

The ISIS Healthy Breast Program



Breasts are an amazing aspect of the human body. They are at once a source of life, a definition of self, a social taboo and a source of fear. Women and even a few men are afraid of the possibility that their breast tissue may harbor hidden disease and even the possibility of dying. That is a lot of emotion for one area of our bodies to hold on to. For years, those people who treat the tissue of the body have spoken of the ability of tissue to hold memory and emotion, to change in shape and function based on our experiences, our traumas and every moment of our lives. The truth is that we create our tissue by creating our environment, choosing our food and organizing our daily lives. This means that we can control our future health through the choices we make today. The American Institute for Cancer Research agreed when it stated that as much as 33% of breast cancer could be prevented by diet, exercise and a healthy body weight.

Given all that the breast tissue is, one thing it is not, is understood. In fact, most textbooks do not even discuss the function of a healthy breast. That is mostly because there is so little that the medical community understands about the breasts. Many doctors assume that the breasts have no function until the birth of a baby at which point the breasts become functional for a period of time, after which they return to their natural dormant state. There is virtually no other part of the body that only has function for so limited a period of time.

We also have very little information about the role of hormones in non-lactating breast tissue as well as which hormones are present in any given concentrations. For instance, a study in the American Journal of Pathology found that breast tissue contains large numbers of receptors for gastrin-releasing peptide, although we have no idea why. GRP is released by the vagus nerve to stimulate the G cells of the stomach to release gastrin for digestion. Why would the breast tissue contain such high volumes of receptors for GRP? In fact, GRP receptors also seem to be sensitive to bombesin, which is a hormone that is crucial in the nerve signals that stop you from eating. It is interesting that breast carcinomas contain a high concentration of bombesin-like

peptides, which may mean a relationship between the number of GRP receptors in breast tissue and the ability of carcinomas to proliferate.

It is vitally important for us to explore the mysteries of breast tissue and develop an understanding of their structure, physiology and life process so that we can learn how to prevent breast cancer and breast disease conditions. Between 1950 and 1990, the overall incidence of breast cancer rose by 54% and currently the risk for a woman to develop breast cancer in her lifetime is 1 in 8.

There is so much we don't know. But in treating hundreds of women for breast-related issues, we have recognized a number of patterns, and have developed the following plan to help you keep your breasts as healthy as possible.

What's Included In Your Two Week Plan

ISIS Lymphatic Breast Treatment - this amazing Swiss treatment regime combines meridian-based skin products with our patented Swiss lymphatic drainage machine for the most intensive lymphatic decongestion treatment available. (2 session)

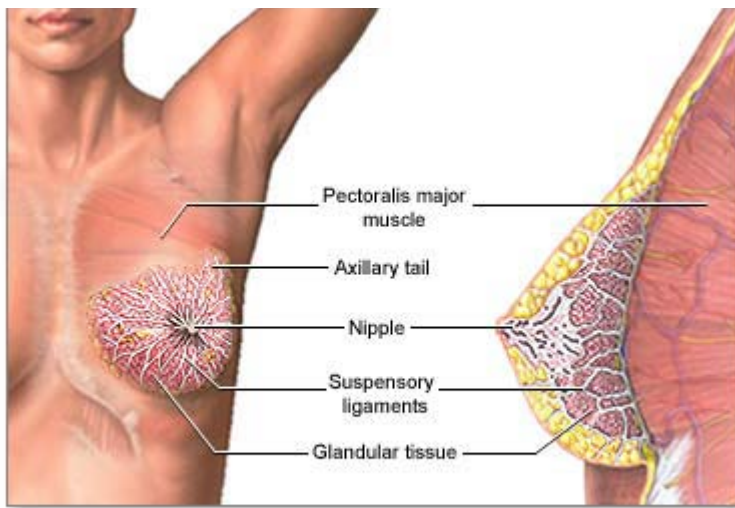
FAR Infrared Sauna – clinically proven to increase detoxification, raise skin metabolism and boost immunity, this European design opens pathways for drainage of lymph and blood through and from the skin. (2 sessions)

Breast Health Formulas- including Mammary PMG, a whole food concentrate designed in the 1950's for reducing free radical activity and damage in the mammary glands and the surrounding breast tissue, this is commonly used for mastitis, breast cysts and lumps, breast congestion and breast immune challenges. Heel Homeopathic Detox Kit helps detoxify the lymphatic system through the kidneys and the digestive system in every glass of water that you drink.

