

Benefits of Phluffing

Reduce breast congestion and discomfort if done before, during and after the menstrual cycle.



Soften breasts



Relieve breast pain



Prepare the girls for their mammogram!



Decrease lumps and cysts from fibrocystic breasts



Moves lymph and brings the killer T-Cells to protect the breast from bacteria & cancer



Brings blood & oxygen to the breast tissue



Cleans out toxins & stagnation



Reduce breast tenderness during pregnancy



Enhance breastfeeding



Become familiar with your breast



Easier to do a self breast exam



Maintain a healthy breast for a healthier body



Love, Respect, Nurture & Connect with your body

AND....IT FEELS GOOD!



Motivated by her sister's struggle with breast cancer, and a request from a clinical thermographer to create a breast oil, Joyce researched which oils to use in the blend. She found clinical studies that showed high amounts of monoterpenes in certain essential oils stopped and regressed abnormal cell growth. Healthy Girls® Breast Oil applied with "Phluffing" or a loving self-lymphatic breast massage stimulates the immune system, softens breast tissue, decreases pain and tenderness, while nurturing and protecting breast tissue. Joyce has a Bachelors of Science Degree in Education and certifications in Holistic Aromatherapy and Reflexology. She offers presentations and education on breast care.

www.healthygirlsbreastoil.com
715-878-4474



"PHLUFFING THE GIRLS", was conceived by Cheryl Chapman as a result of her personal and clinical experiences. Cheryl is a breast care advocate dedicated to empowering and educating women about self breast care. She received her nursing degree in 1965 and earned her certification in therapeutic massage in 1988.

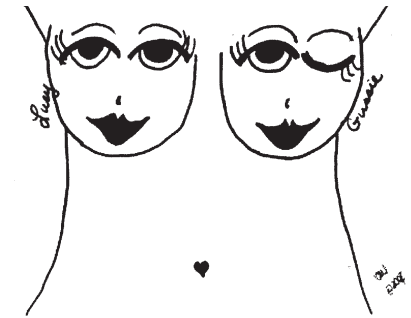
As a former cardiac oncology and hospice nurse, she has integrated nursing and massage into her practice. Cheryl is the Director of Professional Massage Therapy™ in Short Hills, New Jersey. She is Holistic Nurse Certified, Nationally Board Certified in Therapeutic Massage and Bodywork and is trained in Swedish, Shiatsu, Geriatric, Cranio-sacral, Reiki, Therapeutic touch, Healing touch 3, Lymphatic massage, Healing stone therapy, Pregnancy, and Infant massage modalities.

Cheryl has authored "The Happy Breast Book", seven training manuals and numerous articles on Massage for Professional and National publications.

www.cherylchapman.com

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Ladies
have you
Phluffed Your
Girls Today?



Is it possible that one minute a day could relieve pain, reduce lumps, prevent breast cancer and keep your breasts soft, healthy & happy?

Phluffed Girls are
Happy Girls!!

What is Phluffing?

P ersonal	Phluffing is a safe, easy, gentle movement given to the breasts at least twice a day.
H and	
L ymphatic	Did you know that women take better care of their hair, nails, face and feet than their breasts?
U ndulation	
F low	
F acilitation	

Why should I Phluff?

Breasts are the least touched part of a woman's body. The body's immune system circulates lymph fluid to destroy cancer cells, viruses, bacteria, microorganisms, toxins and waste material.

When this lymph fluid is restricted, as with a bra, the lymph cannot circulate freely in the breast.

Daily Phluffing softens the breast and increases awareness of changes in the breast tissue. Remember - EARLY DETECTION SAVES LIVES.

If your "girls" are "talking" to you, maybe they are asking for a Phluff!

When & Where

At home, at work, in your car, with or without clothing, preferably in the morning upon awakening, or showering, during the day and especially after the bra is removed at night.

HOW?

Phluff A

- ☉ Bend at waist or stand upright
- ☉ Cup your hands under each breast.
- ☉ Gently move your hand in an up and down motion as if fluffing a pillow.
- ☉ Phluff about 10 times

Phluff B

- ☉ Place the side of each hand under one breast onto the ribs.
- ☉ Move your hand left to right in a sideways motion, about 10 times

☉ Repeat for other breast

Spontaneous Phluffing

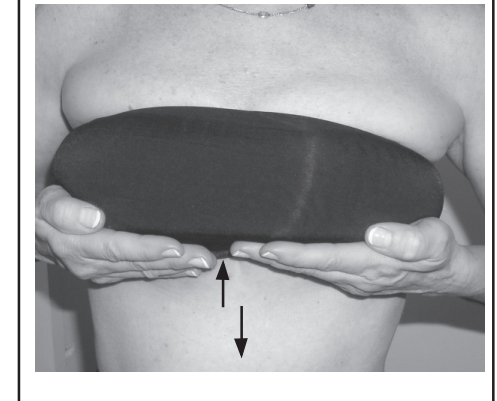
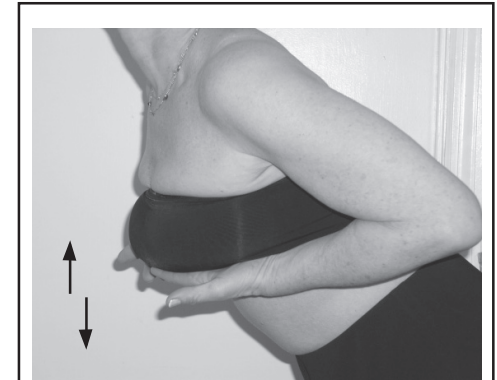
- ☉ Lift the bra straps and move up & down.
- ☉ Place your hands on each breast & gently press in as beeping a horn.

This is best done when sitting at a red light, watching TV, or any place at anytime. 10 times or more should do it!

*Big or small, young or old
it's always time to phluff the girls!*

After phluffing or a shower, a light massage with Healthy Girls® Breast Oil is very beneficial for the girls
Available at www.healthygirlsbreastoil.com

Phluff A



Phluff B

