



## **MDL Specialist Yvette Jordan Details Self-help Natural Routine To Combat Breast Cancer**

*Self-help techniques in routine encourage natural cancer prevention.*

For Immediate Release

SHOREHAM BY SEA, West Sussex United Kingdom/EWORLDWIRE/Aug. 20, 2008 --- An essential new guide to help women keep their breasts healthy in the way that nature intended is to be launched at the start of Breast Cancer Awareness Month in October, bringing breast cancer prevention and awareness into the 21st century.

Breast Wise emphasises active self-help by teaching a simple and effective, easy-to-follow routine. This is based on proven manual lymph drainage (MLD) massage techniques to encourage natural cancer prevention.

The programme has been compiled on DVD by MLD expert and lymphedema therapist Yvette Jordan, LMT, CDT, GBTH.

Jordan said: "I see and treat many post-breast cancer patients. Now I want to help to prevent this terrible disease from occurring in the first place, which is why I have created this imperative DVD.

"Our bodies are designed to fight cancer cells naturally through our lymphatic system and lymph nodes. However, in light of the link between stagnant lymph and breast cancer, we urgently need to pay attention and increase the efficiency of this system. Using proven techniques and moving it continuously keeps it clean and prevents stagnation, ultimately improving our ability to fight this disease."

Additionally, Dr Marika von Viczay, N.D., Ph.D., medical director of the Isis Health and Rejuvenation Centre in Asheville, N.C., USA, said: "Not only is lymphatic drainage a key to disease prevention and rejuvenation, it is the means to reverse and contribute to the natural healing processes of the human system for a host of illnesses, including breast cancer."

Latest figures show that, unless action is taken soon, by 2024 one in seven women will develop breast cancer by the age of 80. This is exacerbated by the general increase in obesity, which is related to inflammatory breast cancer with 45 percent less survival rate.

Breast Wise costs Â£9.99 (approx. USD\$18.57), plus p&p, with Â£1 (approx. USD\$1.86) from each sale going to breast cancer research charity. It will be available from the Feel Good Factor website at '<http://www.fgf.uk.com>' or by emailing [breastwise@fgf.uk.com](mailto:breastwise@fgf.uk.com).

Feel Good Factor, where Jordan practises massage therapy, is the first lymphatic health centre in the U.K. dedicated to lymphatic therapy treatments and education. It opened for business in February this year at Shoreham by Sea, West Sussex, England.

For further information, DVD product shots and photography, contact Yvette Jordan on +44 (0)7814 752041 / +44 (0)1273 389175 or email [breastwise@fgf.uk.com](mailto:breastwise@fgf.uk.com).

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