

Sudoku

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Place numbers 1-9 so that each row, column and 3x3 square has each number only once. There is only one solution. Good Luck! Stumped? Visit www.sudokuplace.com for a puzzle solver.

			7	3	1			6
	3					5	1	
		2					8	
4			3	6				8
2			8		4			5
3				5	9			7
	8					4		
	2	7					5	
5			6	9	7			

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MESSAGE THERAPISTS Want more clients? Chi Spa's currently seeking full and part time licensed massage therapists to join our respectful Eugene team. Send resumes to 460 Coburg Rd Suite 306 Eugene OR 97401 or mychispall@gmail.com. (541) 334-5000

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HELLO! my name is



Myofascial Release for Breast Health

by Roxanne O'Hara LMT

The breasts are in a central region of our bodies regarding the immune system, emotional health, and detoxification processes. Because we wear bras and because we often do not get the type of exercise that we need to decongest our lymphatic system (jogging, trampoline, etc.) the pectoralis region of our bodies often becomes congested. Add to that environmental toxins, scar tissue from surgery, radiation and compression from mammograms, trauma from cancer treatment and other events, as well as the emotional component of being loving selfless partners, mothers, and friends. Taking all this into consideration, I think our breasts could use some attention.

There are several techniques used in myofascial release to open and free the tissue around the pecs, lymphatic ducts, and breasts. All are very gentle, effective, safe, and can have a remarkable impact on overall health. One technique is called the "pec lift." The therapist slowly lifts the breast tissue between her two palms and waits for release to occur in the fascia. This process can take up to 15 minutes. It lessens the instances of fibroids, help flush the lymphatic system, resolves breast feeding issues, increase vascular and nerve health, elevates posture, and releases emotional holding patterns.

There are a number of things you can do at home to help your breasts and improve your health. Dry brushing towards the heart helps keep the lymphatic channels moving and, when brushing your breasts, brush up towards the clavicles. Jogging, or dancing for 10 minutes a day helps too. Massage your breasts using an herbal infused olive oil or coconut oil (no vegetable oil). This is more involved than the old fashion self exam and instead of looking for cancer, the goal is to make friends with your body and release fear, toxins, and improve your over all health.

About Roxanne:

I have been a massage therapist for 12 years and have practiced MFR primarily for 4. I study with John Barnes and am skilled at treating a wide range of structural issues and chronic pain.

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4:00pm	•	•	•	•	•	•	•
6:00pm	•	•	•	•	•		

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