

## BE CAREFUL WHAT YOU WEAR

The media spends a considerable amount of time and money programming women to think that they have to look just right to be accepted. Women wear bras to help get that perfect look, for comfort, and because it is socially "required". All too often bras are too tight, too restrictive, or even too supportive.

Think about nature for a minute. Women were not really designed to wear bras, especially tight ones. The breasts are filled with more lymph nodes than any other part of a woman's body. The lymph nodes are filled with lymph fluid which act as the garbage collection system in the body. The lymph system has no pump which means lymph fluid only moves with body action. Breasts are designed to move with every step. That movement allows lymph fluid to circulate and move out toxins.

Strapping breasts down traps the lymph and cellular waste in the lymph nodes in your breasts which may lead to cancer.

The worst type of bra to wear is one that has an underwire. Underwires actually stop the flow of energy in and around the breasts. Your energy practitioner can easily prove this to you in a few minutes. Lack of energy is the cause of all disease. The back panel of this brochure lists several bra manufacturers that are supportive and energy friendly.

## ENERGY FRIENDLY NO UNDERWIRE BRAS

1. Sassybox
2. Abundantly Yours
3. Vanity Fair, Style 532
4. Just My Size (not as supportive)
5. Expectant Moment #4426, #4928 or #4428
6. Sculptress
7. Exquisite Form
8. Victoria's Secret IPEX wireless
9. Glamorize "Magic Lift" from JC Penny
10. Playtex 18 hour Comfort Lace Soft Cup #18367SJ

Contact your local practitioner at

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## BREAST HEALTH

"Energy needs space to move. Toxins, stress, constrictions in the body, and negative thinking can all interfere with the proper flow of energy."

—Donna Eden

Eden Energy Medicine can help:

- Boost your vitality and stamina
- Strengthen your immune system
- Relieve pain and common ailments
- Sharpen your mind and memory
- Keep yourself healthy and balanced with a simple daily energy routine

# HEALTHY BREASTS: THE ENERGY MEDICINE WAY

## MAMMOGRAMS OR NOT?

Not. Even the mainstream medical community is starting to back off on the recommendation to get a mammogram every year. Here's why they might not be the best choice. First everyone agrees that radiation causes cancer. Mammograms use radiation. We're told it is a harmless amount but isn't it somewhat counterintuitive to try to detect or prevent cancer with something that we know causes it?

Second, mammograms require that many pounds of pressure be applied to flatten the breast for the x-ray to properly image the tissue. Imagine what happens if you have a lymph node full of toxins or cancer in your breast and you squeeze it during a mammogram. Try squeezing a filled water balloon. The toxins are forcefully ejected into your whole body if the lymph node ruptures.

Instead of a mammogram, find a center that uses Breast Infrared Thermography. A heat sensitive camera is used to image the breasts without radiation and without squeezing you into a machine. Temperatures show up as different colors. Spots of concern show up as hotter temperatures and can be investigated further if required.

## Cancer Risk and Wearing Bras

Wearing bra 24 hours a day =  
3 out of 4 chance of developing breast cancer.

Wearing a bra over 12 hours but not to bed =  
1 out of 7 chance of developing breast cancer

Wearing bra less than 12 hours a day =  
1 out of 152 chance of developing breast cancer

Rarely wearing or not wearing a bra =  
1 out of 168 chance of developing breast cancer

Difference between 24 hour /not wearing a bra =  
125 fold

## BALANCE YOUR MERIDIANS

The Stomach and Circulation Sex meridians run right through the breasts. Energy imbalances in either of these meridians can affect the health of your breasts. Your energy medicine practitioner can show you how to test and maintain your meridians for optimal health.

## DO YOUR RESEARCH

Search the Internet. You'll find conflicting reports about how bras and mammograms affect breast health. Follow the money and you'll see that those with a monetary stake will dismiss and discredit every study that suggests there is any danger. Remember that just a few years ago, tobacco companies were funding studies that showed smoking had no relationship to lung cancer and before that cigarettes were actually advertised as have health benefits.

After your research, talk to your Energy Medicine practitioner and see how you can keep your breasts healthy without drugs.

Neurolymphatic Massage helps increase the flow of energy in the body while also releasing toxins. This aids the lymphatic system and overall health. There are several key Neurolymphatic Reflex points that help keep the breasts clear of toxins. A few minutes of massage in these spots can keep your breasts healthy.

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