



**Steve Metzger, Therapist**

**Extensive RN Experience**

**Advanced Massage Credentials**

Steve Metzger has received the following advanced breast therapy training:

- Breast Massage Certification, Swedish Institute
- Breast Self Massage and Self Check, Aubrey Lesicki, Breast Remedy, Seattle
- Lymphatic Breast Care, Chikly Health Institute
- Myofascial Release Breast and Pectorals, Taylor Techniques at Swedish Institute
- Pre- and Perinatal Massage Certification program, Body Therapy Associates, Carole Osborne

*"Steve is wonderful and offers a service that is unique, respectful and healing. I feel absolutely safe and comfortable in his care and highly recommend him for those looking for lymphatic breast massage." -Emily*

*"I was struggling with breastfeeding and developed mastitis. Steve helped relieve my pain and had great advice for increasing my milk supply." -Jamie*

**For more information, contact**

**Revive Therapy Massage & Myofascial Release**

*"The RN Therapist: Specializing in Holistic Bodywork for Women"*

**www.RNTherapist.com | 916-761-4852**



Better Life — Reducing Breast Cancer Risk

**REVIVE THERAPY**

**Steve Metzger, Therapist 916.761.4852**

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# Breast Health for Life!

Revive Therapy is promoting "Breast Health for Life!" Focusing on breast "health" is a positive approach to health, healing, femininity and living a full life! Engage in healthy life practices, including professional breast health care. Life can be significantly improved through diet, exercise, stress management, posture, proper bra fitting, breast self-care and regular breast therapy.

**Diet.** Maintaining a healthy diet is important for preventing cancer. Whole grain foods, fruits, vegetables and less fat improve health. Environmental contaminants (in air, water and food) should be avoided, if possible.

**Exercise.** Activity is healthy! Exercise increases circulation, enhances heart health, improves muscle tone, and reduces pain. Arm movement and stretching improves breast lymph flow and chest health. Stay within a healthy BMI.

**Stress Management.** Stress promotes disease and dysfunction, especially in the chest. Chest muscles and fascia tighten, which can cause upper body pain, decreased movement and restricted lymphatic flow. The sympathetic nervous system has been connected to breast cancer metastasis in restricted tissue.

**Posture.** Forward posture threatens breast health. Activities, habits and insecurity may contribute to poor posture and forward shoulders. This contributes to upper body pain, limited movement and impaired lymph flow.

**Proper Bra Sizing:** Bra tightness is common and a risk to breast health. Bra sales may focus on cosmetic appearance instead of comfort and health. Proper bra sizing allows good circulation and lymphatic flow.

**Breast Care and Therapy.** All women should practice breast and chest health. Daily self-massage is easy and effective in reducing breast pain and optimizing tissue health. Breast therapy in your appointment can reduce headaches and upper body pain, improve breast health and decrease your breast cancer risk. Practice breast health for life!

# Breast Therapy for Health!

**Hazards to Chest Health.** Stress, bra tightness and "forward" activities restrict chest tissues and impair function. Headaches, upper body pain and or shoulder/arm issues may be alleviated with chest therapy. Emotional healing and improved self-image may also be addressed through chest/breast therapy.

**Reduce Breast Cancer Risk.** Healthy living, self-care and breast therapy may reduce breast cancer risk. Stress and unhealthy tissue have been linked to breast cancer metastasis. Daily breast self-massage and specialized bodywork can relieve pain, improve posture and optimize health. Discuss breast therapy at your next appointment. A family history of breast cancer makes this health message especially important!

**Chest and Breast Therapy Offered at Revive Therapy.** Therapeutic breast work is now available; integrating massage, Myofascial Release and Lymphatic Drainage Therapy.

## Indications for Breast Therapy:

1. Fibrocystic "Dense" Breasts or Cysts
2. Large or Congested Breast Drainage
3. Breast Pain or Tenderness (Mastalgia)
4. Breastfeeding and Lactation (Supportive Care and Problems)
5. Aesthetic Issues: Sagging (ptosis), Stretch Marks, Congestion
6. Breast Surgery: Lumpectomy, Mastectomy, Reduction, Implant, Scar Tissue, Surgery Healing
7. Healthy Breast Maintenance
8. Breast Cancer Risk Reduction

*IMPORTANT: Any concern about a lump should be taken to your doctor.*

**Professional Breast Therapy.** A therapist with specialized training can assist with chest health and alleviation of upper body issues. Reduce headaches, relieve upper body pain, enhance immunity, reduce breast cancer risk, improve posture and chest and breast health.

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*"I have always had pain in my breasts [...] I had two lumpectomies and a fine needle biopsy on another lump. I feel very fortunate to know Steve and about his passion for women's health issues. The day after my first session I was amazed that I could remove my bra at the end of the day without ANY pain. I would highly recommend Steve and MFR to anyone experiencing breast health issues." -Meghan*

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*"Steve many years of education and experience, combined with his amazing ability to put a person at ease [...] I'm large chested and have breast cancer running in the family, so this work has preventative health benefits and a surprise benefit—my breasts looked perky and felt firmer!" -Marie*