

East Bay Five Element Acupuncture

is dedicated to promoting women's health
and encouraging women to be
more familiar with their bodies.

Our breast care line helps
to reduce fear and
heighten women's awareness of
the importance of breast health.

Modern women are exposed to extraordinary amounts of toxins, pollution and known carcinogens. Due to these contaminants in our environment, many of us are facing health challenges in our breasts. Reducing pollution in our environment, eating a mineral-rich, organic plant-based diet, getting plenty of exercise and rest, and regular breast care (through touch, massage, and self-exams) will all help to support breast health.

We hand-harvest the herbs in the mountains of Northern and Central California. We then infuse the fresh herbs into organic olive oil, chosen for its ability to extract the healing components. Because breast skin is thin and absorbent, the herbal constituents carried in the olive oil moves deeply into the breast tissue, helping to promote breast health.

East Bay Five Element Acupuncture makes no attempt to diagnose nor to claim cures with our products. In times of illness, see the health professional of your choice.

Important Aspects of Breast Care

Limit exposure to toxins

- Eat foods that are organically grown and raised.
- Drink filtered water; if possible bathe in filtered water (chlorine is a known carcinogen, and is absorbed transdermally).
- Be active in your community to reduce pollution.
- Understand links between pollution and disease.

Build a strong immune system

- Exercise and breathe deeply.
- Get to know the plants that live near you; many support the immune system.
- Laugh! Sing! Cry! Dance!
- Enjoy discovering what reduces stress for you.

Encourage lymph function (helps cleanse the body of toxins)

- Practice daily movement (yoga, tai chi, walking).
- Use a skin brush before you bathe.
- Receive massage.
- Dress in comfortable, loose clothing.
- Take off your bra, massage your breasts!
Keep lymph moving, not pooling in your bra.

Be familiar with your breasts

- Touch and massage your breasts regularly
- Ask a health professional to aid you in understanding the different tissue textures you're feeling.

Breast image—cultural attitudes towards breasts

- Use touch, visualization, and kind thoughts to love your breasts exactly as they are.
- Avoid exposure to toxic magazines or other misogynist media. When you see harmful images of women, name them for what they are and discuss these issues with your daughters and women friends.

We love to hear from women who use our products! Please feel welcome to write us with your comments or questions.

East Bay Five Element Acupuncture

www.eastbayfivelements.com/herbal-products/

(510) 435-4241

East Bay Five Element Acupuncture



BREAST BUTTER

VIOLET OIL

BREAST CARE
GIFT BAG

Natural Products Dedicated to
Supporting Women to
Care for their Bodies

BREAST BUTTER

Breast Butter is daily topical nourishment for breast tissue, composed of powerful plant allies known to promote healthy breasts and that are safe to use daily.

Plantain promotes rapid healing, minimizing scarring after surgeries, and relieves pain and swelling in tender breasts. The Yew tree and the Plantain plant are both considered cancer preventative herbs that combine well with dandelion, an herb that has an affinity for the breasts. Comfrey has been used for thousands of years to moisturize, strengthen and heal tissue.

Breast Butter encourages us to touch our breasts with love and appreciation. Through regular breast self-exams and massage, we can deepen our understanding of our breast tissue and notice textural changes that occur with our monthly cycles and menopausal years. This enhanced awareness of normal fluctuations makes it easier to detect abnormal changes so that we can alert our health practitioner.



We recommend Breast Butter:

- for breast massage and breast exams
- for sore, tender, or painful breasts
- post surgery, to help reduce pain and scarring
- during prenatal care, to reduce stretch marks
- for a regular breast care routine

Use Breast Butter:

- after removing your bra (to re-establish lymph flow)
- in the morning or evening while relaxing in bed
- after bathing, or as part of your daily body care routine

VIOLET OIL

Violets are heart shaped plants which grow abundantly on the forest floor. Over the centuries many cultures have recognized violet's anti-cancer properties, applying it both internally and externally.

At East Bay Five Element Acupuncture we blend Violet leaves and flowers in organic olive oil. We add essential oils of mandarin and lime to create an enhanced healing oil to apply externally to the breasts. These citrus plants contain limonene, a constituent which encourages the production of digestive enzymes. These enzymes help to break down carcinogens and escort them from the body.



Why Violets?

- decongests the lymph
- contains anti-cancer properties
- contains dissolvent, softening properties
- moisturizes and softens skin
- helps to relieve pain and swelling

When to use Violet Oil:

- as preventative care
- for fibro cystic breasts
- for a regular breast care routine

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any illness.

BREAST CARE GIFT BAG

designed to support women with their daily Breast Care Routine

The breast care gift bag contains:

- 1 oz Breast Butter
- 1 oz Violet Oil
- Potpourri
- held in a burgundy muslin bag.

This Breast Care Gift Bag is a wonderful gift to offer to the women in your life. These products help to encourage body awareness through a regular breast care routine.

