

communityspotlight



An interview with Samara Christy, Certified Lymphatic Drainage Therapist.

Earlier detection, new treatments and a better understanding of breast cancer has increase survival as the number of deaths keeps declining, according to the Mayo Clinic. But most women are still unaware of how important a role their lymphatic system plays in having

healthy breasts.

Our breasts have hundreds of lymphatic lines that carry toxins and precancerous cells out of the body. In fact, the only way cancer cells leave our bodies is through their lymphatic system. With one out of every four women getting breast cancer in her lifetime, it is more important than ever to keep those pathways clear.

In a congested lymphatic system, the fluid begins to clump and thicken,

becoming sticky and stagnant, laden with toxins and unable to circulate to eliminate waste. While we have four times more lymph fluid than we have blood, the latter has a pump the heart to keep it circulating, while 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 lifestyles, pollution, diets low in nutrients and high in fats, sugars, additives, preservatives, and because most of us fail to drink enough pure water to assist our body in eliminating toxins, our lymphatic system becomes overloaded, congested and clogged.

WHAT WE CAN DO

Besides the simple -at home- remedies recommended below, there are new technologies in lymphatic decongestive therapy available through your practitioner. One of these highly effective technologies uses a high-frequency electro-sound machine, which breaks up congested lymph, allowing it to move effortlessly through the lymphatic pathways. These treatments are fairly inexpensive, non-evasive, and leave you feeling calm and rejuvenated.

Immediately however, you can begin implementing the following recommendations to keep your lymphatic system working effectively.

1. **Drink plenty of water.** Toxins removed by our lymphatic system are eliminated through the kidneys.

2. **Exercise to get your lymphatic system moving.** It's not necessary to join a gym. You can buy a good quality large exercise ball and slowly bounce on it for 20 minutes every day. You can do this while watching television or listening to music. Other effective exercises are jumping on a mini-trampoline for five minutes, power walking for twenty minutes, jogging in place for ten minutes, and swimming.
3. **Before going to bed,** take your knuckles on both hands and press in gently on the outside of your breasts. Follow the line of where the wire inside an underwire bra (the one I hope you are no-longer wearing because this type of bra severely constricts lymphatic flow) would go along the sides of your breasts. Now do the same on the inside of your breasts, then follow by gently massaging your breasts and underarm pits.
4. **Use only a natural deodorant** without antiperspirant properties. Regular antiperspirants shrink the lymph nodes so you don't sweat, and this stops the body from ridding itself of toxins. You want your body to sweat; you need your body to sweat. You just don't want the resultant, possibly offensive odor. Many people have told me that most natural deodorants don't work for them. Queen Helene, natural deodorant seems to do the trick for them.
5. **Schedule an electro-sound lymphatic decongestive therapy treatment** (go to samaraprograms.com for practitioners in your area) or a lymphatic massage. These usually take less than an hour and can be scheduled on a weekly basis, or more frequently, based on need.

Remember, decongesting your lymphatic system will assist your body in doing what it was intrinsically designed to do, keep you and your breasts healthy.

Samara Christy, Certified Lymphatic Drainage Therapist of Samara Programs, Inc., has been a practicing health care practitioner for more than 35 years. She is an XP2 Electro-sound Lymphatic Drainage Therapist certified by Dr. Jennifer Johnson of Trenton, Georgia as well as a Colon Therapist certified by the Woods Hygienic Institute in Kissimmee, Florida. As Head Colon Therapist and the trainer of new therapists at Manhattan's New Life Health & Spa and the Healing Life Center on New York's upper west side, Samara assisted hundreds of people with a healing life style. She currently lives and practices in Coconut Grove, Florida out of various centers in town. For more information or schedule, call Samara at 305.323.1994, email her at SamaraPrograms@hotmail.com or visit samaraprograms.com. See ad, page 22.

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