

The Secret To Healthy Breasts

Like most women, you are probably under the impression that a bra will keep your breasts healthy and perky. This couldn't be farther from the truth!

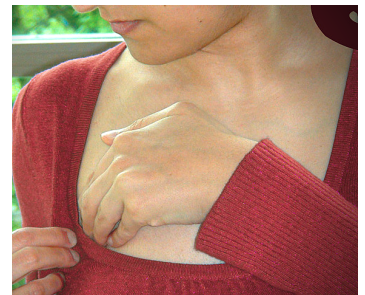
Perky? Ever heard the expression 'what you don't use, you lose'? This holds true for the muscles that hold up your breasts. Often, because we have been counting on the bra to do that job, our muscles have become weak.

Healthy? Breast cancer does not thrive where there is proper circulation and lymphatic flow. Are you concerned about the higher risks of breast cancer in women who wear under-wired bras? Interested in learning how to bring a healthy flow back to breast tissue?

Below are 3 easy and natural steps to have beautiful, healthy breasts.

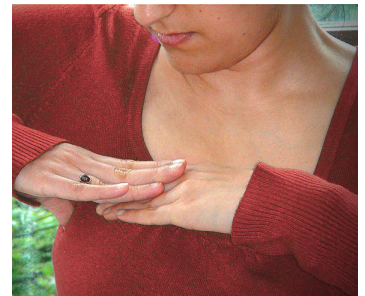
Step 1: Wake Up The Pectoralis Muscle

With your hand opposite to the side you are addressing, reach across your body and place your fingers on the lateral edge of the pectoralis major muscle. Take slack laterally (away from the body) and make a move towards your chin. The move is a supermedial move over the pectoralis muscle. Repeat on the other side.



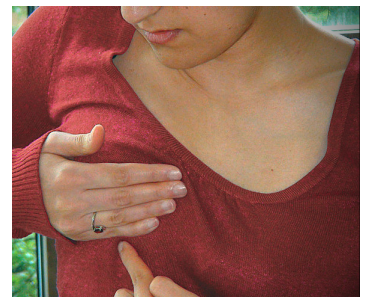
Step 2: Increase The Circulation

Overlap both your hands superior to the breast tissue. With gentle but firm pressure, take slack laterally and move the muscle medially (towards the midline).



Step 3: Expel The Congestion To The Tissue

Hold your breast tissue in the direction of your clavicle and place your index finger on a sensitive spot which should normally be found one inch from the base of your breast in line with your nipple. Take gentle slack laterally and make a medial move.



To see these moves in full go to: <http://www.bowencollege.com/healthy-breasts-video>