



Jackie Bell Natural Health

My Daily Breast Massage



(Of course you'll be doing these steps naked)

STEP 1

Pinch and roll your breast tissue between thumb and fingers all around the areola of your breast, even along the pectoral muscle up to your armpit. Don't be shy about really grabbing hold of the breast tissue. Practice by pinching and rolling your cheeks for color.

Do one breast first, and then the other.



STEP 2

Lift one breast. Underneath it, massage the ribs and in between them using tiny circles and lingering on any tender areas.

Repeat for the other breast.



STEP 3

Gently take hold of, lift, and rotate both breasts at the same time, moving them in a circular motion. Lift them up, out toward sides, down, and around. Do this 50–100 times.

This increases circulation, pumps the lymph in and around the breasts, and is tonifying to the endocrine system via the nervous system connections.

Your breasts may be tender at first, but the more you massage, the better they will feel.
And like most women, you'll thank me later.

** These instructions are not intended to substitute professional medical advice.*
