



METANOIA

10 WAYS TO SUPPORT HEALTHY BREASTS

BREAST MASK

Adding breast masks to your self care routine is a wonderful way to nurture yourself. You can tailor your masks according to your needs and goals. Head over to the website for a variety of recipes and book your own custom formula.

BREAST MASSAGE

Supports healthy lymph flow, increases breast tissue nutrition and oxygenation, boosts blood circulation, detoxifies toxins and excess estrogen, enhances elasticity of the ligaments and so much more.

BREAST OIL

Breasts are incredibly sensitive and absorbent. Use a breast oil that's filled with herbs, oils and essential oils that heal, nourish and detoxify.

DEODORANT

Toxic chemicals found in our deodorants and antiperspirants are now being directly linked to cancerous breast tissue. These chemicals accumulate in lymph nodes, glands and create a breeding ground for disease and hormonal imbalances. Head over to the Shop to discover some wonderful natural options.

IODINE

Is an anti-estrogenic mineral and much needed by the breasts. Iodine deficiency increases estrogen production. It's also an important player in heavy metal detoxification.

LIVER

A healthy liver is key to supporting healthy breasts. Milk thistle, dandelion, and burdock are wonderful herbs to help keep the liver toned, healthy and help with detoxification.

MAGNESIUM

Magnesium is needed by the liver to optimally metabolize estrogen. Excess estrogen in a woman's body can stimulate cellular growth, cause breast tenderness, swelling and fibrocystic changes in breast tissue.

NURTURE YOURSELF

The breasts hold a particular type of energy - nurturance. When imbalances show up, it's usually a since that we're not nurturing ourselves and often putting others first. This week, say yes to yourself and no to things that don't honor and serve you.

TURMERIC

Reduces angiogenesis and inflammation. Has the ability to inhibit fibroids, cysts and tumors. Can be applied topically and consumed daily.

VITAMIN D3

Vitamin D is protective against the stimulating effects of estrogen. It not only has anticancer effects but it also inhibits the growth of blood vessels that feed tumors. Keeping vitamin D levels optimal reduces breast cancer risk.

Learn More About Holistic Breast + Women's Health at
www.hermetanoia.com



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