

UNDERSTANDING BREAST HEALTH FROM THE PERSPECTIVE OF CHINESE MEDICINE



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We live in a society that creates more stress than the human body can handle. Finding ways to unwind and release are essential.

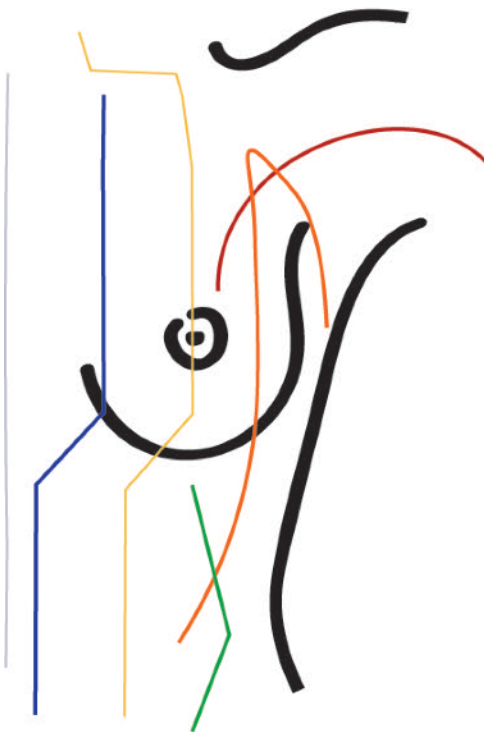
Stress is connected to Qi stagnation in Chinese medicine. Over time the build up of physical and emotional tension can create illness in the body. The stagnation creates heat burning up vital fluids dramatically increasing menopausal symptoms and breast diseases.

Finding brief moments throughout the day to release emotional and physical tension will add up to major positive shifts in ones wellbeing. When there is flow things won't grow.

Below is a list of foods to favor and avoid for women with breast disease. Incorporating these ideas will help one assimilate food and maintain strength.

Avoid:

- **Avoid chilled foods** (vital energy is lost when used to warm foods to body temperature. Less energy is left for digestion. Over time this can weaken an already weak digestive system).
- **Sugars and sweet foods.** In excess they create dampness. Sweet flavor relaxes the liver which is tight when stressed, too often we eat it in excess and the heaviness drags us down. Dampness over time hinders detoxification.
- **Wheat** is damp, favor rice instead.
- **Dairy.** Ice cream is cold, sweet, and made from dairy. It is damaging to the system in Chinese medicine essential to breast health. Doing what you can to lighten your digestive load will help you preserve the energy needed to absorb nutrients and use them for healing.
- **Coffee** can aggravate breast diseases. Eliminating caffeine from coffee and chocolate is one of the most important changes.
- **Avoid alcohol.** Alcohol creates dampness and heat in the body. It will burn up the Yin needed to keep the body cool and balanced. Women with menopausal symptoms are usually deficient in Yin.
- Avoid too many **spicy foods.**
- **Fatty foods** stop the flow.



Menopausal symptoms such as: hot flashes, night sweats, vaginal dryness, insomnia, and irritability can be supported by the following:

Vitamin A helps nourish the Blood, clear heat, and is important for lubrication. Abundant in green and yellow/orange vegetables like leafy greens, cantaloupe, carrots, and broccoli.

Vitamin B complex specifically PABA, B5, Folic Acid, and Biotin.

Vitamin C clears heat and dissolves toxins, helps support the adrenals which are connected Kidney Yin. Kidney Yin is usually deficient in menopausal and postmenopausal women. Use in a pH buffered form.

Vitamin D 10-15 minutes of daily sunshine.

Vitamin E essential for strengthening Yang, bones, and sinews and general vitality through aging. Sunflower, walnut, wheat germ oils are great sources. Helps hot flashes.

Beta-carotene boosts Qi, move the Liver and helps eliminate toxins. Activates the thymus gland to promote T cell production.

Rose Geranium essential oil on the bottom of the feet.

Foods:

Apples	Pear
Avocado	Pomegranate
Broccoli	Royal Jelly
Cucumber	Seaweed
Dark leafy greens	Black Sesame seeds
Egg	Shiitake mushroom
Lemon	Watermelon
Okra	

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