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Essentials for Healthy Living

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Fundamentals for Breast Health

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It has always presented somewhat of a dilemma for me to write specific advice on women's health concerns, feeling that the last thing this world needs is yet another man telling women what to do. On top of this I know that for thousands of years and for virtually all cultures around the world, women were, if not the primary healers, certainly extraordinary voices of these time honored healing traditions. Remembering also that women have been the key holders and transmitters of the herbal-ways, bearing responsibility for gathering, growing, preparing and administering our herbal allies. So in light of this history, and in honor of it, I gently offer these fundamental tips for breast health.

Holistic Approach

Clearly the "modern" world has confusing, often conflicting and frequently negative views on women's breasts and female/feminine energy. You see this manifested in the disrespectful ways we talk about women's cycles, from menses to the phase of life called menopause, turning life's flow to something frightening and to be avoided. Christian Northrup, M.D. writes in her excellent book, *Women's Bodies, Women's Wisdom*, "Our culture gives girls the message that their bodies, their lives and their femaleness demand an apology." With such a convoluted relationship

between the physical and symbolic female breast, it is essential that authentic healing begin with loving, honoring and nourishing. A holistic point of view is called for since breast health is affected on many levels, from the larger environment to the interactions of numerous body systems all the way down to the cellular and genetic level. Mankind has introduced numerous xenoestrogens (external estrogen-like chemicals) into the world at large, the food supply and even the medicines. Breast tissue is very estrogen sensitive leading to externally altered hormone states. Many pesticides fit this bill, which is one of the reasons eating organic is so important.

The Big "C"

The biggest fear universally is cancer. Do you need to be worried? No. Concerned? Yes. Aware? Yes. First, the energy of worry is neither constructive nor healthy. Second, the majority of lumps are cysts, not cancerous. Although they may be painful they are typically benign. They fluctuate with hormone levels and are usually caused by over stimulation by estrogen of the breast tissues, inflammation, chronic stress or excessive caffeine consumption. Third, there is much you can do in your life with diet, lifestyle adjustments and supplements to support healthy tissues and hormones. Several simple dietary adjustments can impact breast health

"...the energy of worry is neither constructive nor healthy."

