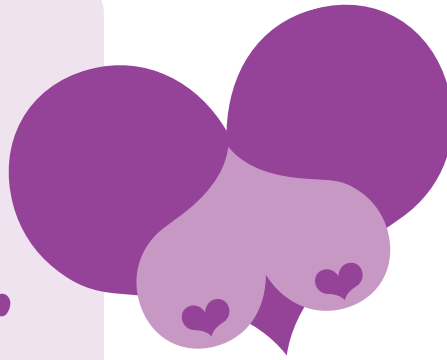


# Ladies have you Phluffed Your Girls Today?



**Phluffed Girls are  
Happy Girls!!**

## What is Phluffing?

Phluffing is a safe, easy, gentle movement given to the breasts at least twice a day.

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.

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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.

## 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



Move lymph and brings T-Cells to protect the breast



Reduce breast tenderness during pregnancy



Enhance breastfeeding



Become familiar with your breast



Easier to do a self breast exam



Maintain a healthy breast







Connect with your body

**AND...IT FEELS GOOD!**




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

# How to Phluff

## 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

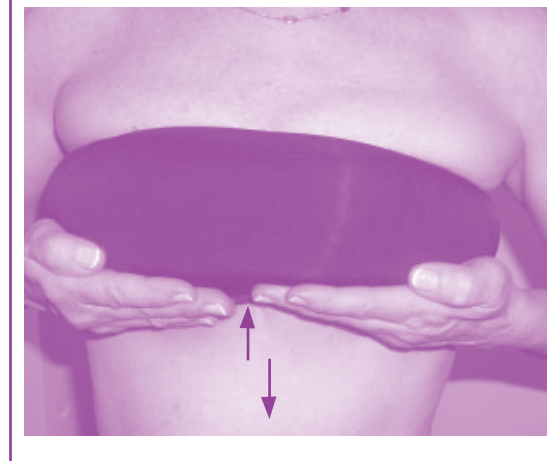
### Spontaneous Phluff

Lift the bra straps and move up & down 10 times or so. Best done when sitting at a red light or any place at anytime.

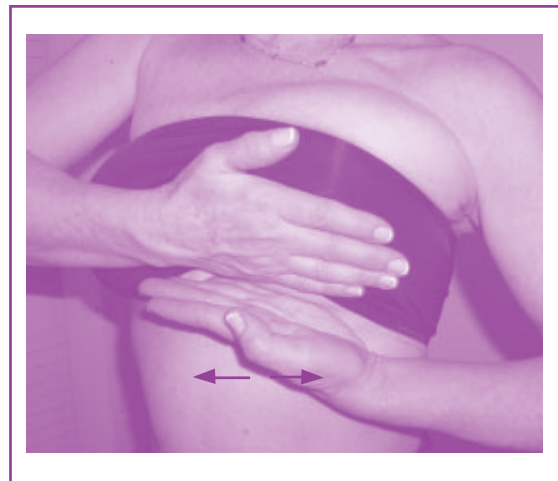
After Phluffing or a shower, a few drops of **Breast Oil** (containing evergreen, plantain, calendula, St. Johns Wort and lavender) is very beneficial for the girls.

\* breast oil available at [www.redmoonherbs.com](http://www.redmoonherbs.com)

Phluff A



Phluff B



\*This page is enlarged so it can be printed and hung for reference.



"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 1, Lymphatic massage, Healing stone therapy, Pregnancy, and Infant massage modalities.

Cheryl is Past President of the American Massage Therapy Association (AMTA)-New Jersey Chapter and active in the National Association of Nurse Massage Therapists, the American Holistic Nurses Association, New York Society of Medical Massage Therapists and New Jersey State Certified. She teaches trainings in Cancer, Hospice, Mastectomy, Healthy Breast, Geriatric, and Pregnancy massage at various massage schools and conferences throughout the country. She is a continuing education provider for the National Certification Board for Therapeutic Massage and Bodywork and lectures on breast care, women's health and massage nationally. Cheryl authors articles on Massage for Professional and National publications.

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**YOUR CERTIFIED PHLUFFING INSTRUCTOR**

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**973-912-9060**

**I am available to teach PHLUFFING & Breast Care  
to clubs, organizations and conferences.**

**For information, instructions and brochures contact  
your local certified PHLUFFING instructor.**

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