Phytobiodermie Home Breast Kit - this skin treatment kit is designed to detoxify, increase circulation and enhance tone of the breast tissue.

Phytobiodermie Energetic Firming Gel – this incredible Swiss formulas helps to reduce cellulite and water accumulation in tissue firming the breast area and lifting the breast tissue which reduces pressure on the Mammary glands and ducts.

ISIS Detox Clay Bath for Home Use - this detoxifying volcanic clay contains minerals and herbs to detoxify metals and other environmental toxins. Use half the container mixed with a small amount of water and cover the breast tissue as a clay poultice. Leave on for 30 minutes, then mix the remaining half into a hot bath, being sure it mixes thoroughly in the water. Leave your poultice on and get into the clay bath water. Sit for an additional 20 minutes while drinking Kangen Ionized Water and then rinse your body thoroughly and get out. Be sure to rest for a while after.



First, breast tissue is greatly affected by our energy, our emotions and our health experience. For this reason, we begin by suggesting therapies to address the emotional history the breast tissue has. These therapies are individual and therefore additional to the program:

Visceral Manipulation – this is essential if you have any history of

female hormonal disturbance with the uterus or ovaries such as severe PMS or irregular or lengthy periods, or if you have a thyroid disorder, whether treated or not. Each of these areas is interrelated with the function of breast tissue and therefore it is important that they be in correct anatomical position as well as receiving large amounts of blood flow. This is especially important if you have a history of fibroids, endometriosis or miscarriage.

Breast Massage – for centuries in Europe at elite spas and health clinics, breast massage has been a core treatment for the lymphatic system, the circulation through the chest, and for healthy breastfeeding. We have adapted this protocol for the current problems that are common in women today including cysts, fibrous tissue, soreness, swelling and the damage caused by bras, surgeries and biopsies. Our breast massage is designed to reduce underlying adhesions and scar tissue that may be restricting lymphatic flow, circulation and nerve conduction through the breasts. This is essential if you have had breast augmentation, breast reduction, partial mastectomies, breast biopsies or cyst removal. An even more important consideration is that the main lymphatic drainage ducts lie just underneath and between the breasts, making the removal of invasive scarring essential for healthy immunity and drainage.

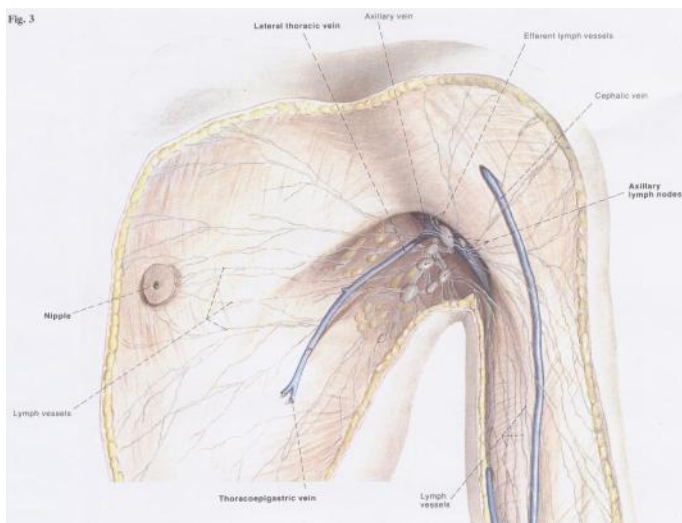
Myofascial Release Therapy – this is the perfect therapy for you if you have had physical trauma to the body such as an accident, surgery, serious injury, or even a traumatizing event. Your body can have an instinctive withdrawal reflex to the event that never goes away. Sometimes this can even be as a result of a chronic unresolved condition. For instance, it is not uncommon for women with scoliosis to develop breast issues, even cancer, on the side that is restricted due to the twisting of the spine. We have even seen women's posture shift as a result

of abuse, creating an incredible amount of restriction across the chest and upper torso. All of this can be resolved with this type of unwinding therapy.

