



Breast Care Through Lymphatic Therapy

By Samara Christy

October is Breast Cancer Awareness Month, and even though we have made great strides in both research and therapies, according to the American Cancer Society, every three minutes, a woman will be diagnosed with breast cancer in the United States, and one out of every eight women will develop breast cancer in her lifetime. One out of every thousand men will follow suit. In spite of scientific advances and the dissemination of a great deal of information on awareness and early detection the death toll from breast cancer continues to be consistent.

“Most people are unaware that we all have cancer cells, explains Dr. Jennifer Johnson, Lymphedema Specialist, “and that the only way cancer cells leave the body is through the lymphatic system. By decongesting your lymphatic system, you assist your body in doing what it was designed to do – Keep you cancer free.”

Dr. Vodder’s book, *Manual Lymphatic Drainage: A Practical Guide* explains how important our lymphatic system is to our well-being. “Our bodies contain four times more lymph fluid than blood which circulates through our body every twenty-four hours,” explains Dr. Vodder. “In a congested lymphatic system, lymph is thick, sticky, stagnant, laden with

toxins and unable to circulate and eliminate waste. Most importantly, lymphocytes (white blood cells that fight infection in our body), reside in your lymph nodes, of which a healthy body contains between 600 and 1000. Your lymphatic system is responsible for supplying plasma-rich protein to your blood as well as carrying away toxins and other debris. Furthermore, your lymphatic system is your primary defense against bacteria, viruses and fungi.” In other words, if your lymphatic system is congested, your whole immune system will be compromised.*

Although the general public is still unaware of the important role their lymphatic system plays in maintaining healthy breasts, today Lymphatic Therapy is a medically recognized therapy designed to help you do just that. “Our breasts have hundreds of lymphatic lines that carry toxins and precancerous cells out of the body through the lymph nodes located in the arm pits, making a healthy lymphatic system essential,” explains Bruno Chickly’s, MD., in his book, *Silent Wave*, anatomy section. “Since the lymph system must be pumped by the movement of our muscles, the less we move, the more stagnant our lymph system becomes. With today’s sedentary lifestyle, pollution, diets low in nutrients and high in fats, sugars, additives, preserva-

tives and, because most of us fail to drink enough pure water to assist our body to eliminate toxins, our lymphatic system becomes overloaded, congested and clogged.”

Following are a few tips that if implemented in your daily life, will make a tremendous difference in your lymphatic health:

1. Drink plenty of pure water (rule of thumb – take your weight and divide it by two and that is the amount of ounces of water you should consume daily). Remember, your lymphatic system needs lots of water to flush out toxins.
2. Unlike your heart, since your lymphatic system has no pump, it needs exercise to help it to move. Let me suggest this very simple exercise. Sit on a large, high quality (the cheap ones easily break) exercise ball and bounce gently for twenty minutes every day while watching your favorite television program. This simple exercise is something that most everyone can do and is very effective in moving the lymph.
3. Make a pledge this month to find out all you can about your Lymphatic System. Here are a few resources for you to explore; *Silent Waves* by Bruno Chickley, *Dr. Vodder’s Manual Lymphatic Drainage: A Practical Guide*, and *Anatomy of the Lymphatic System*, by Klein, E. are all comprehensive materials on the lymphatic system.

Samara Christy has been a health care practitioner for more than 35 years, seven of these in South Florida. She specializes in the practice of Lymphatic Decongestive Therapy (certified by Dr. Jennifer Johnson of Trenton, Ringgold, Georgia). She is also a certified Colon Therapist (certified by the Woods Hygienic Institute in Kissimmee, Florida) and an XP2 Electro-sound Lymphatic Drainage Therapist. For more information or questions call Samara, 305 323-1994, or visit www.samaraprograms.com.

Other resources for this article: Life: The Science of Biology, 4th Edition, by Sinauer Associates

Information also available online by googling or using wexner to research Anatomy of the Breast. See ad, page 17.