

This procedure may be performed on yourself either sitting or standing. It increases lymph drainage under the chest tissue, allowing the area to remain free of toxic build-up. It is beneficial for both men and women.

First locate the base of your chest area. Draw a visual line horizontally through the center of the chest area. The moves will be performed near that center line. We will be moving the breast tissue out of the way for each move, to orient our moves onto the chest wall near the lymph channels.

In preparation for the move:

If one side is more tender than the other, do procedure on the least affected side first. If neither is tender, do left first. Use your left hand to press the top of your left breast downward. Place the length of your right first finger along the top of your left hand; it should be near the center line both horizontally and vertically. Explore how you can "superglue" your fingers to the skin, and using only light pressure, you can move the skin back and forth over the underlying tissues without your fingers "slipping" on the skin. This traction will be maintained during all the movements described below.

Move 1:

Take a deep breath and let it out. With the lightest of pressure, move your skin toward your side, following the curve of your body, and keeping both hands together (your hands will move together throughout). This step is to gather skin for the move. Then using just a bit more pressure (within your comfort), move both hands back toward your midline, following the curve of your body, moving the skin over the underlying tissues. This move is illustrated by arrow 1 in the drawing. When you feel you might slip if you pulled the skin any farther, stop and remove your hands.

Move 2:

With your left hand, lift your left breast. At about center line, place the pad of your right first finger. Take a deep breath and let it out. Lightly gather the skin toward your midline. Then with a bit more pressure, move the skin toward the side of your body as far as the skin will allow (arrow 2). Remove your hands.

Now perform Moves 1 & 2 on the opposite side.

Repeat each 7 days until all tenderness is gone. Then perform at least monthly for maintenance.