Lymphatic Drainage – by far, the most essential and effective therapy we offer for the breast tissue is Swiss Phyto Lymphatic Drainage. This machine-administered relaxing therapy actually moves the delicate lymphatic system just under the skin, removing years of congestion and debris and freeing the fluid circulation through the breast tissue and under the arms. We provide one session of this in our Healthy Breast Program, but more may be required for optimal breast health.

Program Overview

Our program is designed to be done over a period of two weeks. During this time you will be performing skin brushing at home daily, as well as soaking in a hot tub every night for 30 minutes. We recommend adding to every third bath a canister of our ISIS Detox Bath Salts, which are designed for maximum detoxification of the body through the pores. If you do not own a dry skin brush, we do offer them for sale at the clinic. At the same time you will be drinking Kangen™ Water, which is the ultimate healthy, vitalized water in order to cleanse and rehydrate the breast tissue. Kangen™ Water is antioxidant, alkaline and microclustered, allowing it to reach even the smallest cells of the sensitive ducts in the breast tissue and to reduce acidic deposits in the lymphatic system of the breast tissue, allowing the natural shape and function of the breasts to be supported.



The Skin, Lymphatic Drainage and Sweating

No other organ is more actively engaged in discharging impurities from the body than the skin; it is a close relative of both the lungs and kidneys. Like the lungs, it absorbs oxygen and expels carbon dioxide and water vapor; and, like the kidneys, it excretes organic and saline matter in solution.

The entire surface of the skin is impregnated with millions of sweat glands which constitute a vast drainage system whereby the blood, via perspiration, purifies itself of poisonous waste it has collected from the cells.

There are approximately 17 sq. feet of skin surface; when its capillaries are fully dilated, it presents 6-times the capillary surface area of the lungs. This vast blood vessel network is required for nutrition and oxygenation of skin tissue, the regulation of body heat, the distillation of waste matter from the blood and the exchange of oxygen and carbon dioxide between the blood and atmosphere. The skin's blood vessel network is as crucial as the heart for normal circulation. The vast storage capacity of the skin's blood vessels enable them to act as blood reservoirs which release or store blood as needed.

The lymph vessels transport excess, waste-charged fluid away from the intercellular spaces and return it to the bloodstream. Lymph acts as a go-between for the transfer of vital materials from the blood to the cells, and for cellular debris away from the cellular environment into the blood. Thus, the blood feeds the lymph, and the lymph feeds the cells, making the drainage of intercellular lymph one of the most crucial of all bodily functions. The difficulty with this system is that it does not contain a pump, unlike the blood system which has the heart. Instead the lymphatic system relies on the muscular contraction of breathing, digestion and physical movement to move lymph from one area to another and to prevent congestive deposition of minerals and other materials drained from the cells. The superficial lymph vessels terminate just below the outer layer of skin and inter-join freely with the deeper lymphatic vessels. Any blockage at the superficial lymphatic level will result in congestion throughout the whole lymphatic system.

Skin Brushing For Healthy Breasts

Removing these congestive areas will allow the lymphatic system to remove debris efficiently and prevent the deposition of toxic material in the breast tissue and accessory areas, such as the axillary lymph nodes. Skin-brushing is an excellent way to stimulate the activity of the entire lymphatic system and can provide the pumping action that might be missing due to a more sedentary lifestyle.

In order for skin brushing to be maximally effective, you have to follow a pattern which allows for you to drain lymph along pathways to the appropriate duct areas. For instance, as the neck and head drains into the venous system in the upper chest, and to a small extent, into the axillary nodes, the chest and armpit regions should be brushed before neck and head regions. First, remember to brush lightly... it is not necessary to press down as the lymphatic system is a superficial system just under the skin. We also recommend that you do it following a shower, but

after you have towel dried, and with a dry brush. You can then enhance the treatment by a sweat treatment after with essential oils.

First, be sure to brush each area 5 to 10 times for maximum drainage. Secondly, always brush towards the heart. Let's begin....

