

## 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!



"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 is a Past President of the New Jersey Chapter of the American Massage Therapy Association (AMTA). She is a board certified continuing education provider for the National Certification Board for Therapeutic Massage and Bodywork and teaches trainings in Cancer, Hospice, Mastectomy, Healthy Breast, Geriatric, and Pregnancy massage at various massage schools, spas and conferences throughout the country. She also lectures on breast care, womens health and massage nationally. Cheryl has authored "The Happy Breast Book", seven training manuals and numerous articles on Massage for Professional and National publications. She is available to teach PHLUFFING and Breast Care to clubs, organizations and conferences.

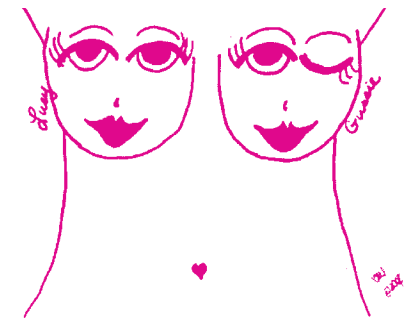
### YOUR CERTIFIED PHLUFFING INSTRUCTOR

**Cheryl Chapman, R.N., HNC, NCTMB, NJSC**  
1 Short Hills Avenue (Suite 8)  
Short Hills, NJ 07078  
973-912-9060  
touch2rn@aol.com  
www.cherylchapman.com

American Massage Therapy Association  
National Association of Nurse Massage Therapists  
American Holistic Nurses Association  
New Jersey State Nurses Association  
New York Society of Medical Massage Therapists  
Healing Touch International  
Society for Oncology Massage

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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?

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

## 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

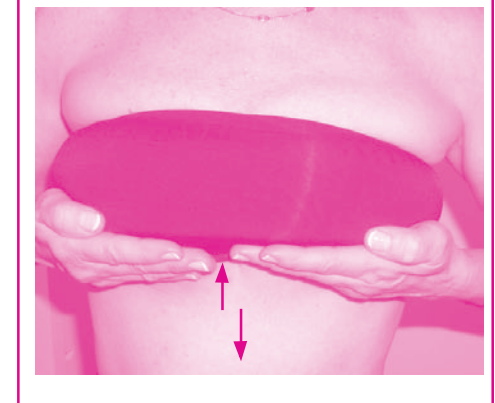
- ☻ Lift the bra straps and move up & down.
- ☻ Place your hands on each breast & gently press in as beeping a horn.

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 few drops of **Breast Oil** (containing yarrow, plantain, calendula, St. Johns Wort and lavender) is very beneficial for the girls.  
\* breast oil available at [www.redmoonherbs.com](http://www.redmoonherbs.com)

Phluff A



Phluff B

