

# Acute Mastitis: Flows Blocked

‘Pissed off’ & Exhausted”

Without appropriate support on all levels Mum can easily become distressed and exhausted. Abundant hydration, rest, wholesome nutrition, rest, gentle handling, the Golden Month, rest & no invasion of cold or cool in any form.

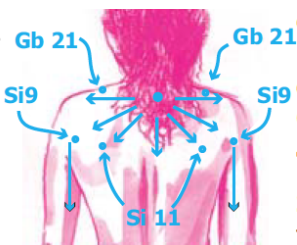
1 - ‘Emotionally upset’ is not the same as PTSD but covers it.

2 - Likely also cold invasion – NEVER use anywhere as it stops blood and lymph flow. Warmth added onto the breast to assist the flows.

(a) **Acute** – may need medical antibiotics if too advanced. These do not help why and how this happened. It is preferable to take a wider life approach & seek holistic natural care. Homeopathics, Chinese herbs & acupuncture are excellent if used immediately Please refer to ‘Easy Lactation’ & ‘Calm Her’ charts.

## Initial Investigation

Press these points gently, firmly to gauge how much tension she is storing in her upper body



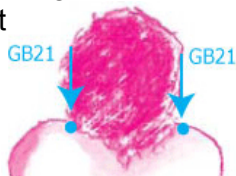
## Gua Sha

Using a plastic Japanese or Chinese soup spoon, scrape vigorously away from central point, extending as you go through one section of the upper back and into another. Give her touch support as you do this so her body is distracted

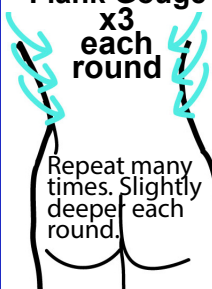


## Releasing Upper Body Tension

Pressing down firmly on this point whilst gently vibrating her upper body or, better still, using a Rebozo (a long scarf will do) across her upper chest & under armpits, very slowly & gently is a profoundly relaxing/releasing technique.



## Flank Gouge



Beginning very gently, either with her sitting or lying with pillows under chest & shoulders to lessen pressure on heavy breasts. Avoiding breast tissue, glide fingers from front of ribs back keeping finger pads in the spaces.

## Pain Relief

**GB 41** - at the end of the triangle when running your finger up from the 4th and 5th toes (where they join). Will likely hurt with pressure.



**Co4** -Pincer like - press in and out OR press really firmly whichever works. This is a pain relief/elimination point