1) **Armpits:** Using circular strokes, brush each armpit in a clockwise and counter-clockwise direction.

2) **Chest:** Brush above the breast from the armpit towards the breastbone and then below the breast from the armpit towards the breastbone. Then with gentle strokes, brush each breast in a circular direction ending at the breastbone. **Note:** The two major lymphatic



ducts empty into the venous system in the left and right chest just below the collar bone. Puffiness above or below the collarbone is indicative of congestion in these ducts. Reducing lymphatic tension in the chest enhances tissue drainage of the entire body.

3) **Sides of the Body:** Brush each side of the body from the waist to the armpit.

4) **Upper Back:** Brush from the armpits to the spine on each side of the upper back.

5) **Neck and Throat:** Brush with circular strokes, clockwise and counter-clockwise including below each ear, the back of the neck and the entire throat area. There are hundreds of lymph nodes throughout this area, so eliminating congestion is essential for the sinus area, the thyroid, the larynx and vision. Even chronic issues such as recurring strep throat can be simply a problem of lymphatic congestion in the throat area.

6) **Face and Ears:** Using a soft small brush, brush the entire face with small circular strokes and brush each ear with downward strokes, enhancing drainage towards the neck.

7) **Scalp:** Brush or use your fingertips from midline at the crown of the head, downward and all around the scalp.

8) **Abdomen:** Using circular strokes, brush the lymphatics of the groin in the fold between each leg and the pubic bone. Then brush above the navel from midline under the ribcage, down and

toward the sides. Then brush the abdomen below the navel from midline down toward the groin lymphatics. Finally, starting at the navel, brush clockwise in a circular spiral, covering the whole abdomen and then slowly counterclockwise in concentric circles ending at the navel. This is known as "Bringing fire to the hearth".

9) **Back:** Brush the lower back from the sacrum upward, finishing by gently scrubbing the kidney area. Brush the entire gluteal region with strokes that start the cleft of the buttocks, go around the hip and end at the groin lymphatics on each side.

10) **Feet and Legs:** Brush the top, bottom and side of each foot and the toes with small, firm, circular strokes. Brush the leg upward from the knee to the top of the leg and all sides of the leg. Then brush from the ankle to the knee on all sides.

11) **The Hands and Arms:** Brush the palm and the back of each hand, fingers and wrist with small firm circular strokes. Brush the arm upward from the elbow to the shoulder on all sides. Then brush from the wrist to the elbow on all sides.

Day One...

Make sure that you pick up everything you need prior to your first day. This includes your Mammary PMG, Heel Homeopathic Detox Kit and your ISIS Detox Clay Bath. Be sure to read the directions above for your clay bath and poultice. You may choose to purchase additional canisters of our clay bath and poultice if you find that you have increased body odor, bad breath, a metallic taste in your mouth or breakouts on the skin during your cleanse or if you have had any breast problem previously including cysts, tumors or mastitis.

Day 2-4...

During this period of time you will need to have your first ISIS Healthy Breast Treatment and FAR Infrared Sauna session. This intensive lymphatic drainage experience will not only help to decongest your lymphatic system, but will also identify meridians that are passing through the breast tissue that are energetically disrupted. This information may point out the need for acupuncture, or for other types of necessary therapy as mentioned above.

Following your session, you will pick up your Phytobiodermie Home Breast Kit and your Phyto Firming Gel which will continue the effects of your therapy at home. Your lymphatic

therapist can answer any questions you may have about the kit and explain its features to you, if needed.

Day 5-14...

Be sure to continue daily hot soaks in the tub and your Home Breast Kit. During this period of time, we advise you to refrain from eating sugar, caffeine and processed foods to better enable the body to detoxify and eliminate free radicals. Be sure to include fresh green vegetables such as kale, Brussels sprouts, asparagus, broccoli, beans, spinach. We also provide an organic green powder in capsule form for those who don't have the time to have as many greens as they should called **SP Green Food**.

You will want to complete your next ISIS Healthy Breast Treatment session and FAR Infrared Sauna session between days 10-14.

Final Considerations...

