



Massage News

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“PINK”

October

October is Breast Cancer Awareness and you see “pink” everywhere, pink ribbon pins, hats, t-shirts, even the professional football players are wearing pink shoes, towels and the referees are using “pink” flags. Awareness is wonderful as a natural health care provider we would like to call this “Healthy Breast Awareness Month”. We would like to show you how to be proactive and learn how to “PHLUFF” your stuff, and keep them healthy. On Thursday October 18th and October 25th we will have a free healthy breast class. Join us at In8 Massage Office and learn how to keep them healthy and happy.

25 Tips to Lower Your Risk of Breast Cancer:

- 1 :** Eat fresh, organically grown fruits and vegetables— especially cruciferous vegetables ever day.
- 2 :** Eat organic whole grains ever day. Whole grains are rich in cancer fighting antioxidants, vitamins, trace minerals, fiber, and lignans.
- 3 :** Avoid all health-destroying fats. Healthy fats— especially omega-3 fatty acids found in flaxseeds offer protection.
- 4 :** Eat 2-3 tablespoons of ground flaxseeds every day. Flaxseeds are the richest plant source of omega-3 fatty acids and are high in fiber.
- 5 :** Eat soy based whole food products several times a week.
- 6 :** Eat Maitake mushrooms or take them as a supplement. Maitake mushrooms stimulate the immune system, and stop tumors from growing, cause them to shrink, and prevent them from spreading to other areas of the body.
- 7 :** Drink green tea every day or take it as a supplement.
- 8 :** Consume turmeric every day. Turmeric, a potent antioxidant and anti-inflammatory is considered the # 1 anti-cancer spice.
- 9 :** Eat at least one clove of garlic several times a week. It is extremely high in antioxidants and selenium it boots the immune system.
- 10 :** Include Wakame or Mekabu seaweed in your diet. They are high in mineral iodine.
- 11 :** Take a vitamin supplement ever day. Certain vitamins, vitamin B12, folate, vitamin D, vitamin E, help to crush the growth of breast cancer.
- 12 :** Get adequate amounts of selenium ever day. As little as 200 micrograms a day, it lowers your risk of breast cancer by 50 %.
- 13 :** If you are over age thirty-five, take supplemental coenzyme Q10 every day. It is a natural and powerful antioxidant that stops the growth of breast cancer and dramatically shrinks tumors.
- 14 :** Take an herbal anti-inflammatory several times a week.
- 15 :** Nix corn fed red meat.
- 16 :** Avoid refined sugar, use a natural sweetener such as Stevia instead.
- 17 :** Keep your body fat low. Fat cells manufacture estrogen, notably after menopause.
- 18 :** Rarely, if ever, drink alcohol. Even a half of a glass a day increases your risk of breast cancer.

19. : Never smoke tobacco products. Research shows that women who smoke or inhale passive smoke have as much as 60 % increased risk of breast cancer.

20. : Don't take birth control pills or hormone replacement therapy (HRT), except in rare circumstances determined by your doctor and only for a brief time. Long-term use has been shown to increase the risk of breast cancer.

21.: Use only nontoxic cleaning products in your home and office.

22.: Toxins are everywhere, in your water, clothing, furnishings, construction materials, dry cleaning, personal care products, lawn and garden products, insect repellent, flea collars, paints, wallpaper, tile, particleboard. Assume everything is toxic unless it is labeled otherwise.

23.: Take a week or two, once or twice a year, to purify your body.

24.: Go to bed by 10 p.m. and get up before 6 a.m. Melatonin, the sleep hormone, is a powerful antioxidant that arrests and deters breast cancer in many ways.

25: Just thirty minutes of aerobic activity three to five times a week can lower your risk of breast cancer by 30 to 50 %

Taken from a book called *Waking the Warrior Goddess*: Dr. Christine Horner MD: Program to Protect Against and Fight Breast Cancer

Massage Benefits Women with Breast Cancer

Massage therapy reduced depression, anxiety, and anger in women with breast cancer, and increased their levels of dopamine, serotonin, natural killer cells, and lymphocytes, according to recent research.

“Breast cancer patients have improved immune and neuroendocrine functions following massage therapy” was conducted by the Touch Research Institutes, Department of Pediatrics, Hematology/Oncology Clinics, Sylvester Comprehensive Cancer Center and Department of Medicine at the University of Miami School of Medicine.

Thirty-four women with Stage 1 or 2 breast cancer were randomly assigned to either a massage-therapy group or a standard-treatment control group. Each participant had completed radiation or chemotherapy treatment at least three months before the study started.

Women in the massage-therapy group received three 30-minute massages per week for five weeks. The massage involved stroking, squeezing, and stretching techniques on the head, arms, legs, feet and back. Women in the control group received standard treatment only, with the option to receive massage after the study.

The State Trait Anxiety Inventory, Profile of Mood States and the Symptom Checklist-90-R were used to evaluate participants' anxiety and mood at the beginning and end of the study period.

Urine samples were taken from the women on the first and last days of the study and their blood was drawn.

Results of the urine tests showed that serotonin and dopamine levels for the massage group increased, and the blood tests showed that there was a significant increase in their natural killer (NK) cell numbers and lymphocytes.

“NK cells spontaneously destroy a wide variety of cancer and virus-infected cells and are involved in eliminating metastases,” state the study's authors. “Lymphocytes are precursor cells of immunological function as well as regulators and effectors of immunity.”

Results of the questionnaires showed that women in the massage-therapy group had reduced anxiety, depression, anger, and hostility.

“In the current study, massage therapy was found to be a safe treatment, as no adverse effects were reported, and massage was found to positively impact the psychology, immunology, and biochemistry of women with breast cancer,” state the study's authors.