

## Self-Breast Massage and Touch For Health

by Paul Larson, CMT

It all started when I listened to a homeopathic lecture tape by Robin Murphy, N.D. His words caught my attention: "The number one treatment for PMS in my experience is (Daoist) breast massage, done every day, with the breath, for the rest of your life. You will never get a tumor, you will never get a growth, you will never need a mammogram, PMS will straighten out, hot flashes will go away...We've seen cures of all kinds of lumps in the breasts and the tissues...you drain all the glands in the breast every day, stimulate circulation and tonify the breast...We all know that stimulates the pituitary, the thyroid, the adrenals and the ovaries; the whole endocrine system is balanced".

I began to advocate this practice to the women around me; the following is a testimonial I received from one of my first "self-breast massage" clients:

*In 1991 I had a mammogram and was diagnosed with a tumor after an ultrasound test ruled out the possibility of a cyst. Paul taught me about breast massage and I decided to try it as a self-treatment for the mass. A follow-up mammogram was scheduled six months after the diagnosis so the doctor could monitor changes in size. In the six months interim I practiced the self breast massage technique daily and in the follow-up mammogram the mass had disappeared.*

*It is my belief that the breast massage was the relevant fact in this story in that the doctor found the tumor in my two year baseline mammogram. So it had been there for at least two years previous with no change in size or shape.*

*Sincerely, J.L.*

*Newton, MA,  
July 15, 1994*

In a second case, DS, a nurse and single mother in her mid-thirties, was told on a Friday by her doctor that she had a lump in

her breast that required a biopsy on the following Monday. At the end of her exam, she came to see me. She had previously had a biopsy and lumpectomy and did not want to go through it again. I suggested that she try self-breast massage over the weekend. On Monday, she called me up and reported that, following a weekend of breast massage, her doctor could not find the lump and told her that he must have been mistaken. The biopsy was canceled.

In a third case, DD, a childless housewife in her mid-thirties, reported nearly the same set of circumstances. She had been examined by her doctor who had scheduled a biopsy for the following Monday as he had located a lump in her breast. She spent the weekend doing self-breast massage, and on being examined by her doctor, was told that he must have made a mistake for he could find no lump. As in the previous case, the biopsy was canceled.

Now my students, and those of my wife, Joanne, are reporting similar instances of lump remission. We are finding, on occasion, that bodywork and Touch For Health can have profound effects.

**How can rubbing the breasts get rid of lumps, cysts and tumors?:** And how can Touch For Health enhance the effect? I believe the answer to the first question can be found in the oriental and the western medical literature. Mantak Chia claims that "massaging the breasts activates the energy of the glands and the organs. It is possible to prevent lumps from forming within the breasts, or to dissolve them, by using this practice". In Oriental theory, energy stagnation in any part of the body can lead to the formation of lumps and cysts. Oriental massage is one method of treating energy stagnation.

Over a hundred years ago, the western medical literature showed that doctors then were familiar with the spontaneous disappearance of breast or pelvic lumps, cysts and tumors following massage of the breasts or pelvic organs [1,2]. Today, regarding

unhealthy women, the medical literature states that estrogens are of cardinal importance in the development of breast cancer [3], that breast cysts are associated with increased risk of developing breast cancer [4], that gross cysts found in fibrocystic disease of the breast imparts risk for the development of breast cancer [5], and that estradiol, the most powerful estrogen, may be a potent mammary tumor promoter [6]. On the other hand, healthy women break down estradiol into the weaker estrogen known as estrone, and finally into the even milder estriol. [7].

Perhaps the Daoist chi kung works by bringing micromolecules via the blood, and macromolecules via the lymph circulation, to the breasts, where they combine at the cysts to metabolize estradiol to estrone to estriol for elimination in the urine.

How can TFH and applied kinesiology be used to improve this massage technique?: I use Touch For Health and PKP with my clients in at least three ways: To demonstrate overall energy enhancement, to illustrate specific organ meridian reflexes in the breasts (see Larson's Breast Reflex Chart), and to clear emotional charges that might be blocking them while practicing the technique on their own.

The first test, for overall energy effects from breast massage, is done by doing a 14 muscle check on the client, noting her imbalances, and then having her do one minute of self breast massage, and then rechecking to find the changes. Nearly always, I find the client has become balanced. (In fact, one time, when I couldn't find a way to balance, using all the techniques in TFH and PKP-1, I finally succeeded by having the client perform self-breast massage).

The second way I use TFH is in accord with the enclosed chart of meridian reflexes, as I find them in my practice. I believe that these areas as meridian neurolymphatics, and I use them in that manner. The breasts are well supplied with both nerves and lymphatics.

And in the third technique I test the person for the emotional charge upon initial breast palpation, and then after further palpation, test for a further emotional charge. Often it

becomes anger. In this way, the client if forewarned of the possible hurdles to be faced as their daily practice of breast massage progresses. With F/O holding, and ESR, the client is now clearing themselves on the physical and the emotional level (Stagnant energy in the breasts may lead to Stagnant Liver energy. The Chinese 5-Element emotion for the Liver meridian is anger. The Liver meridian energy becomes stagnant primarily due to anger, and Stagnant Liver energy most often manifests in the lower abdomen or pelvis as one or another gynecological complaint.[8]).

My wife and I have been getting very gratifying results with our female clients, using these techniques, and we would like to spread this good news.

#### References:

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LARSON'S BREAST REFLEX CHART

