



## 4 Scientifically Backed Ways To Support Your Breast Health

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Written by: Kinjal Shah MD (Hom).  
Medically reviewed by: Melanie Swackhammer B.A. & Victoria Williams R.H.N.

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### Hint: It Also Involves Your Circadian Rhythm

"I learned to put myself first."

"It was up to me to decide what to do with my life."

You'll hear phrases like this from women who've made significant changes following breast cancer. Can you relate? Or maybe right now, you or the people you serve are wondering, "How can I keep my breasts healthy?"

You see, it's often when women are at their weakest emotionally and physically – after surgery, chemotherapy, or radiotherapy – when they start making significant lifestyle changes.

And while this is common, it's not ideal for changing your perspective on what really matters when a problem strikes. So, you can start making changes right now to support your breast health.

Would you love to know how you can use Castor Oil to support your breast health? Now's your chance to get 2 easy DIY Castor Oil recipes so you can support your breasts and lymphatic flow.

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The old adage "prevention is better than cure" is highly relevant for breast troubles. Perhaps you've also heard the phrase, "a pill for an ill". Can you relate?



Before giving away the reason behind this statement, let's first look at a surprising number.

**About 30 to 40% of breast cancers are linked to lifestyle factors.**<sup>1</sup>

Yes, that's true. While many believe breast disorders/conditions are genetic, hereditary connections are responsible for less than 10% of the cases.<sup>2</sup>

However, there are lifestyle changes you can make right now to support your breast health.

It's crucial to understand that it might not be easy to talk about your breast changes. You might be aware of certain changes happening but feel uncomfortable discussing them, right?

You may even avoid examinations like mammograms or thermograms because you're worried about discovering something abnormal.

But, visiting your healthcare professional is the best reassurance to understanding your unique body and the best steps to take.

With this in mind, let's look at a few things that can influence your breast health.

## The link between inflammation and breast health

You may have noticed soreness or pain in the breasts, especially around your menstrual cycle. You aren't alone. These symptoms affect two-thirds of women, especially during the childbearing age.<sup>3</sup> Are you wondering why this happens? Well, the answer lies in the breast structure.

You see, **breasts comprise four main tissue structures: fat tissue, milk ducts, glands, and connective tissue.**

The fat tissue is influenced by fluctuations in fluid volume. So, this can cause your breasts to swell, resulting in soreness or tenderness.

"What causes increased fluid?" A common reason for increased fluid volume is inflammation. Inflammation is kind of like a fire, and what do you use to put out a fire? Water.

Inflammation is part of your body's process of fighting against things that harm it (like infections) in an attempt to heal itself.

So, when something damages your cells, your body releases chemicals that trigger an inflammatory response from your immune system. It's a natural process, but in today's modern world, inflammation is often out of control.

Did you know that lymphatic blockage can also cause inflammation?<sup>4</sup>

Lymph vessels are hollow tubes in your lymphatic system that allow lymph fluid to drain out of your breast.

But, if your lymph vessels are blocked, this can cause your breast to become red, swollen, and inflamed. Makes sense, agreed?

Swollen lymph nodes may also be present under the arm, near the collarbone, or both.

Disturbed sleep can also contribute to breast inflammation.

Let's dive into more about this and the connection between you...

## Circadian rhythm and breast health

Imagine having a hectic week, with only four hours of sleep every night for 7 days in a row.

Sounds pretty terrible, right? You'd probably be irritable, frustrated, or even sad, agreed?

But, sleep isn't only about the quantity, it's also about quality. Even if you can sleep eight hours a day, but you wake up every two hours, you'll wake up in the morning feeling exhausted. Is this you?

### When you don't sleep well, you feel bad.

Higher risk of metabolic syndrome (obesity, diabetes, high blood pressure, fatty liver, etc.)<sup>7</sup>

Cognitive problems like memory<sup>6</sup>

Hormone imbalance (menopause symptoms, infertility, PCOS & more)<sup>5</sup>

Stress, anxiety & depression<sup>2</sup>

Constipation, IBS, digestive problems<sup>1</sup>

Increase in headaches

Eat more food, weight gain

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This is because your body's internal 24-hour clock runs in the background and regulates your sleep-wake cycle, hormones, and even cell division.

But, if your sleep-wake cycle is off, so is your circadian rhythm.

You see, different systems of your body follow circadian rhythms that are synchronized with a master clock in your brain.

This master clock is directly influenced by environmental cues, especially light, which is why circadian rhythms are tied to the cycle of day and night. Makes sense, right?

When properly aligned, a circadian rhythm can promote consistent and restorative sleep.

But, when your circadian rhythm is thrown off, it can create significant sleeping problems, including insomnia. Does this sound like you?

Research also reveals that circadian rhythms are integral to diverse breast health aspects.<sup>8</sup>

Now, beyond sleep, have you ever wondered if there's a connection between your gut health and breasts?

## Gut microbiota and breast health

Gut microbiota are microflora in your digestive tract. While it may sound dangerous, these bacteria are helpful and regulate various body functions.

From protecting against disease-causing bacteria to regulating immune function, these bacteria support your health in various ways.<sup>9</sup>

The gut bacteria influences estrogen metabolism and adiposity, which are both associated with breast health.

