



# KATIE BRINDLE

## Breast Health Guide

Treatment techniques based in Chinese medicine



# Why is preventative self-care so important for healthy breasts?

Breast health and awareness has never been more relevant, and it is important that we are as familiar with our breasts as possible. As we age, it is normal to see some changes in our bodies: we naturally produce fewer reproductive hormones, particularly oestrogen and this can cause a change in breast tissue, affecting the shape, volume and structure of the breasts, causing them to lose firmness and fullness. These natural, age-related changes are not usually harmful.

However, as we grow older, the risk of other issues relating to our breasts can increase, which can cause concern and very real health worries. All too often in Western medicine breast health is focused on breast cancer – and it is certainly apparent that the occurrence of breast cancer can increase with age and lifestyle challenges. But there are also many other issues involving breast health that we may encounter, such as benign lumps, fibroids, cyst and fibroadenomas, breast pain, tenderness and mastitis. Recognising how we can help ourselves, and the effective self-care habits that we can adopt, will be vital for our continuing breast health.

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# What can you do to help yourself?

According to Chinese Medicine, the organs that we most need to focus on for healthy breasts are the Liver and Spleen & Stomach. Liver qi stagnation (energy blockage) and Spleen & Stomach qi deficiency (energy weakness) are the most common reasons breast issues occur. This is because the organ channels pass directly into the breast area, allowing toxicity to accumulate, amplify and fester if not properly cleared. A harmonious relationship between these organs will ensure the smooth flow of healthy qi and blood, allowing negativity to be quickly dealt with and stagnant energies to flow away naturally.

Taking preventative action with the following simple self-care techniques will encourage clear channels, ensuring our breasts remain as healthy as possible:

- Tapping – Specific tapping with the Bamboo Tapper, combined with daily overall body tapping, will invigorate the lymphatic drainage system so that toxins and stagnant energy can be eliminated. Begin by tapping the underarm area, continuing down the side of the body to the waist, under the breast along the diaphragm, and around the abdomen.
- Breast Massage – With firm, yet gentle pressure, begin tracing circles with your fingertips between the breasts for about 30 seconds. Repeat at the point just before your armpit. Continue gently massaging under the breasts with soft pinching movements before returning to the armpit area and repeating. Regular massage can also help to tone the muscles and tendons around the breasts, keeping them firm and taut and the skin healthy, nourished and plumped.

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- Armpit Detoxification – Remove build-up of potentially harmful anti perspirant chemicals by regularly performing a simple armpit detox. Using blackened charcoal or bentonite clay mixed with a little apple cider vinegar into a thick, smearing consistency, apply the mixture to the under arm area and allow to dry for a few minutes before wiping away.
- Qigong and Gua Sha – This will be invaluable in supporting overall good health, ensuring the smooth flow of qi and blood around the body, consistent purging and nourishing of the cells, and strengthening the five key organs. Harmonising the Spleen will support our “upright qi” – the force that counteracts gravity, ensuring that our breasts remain firm and perky. Additionally, dredge the Liver and Spleen & Stomach channels by using the Body Restorer or Jade Comb to gently gua sha from the centre of the breastbone down to the stomach, and from the armpits, again down to the stomach.
- Cold Water Therapy – An excellent healing technique to support the body by clearing toxins, inflammation and negativity, removing the need for the body to hold onto these blockages in the form of breast issues.
- Breathwork and Meditation – Deep diaphragmatic breathing, along with gentle guided meditation focusing specifically on cleansing the cells, will be invaluable for profound clearing. Directing energy in this way will enable toxicity to be mindfully purged and replenished by focused inhalation.

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# Yang Sheng Techniques and Chinese Wisdom

'Chinese wisdom understands that healthy breasts are linked to the key relationship between the Liver and Spleen & Stomach. It is this Wood/Earth connection that is most prevalent in the incidences of breast health issues, including lumps, cysts and tumours. When balanced, the Liver and Spleen & Stomach form a co-operative alliance; working together to ensure healthy, well-nourished, clean and balanced qi flowing smoothly through the body.

But when imbalances and irregularities occur in the Liver, the negative emotional energy and stress hamper this smooth flow. Anger and frustration then interfere with the Spleen's ability to remain calm and peaceful, so it can't efficiently deliver the resources the body needs for healthy survival.

For further advice, download my Liver, Spleen & Stomach, and Cold Water Therapy Guides, and for an in-depth lecture and meditation on preventative self-care for breast health, including specific techniques, look out for my forthcoming "Better Breasts" Masterclass.

There is also a wealth of information in my book, "[Yang Sheng - The Art of Chinese Self-Healing](#)".

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# Specific advice

Please remember that breast tissue is very sensitive. Anything practiced on the breasts should be done gently and with a light touch, to avoid putting too much pressure on any one point or causing pain.

As I mentioned, breast issues are mainly due to liver stagnation with a weak stomach and spleen. For more information:

[View the Liver Guide](#)

[View the Stomach And Spleen  
Guide](#)

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# Want to know more?

We will be delighted to support you as you continue along your Yang Sheng journey. The following will get you started:

'Yang Sheng: The Art of Chinese Self-Healing' available on Amazon, Waterstone and [www.hayoumethod.com](http://www.hayoumethod.com)

[Buy Yang Sheng Book](#)

Qigong Healing classes (3 x each week) for a more in-depth and healing practice – full details on [www.hayoufit.com](http://www.hayoufit.com)

Free Masterclass "[Master Your Health](#)" – understand the 3- step plan for preventative health. Find more Qigong Masterclasses [here](#).

Free self-care weekly content [@katie\\_brindle](#) on Instagram, Facebook and YouTube.

Free regular gua sha demonstrations on [@thehayoumethod](#) Instagram & the opportunity to purchase the accompanying tools from [www.hayoumethod.com](http://www.hayoumethod.com)

## DISCLAIMER:

Please note that any of these Yang Sheng techniques are designed to support your overall self-care and wellbeing and should not be used as a substitute for any Western medical advice or treatment that you may be receiving. You should not use the information in this Guide or on our website for diagnosing or treating a health problem or disease and must always consult your doctor if you have any health concerns. Additionally, please note that there are a few contraindications to Yang Sheng techniques, so please visit [www.hayoumethod.com](http://www.hayoumethod.com) to view our comprehensive FAQs.

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