



BREAST BRUSHING INSTRUCTIONS

We frequently recommend breast brushing to female patients as a simple, yet effective, method of helping break up the lymphatic congestion that commonly forms around the breast region. This congestion is seen as inflammation, or a diffused warm pattern, on thermography, which may be what has prompted your physician to recommend the following protocol for you. Breasts are actually organs of excretion, and contain a number of lymph node networks, which aid in ridding your body of toxins and contaminants. These lymph nodes may become congested and if untended, may cause blockages which keep toxins from being excreted properly, leading to more serious health concerns.

Brushing Technique

Proper breast brushing should be performed **daily** prior to getting in the shower. Using a good quality body brush (available at our office), lightly brush the skin, reaching behind and under the arm and slowly sweeping across the top of the breast to the sternum area. Perform this motion 10 times on each side.

Then, while in the shower, perform the breast clearing motion. With soapy hands, use a light, upward motion under the arm 5 times, then move across the breast in a feathering motion towards the sternum. With each feathering motion, count 1 to 5. On 5, stroke down the sternum, staying above the nipple. Perform this technique on each breast 10 times. Performing this motion, while standing in the shower, allows the steam and warmth to aid in loosening congestion and flush it out of the system.

In conjunction with the breast brushing and clearing techniques above, our providers advise the use of MD Matrix Cream, which is available for purchase at our office. This is a cream made with natural ingredients that are superior in reducing inflammation in the body. This cream has been clinically tested and has had proven results, especially with breast concerns. For optimal results, please use this product according to the instructions given by your provider for your specific needs. When applying the cream the general rule is to use a dime size for each area you are addressing, unless instructed otherwise by your provider.