Immune interactions with gut microbiota and microbial effects on host DNA also play a role in developing breast conditions. Makes sense, agreed?

## How can I keep my breasts healthy?

Now that you know the importance of breast health and the influencing factors, let's look at four things you can do to support your breast health. Are you ready?



### 1. Eat healthy because food matters

You are what you eat. Have you heard this before? Some ways you can support your breast health nutritionally are:

- Limiting your sugar intake
- Eating whole foods including healthy fats, hearty proteins, and heaps of vegetables
- Avoiding processed foods
- Drinking plenty of water
- Eating foods rich in flavonoids, such as broccoli, onions, celery, parsley, and green tea

### 2. Counting sheep to sleep? Not anymore

Getting adequate sleep is one of the crucial steps to naturally support your breast health. Start by...

- **Having a consistent daily sleep routine:** It's ideal to sleep and wake up at the same time every day.
- **Being active:** Regular exercise supports melatonin production, your sleep hormone. It can also sync your other body systems with your circadian rhythm.<sup>7</sup>
- **Avoiding caffeine in the evening:** Caffeine is a stimulant that can keep you awake.
- **Limiting screen time:** The blue light from your tablet/cellphone alters your melatonin production, disrupting your circadian rhythm.<sup>8</sup>
- **Wearing a Castor Oil Eye Compress to bed:** Using this compress makes you feel relaxed as your Eye Compress gently blocks out distracting lights and makes you feel sleepy because it supports melatonin production.<sup>10</sup>



It's truly relaxing, and it also delivers anti-inflammatory nutrients like vitamin E, polyphenols, and omegas and stimulating lymphatic flow.<sup>11,13,14</sup>

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### 3. Use a Castor Oil Fascia Massage Roller to enhance your lymphatic flow

Did you know that a well-functioning lymphatic system is crucial for your breast health?

The good news: there are multiple ways to support your lymphatic system, including a Castor Oil Fascia Massage Roller

You see, a Fascia Massage Roller acts as a gentle massage around your breasts so you can naturally increase blood supply to your muscles, support the movement of lymphatic fluid, and assist in removing toxins from your body.

The network of lymph is directly connected to the fascia, which sits right underneath the skin.

So, moving the Fascia Massage Roller relieves muscle tension, activates your lymphatic system, and reduces pain and soreness. Plus, adding Castor Oil can further boost the benefits of the roller.

### 4. A simple massage can make a difference

Did you know that healthy breasts largely come from having a healthy liver?

According to Traditional Chinese Medicine, negative liver emotions such as frustration, anger, and resentment can result in the accumulation of toxins in the body, adversely affecting your breasts.<sup>15</sup>

So how can you easily support your liver?

Massaging the liver aids in the removal of stagnated toxins, protecting and boosting breast health.<sup>16</sup>

Plus, wearing a Castor Oil Pack for Liver may also support breast health. But how? Read on!

Firstly, it's mechanical. With the movement of the pack placed over the liver (under your right rib cage), in combination with the movement of your breathing muscles.

This acts like a pump to your lymphatic system, encouraging lymphatic drainage. Amazing, agreed?

Secondly, it's neurological, when placed on specific dermatomes, this activates the somatic visceral reflexes triggering the activity of internal detox and cleansing organs like the liver, kidney, gut, gallbladder, and more.<sup>18</sup>

Thirdly, it's a combination of both mechanical and neurological because the Queen of the Thrones® Castor Oil Pack stimulates the body's skin receptors which stimulate the natural oxytocin feedback loop activating the vagus nerve, shifting the body into a rest and digest state where liver detox is optimized.<sup>17</sup>

This direct effect of the Castor Oil Pack compress stimulates the parasympathetic nervous system. Amazing, right?

### Improving Parasympathetic Tone With Your Castor Oil Liver Pack Supports...

- 1 Rest
- 2 Digest
- 3 Detox

QUEEN OF THE THRONES®

Plus, the penetration of the Castor Oil into the tissues may help reduce inflammation via the Peyer's patches.<sup>18</sup>

Without the pack, Castor Oil will not penetrate as deeply and act much more like a skin emollient, so the full range of benefits of the oil are enhanced with the pack itself.

Even though the Castor Oil Pack is traditionally worn over the liver for breast health, you can also wear a pack over the breasts. But don't use the same pack for your liver as you do for your breasts.

It's unknown if substances with toxicity may come out via the skin with Castor Oil Packs, especially over the liver since it's the hub for cleanup of toxic substances in our bodies. To prevent the transfer of toxins to sensitive areas, only use the designated pack on its respective area.

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So, gorgeous, your breast health is in your hands. Try and add these four healthy habits as part of your life.

They will not only support your breasts' health but also help support more energy, less stress, and a more balanced mood!

Are you a practitioner, health coach or wellness influencer? If you're interested in recommending our easy-to-use tools and practically applying them in your health and wellness professional practice, in clinic, or online with the people you serve, you can join now!

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Email: [care@queenofthethrones.com](mailto:care@queenofthethrones.com)

Phone: 1833-887-2627