways to quickly (unconsciously) recognize and avoid these dangerous situations.
- If this happens while the brain is developing, these pathways are deeply embedded in the nervous system and the person becomes easily triggered (Developmental Trauma Disorder) which affects EVERY body system.



Resources & References

- Stanley Rosenberg, Accessing the Healing Power of the Vagus Nerve
- Stephen Porges, Pocket guide to Polyvagal theory
- Bessel Van der Kolk, The Body Keeps the Score
- Erica K. Sloan, et al, The Sympathetic Nervous System Induces a Metastatic Switch in Primary Breast Cancer, Cancer Res; 70(18); 7042–52. ©2010 AACR.
- Marie Kim Wium-Andersen, MD, et al, Elevated C-Reactive Protein Levels, Psychological Distress, and Depression in 73131 Individuals, JAMA Psychiatry. 2013;70(2):176-184.



Resources & References

- <https://cebp.aacrjournals.org/content/15/8/1427> - Vitamin D, Calcium and Breast Cancer
- https://www.youtube.com/watch?v=gHBpHI0oebo&list=PLQ5gOIo_OHffidLKTPi38HO5yfCMeUWOv - Rosenberg's Basic Exercise
- <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/1485898> CRP levels correlated with depression
- <https://www.ncbi.nlm.nih.gov/pubmed/20823155> - cortisol and breast cancer metastasis
- <https://thebigelsenmethod.com/> - Dr. Harvey Bigelsen



Resources & References

Affiliate links

- <https://amzn.to/30MDZK2> - polyvagal pocket guide
- <https://amzn.to/2v9HRcf> - body keeps the score
- <https://amzn.to/2sXasB2> - healing power of vagus nerve
- <https://vimeo.com/350678564> - Alternate nostril breathing - CosmosChristine
- <https://www.newschoolofbodywork.com/register-classes>