Once you have completed your program, regular screenings of your breast tissue are highly recommended. We suggest in addition to mammography, the use of Regulation Thermography. The fact is that many women use breast self examination as their primary detection, which may be too late to prevent cancer. In fact, if carcinoma begins with the mutation or aberration of a single cell, it will take 16 reproduction cycles of the cell doubling before a carcinoma would reach 1 cm. in size. Assuming that it takes approximately 30 days for a cellular reproduction cycle, it would take two years from the time mutation begins before the carcinoma would be clinically detectable or palpable.

Regulation Thermography examines changes at a very early point. It is a painless procedure that detects even the smallest changes in body heat in each area of the body, indicating dysregulation and circulatory congestion. This can then target lifestyle aspects and nutritional deficiencies that should be addressed. Regulation Thermography has been shown to identify problematic areas of breast tissue up to one year ahead of a mammogram and with a higher percentage of accuracy. When combined with mammography, it can make detection close to 100% accurate, and early enough for lifestyle changes to really make a difference.

For more information, contact Jackie Bell at www.naturalbell.com or at 508-280-6434.

A second consideration is the health of the breast tissue every day. This means allowing the lymphatic fluid to pass through the breast tissue without restriction. An amazing study done from 1991 until 1993 of 4,700 American women by two medical anthropologists found that wearing a bra over 12 hours daily dramatically increased the occurrence of breast cancer, while women who went without had almost the same rate of breast cancer as men.

One of the major reasons for this is the fact that most women do not wear a bra that fits them correctly and often will wear underwire which compresses the delicate glandular areas. Bras are also elasticized, which means not only can they stretch, they can also compress. They can alter the natural shape and position of the breast strangling lymphatic flow. This can seriously inhibit physical cleansing or detoxification of the breast tissue, not to mention reducing oxygen flow and nutrition to the cells of the breast tissue.

The Singer – Grismaijer study elicited an interesting response among the women who did elect to go bra free. They reported that within weeks, symptoms such as breast pain and



tenderness, even cysts had decreased dramatically and even disappeared altogether. This was identical to the results of an experimental television documentary in the UK. For three months, 100 women with fibrocystic breast disease discontinued wearing bras and the results were amazing.

It is therefore important to realize that wearing a bra is an optional thing, and please be sure to wear one only when necessary, such as during strenuous exercise, or for comfort. The second important factor is to be comfortable doing so. Wearing a bra size that fits you correctly is essential. Also, remember that during menstruation, bra size can increase due to elevated estrogen levels. So you should have separate bras that are a bit larger for times when the breasts are filled with excess body fluid.

How many women actually wear bras that are the right size? Very few and mostly because women don't know how to measure themselves for bra size. The first rule of thumb is that you don't do the measuring, a professional does. And yes, they do exist – particularly at high-end lingerie shops or the little shop at the corner where all the old women do their shopping. There is something a little uncomfortable about some older, usually dour woman manhandling your breasts, but the truth of the matter is that they know what they are doing, and the information you gain is invaluable.

The healthiest and most natural way for the breasts to live their days is without the constraints of a bra at all. In fact, in most cultures, women wear camisoles that don't restrict the position and shape of the breasts. Or they don't wear anything at all... So the most natural would be to not wear a bra at all. But should you need to, please follow these guidelines:

First, cotton is the most breathable fabric and you must allow the skin of the breasts to breathe. Restricting perspiration goes right along with this. You **MUST** perspire. It is one of the pathways that is most essential to the detoxification of the body tissue. And the underarm is one of the key areas where perspiration is needed for the health of the breasts and the ability of the lymph to clear toxicity.

Second, no wire is essential. Underwires restrict circulation and lymphatic flow, which is very superficial and gentle. This doesn't even take into consideration the idea that wearing metal against the gentle tissue of the breasts may actually change the electrical energy of the body area. There are even people who have allergies to metals in jewelry, simply through long-term contact with the skin. Why would you not wear a ring that turns your finger green, but you will wear an underwire bra?

The answer is that we have to begin to care more about our health, than our fashion. It is time to return to the natural women that we are, even if it means that our favorite lingerie shop goes out of business!