

Natural & easy ways you can support your breast health

Oct 20, 2022 | 0 comments

Written by: Dr. Marisol Teijieiro, N.D. (inac) & Melanie Swackhammer B.A.

Medically reviewed by: Victoria Williams R.H.N.

Est. reading time: 5 minutes.

So you've heard of heart health and gut health, but what about breast health?

Maybe you, your patients/the people you serve have fibrocystic breasts, aka lumpy breast tissue. But you wish there were natural ways to support your breast health and in turn, your cystic lumpy breasts. Can you relate?

You're in the right place. Would you love to know how you can use Castor Oil to support your breast health? Check out Queen of the Thrones® free eGuide with 2 easy DIY Castor Oil recipes to support your breast and lymphatic flow. Amazing, agreed?

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Do you ever ask yourself...

Why do I keep getting benign breast lumps and cysts?

Now, are you wondering if there's an easy way you can counteract your estrogen dominance and low iodine?

You see, everyone is unique and of course, what works for someone else right away, may take more time for another, etc. But, the good news?

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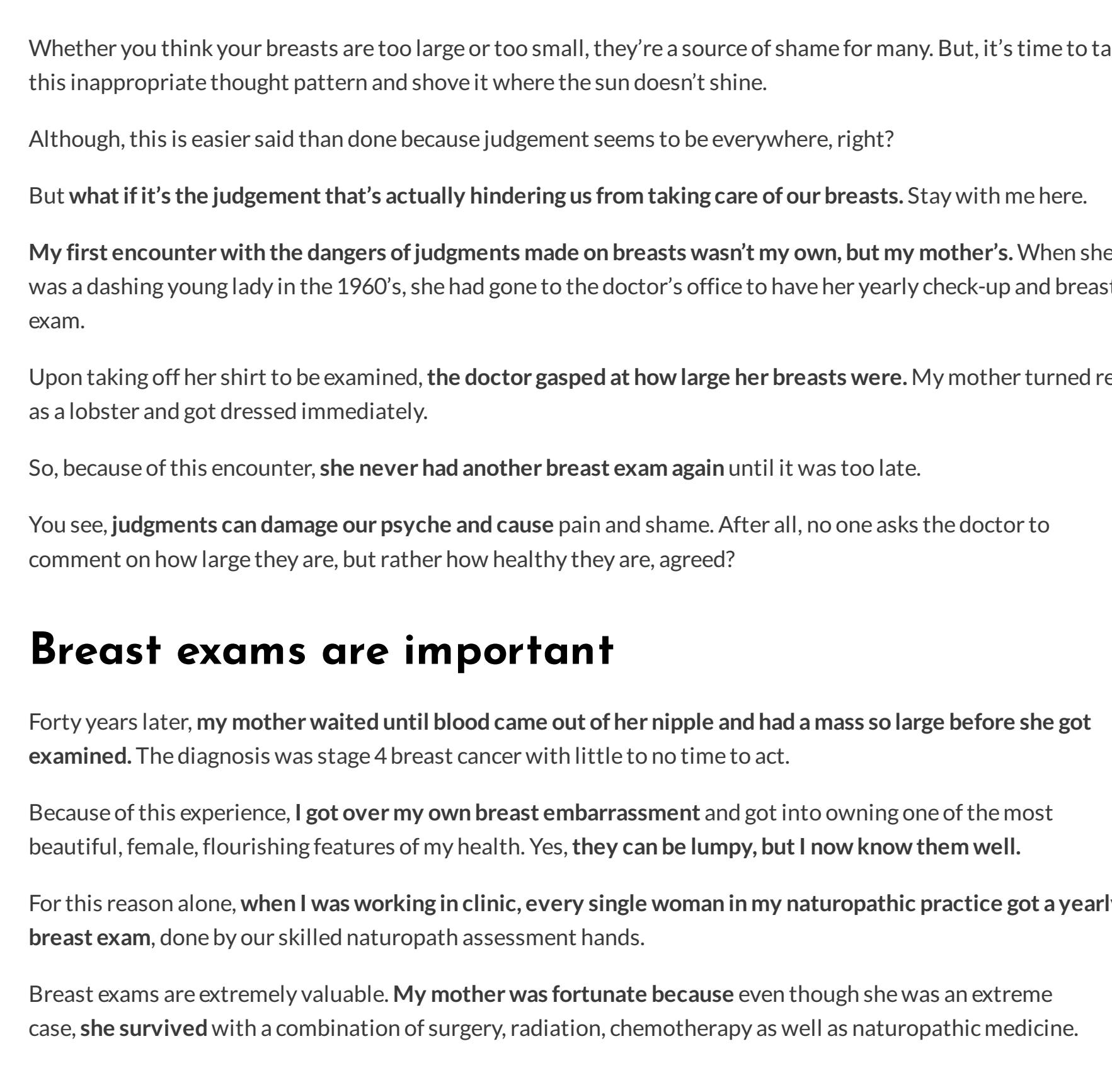
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Here's what you can do to support cystic and lumpy breast tissue



