

Qi Gong for Breast Health

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Cancer, in general, is a very scary subject and breast cancer, in particular, is such a paralyzing fear for women that many find themselves avoiding the subject completely. Regular mammograms have

become quite routine, but still most women find the process terrifying and dehumanizing and this only adds to the desire to hide from self-care.

It is a fundamental principle of Traditional Chinese Medicine that energy needs to circulate freely through the body for it to be well. Tension, negativity, and lack of movement can cause congestions of the energy and possibly result in health problems. Just having fear about breast problems can create internal tension in that part of the body and actually reduce energy circulation there. It is important to feel emotionally connected to every part of our bodies and have loving and accepting thoughts of ourselves. If instead of feeling fear we could focus on breast **health**, perhaps women could take back a little of their own power and move forward with their own wellness.

Many things can be done on a daily basis to promote breast health and wellness. Diet is an important factor for wellness and for breast health you should consider eating lots fresh fruits and vegetables, organic if you can (it does make a difference). Avoid processed foods with artificial additives, cigarette smoke, and alcohol. Keeping a healthy weight and exercising regularly (walking counts!) has also been shown to help prevent breast cancer. Some foods have been shown in particular to help as well: garlic, green tea, maitake mushrooms, ginger,

turmeric, iodine, soy, and ground flax seeds. Flax seed should be ground before eating and can be sprinkled on toast, sandwiches, cereals, salads, or baked into breads and muffins. There is a comprehensive supplement that contains many of these ingredients called Healthy Cells Breast with Calcium d-Glucarate by Enzymatic Therapy that you can find at your local health food store.

The following exercise is a simple and useful gentle movement that does a great job of circulating energy through the breast area as well as the entire chest, shoulders and arms. Doing this exercise on a daily basis can help prevent breast health problems and improve ones that already exist.

Breast Health Qi Gong Exercise:

Bring your arms in front of you and bend (90 degrees) at the elbow with your palms facing each other. Relax your shoulders and arms completely. Inhaling, make fists with your hands as you draw your arms apart, keeping the elbows bent and down, until you feel a good stretch across the chest. Exhale, then inhale again. Exhaling again, draw your arms back together in front of your chest as you open the fingers and point them up. Let the shoulders, arms, and hands completely relax and sink down as you do this. Do this exercise as many times in a row as feels good and repeat two to three times per day.



Stretch



Relax

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