

BREAST SELF MASSAGE

These instructions are for the left side of your chest. When you have completed that, simply reverse the 'hand' instruction to do your right side. Use a light touch. Your aim is to move the skin, not to massage the muscles.

This routine, when done properly, will assist the lymphatic capillaries to remove toxins and impurities from the body tissue. The stroking will also accelerate transport of impurities to the lymph nodes, where they will be processed and rendered harmless. Finally, cleansed lymph will be returned to the bloodstream where the now harmless impurities may be carried to the lungs, kidneys and colon for elimination.

1. With the first three fingers of your right hand, locate the hollow above your left collarbone. Stroking from your shoulders toward your neck, lightly stretch the skin in the hollow. Repeat this movement five to ten times.
2. Now cover the hairy part of your left armpit with the fingers of your right hand held very flat. Stretch the skin of your armpit upward five to ten times.
3. Again using a flat right hand, lightly stroke ('pet') the skin from the breastbone to the armpit. Do this above the breast, over the breast and below the breast, repeating each path five to ten times.
4. Finally, using a flat right hand, lightly stroke from your waist up to your armpit on your left side, repeating five to ten times.

Now change hands and massage the right side of your chest.