Most of these at-home methods support reducing the amount of estrogen in your body.

1. Eat more broccoli family foods (cruciferous veggies*).
2. Reduce your alcohol intake*.
3. Reduce your theophylline intake, in coffee, tea and chocolate.
4. Wear a [Castor Oil Eye Compress](#) to bed – they naturally increase melatonin*, which is a powerful anti-cancer hormone in the body*.
5. Of course, do a [Castor Oil Pack for Liver](#) daily, because it helps with cleansing and detox*, microbiome balance¹⁰⁻¹¹⁻¹², inflammation¹³, and stress reduction¹⁴⁻¹⁵, which all impact your hormonal balance.



Curious to know more ways you can use Castor Oil to support your breast health?

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Do you resent your fibrocystic breasts because of how they look/feel?

I used to look at my breasts in the mirror, pulling one up and comparing it to the other. Do you do this too?

I longed to have perky, stand-up-here breasts instead of pendulous, way down-there-puppies with sparkling, multicolored stretch marks.

Whether you think your breasts are too large or too small, they're a source of shame for many. But, it's time to take this inappropriate thought pattern and shove it where the sun doesn't shine.

Although, this is easier said than done because judgement seems to be everywhere, right?

But what if it's the judgement that's actually hindering us from taking care of our breasts. Stay with me here.

My first encounter with the dangers of judgments made on breasts wasn't my own, but my mother's. When she was a dashing young lady in the 1960's, she had gone to the doctor's office to have her yearly check-up and breast exam.

Upon taking off her shirt to be examined, the doctor gasped at how large her breasts were. My mother turned red as a lobster and got dressed immediately.

So, because of this encounter, she never had another breast exam again until it was too late.

You see, judgments can damage our psyche and cause pain and shame. After all, no one asks the doctor to comment on how large they are, but rather how healthy they are, agreed?

Breast exams are important

Forty years later, my mother waited until blood came out of her nipple and had a mass so large before she got examined. The diagnosis was stage 4 breast cancer with little to no time to act.

Because of this experience, I got over my own breast embarrassment and got into owning one of the most beautiful, female, flourishing features of my health. Yes, they can be lumpy, but I now know them well.

For this reason alone, when I was working in clinic, every single woman in my naturopathic practice got a yearly breast exam, done by our skilled naturopath assessment hands.

Breast exams are extremely valuable. My mother was fortunate because even though she was an extreme case, she survived with a combination of surgery, radiation, chemotherapy as well as naturopathic medicine.

Cystic breasts or not, self-examination is invaluable

But maybe you don't know what you're looking for.

The comment I always got in clinic was that most women don't know what normal feels like, can you relate? They might feel like they have cysts in their breasts and lumpy breast tissue.

But let me tell you, the first time I did a breast exam I thought exactly the same thing! How was I going to identify anything going wrong if I can't notice anything different?

Do you know what changed it? Practice, the mother of all skills.

So it's amazing what Queen of the Thrones® partner Dr. Véronique Desaulniers (two-time breast cancer survivor) has done to make this easy.

She created "[My Breast Friend](#)", a breast self-examination tool. It's basically a model of the breast so you can get to know your breasts.

And what if you find lots of lumps and bumps? Make your way to your doctor and get checked out. It never hurts to be extra cautious.

You might be wondering...

What's the difference between lumpy breast tissue and smooth breast tissue?

Well, that's why you need to get to know your boobies!

Now I love my breasts, I treat them better every single day and prioritize my breast health because they're an important part of who I am. They share my story.

What's next? Check out Queen of the Thrones® free eGuide for 2 Castor Oil recipes you can use for your breast health and lymphatic system. Sounds good, right?

Here you go!

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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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