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## Q&A

### **Is there a natural treatment for lumpy breasts?**

This is a very common condition called fibroadenosis. The Pill can help, but alternative practitioners look at what's going on in the lymphatic system – the body's 'waste disposal system' that runs alongside our blood vessels. It can become static, leading to congestion. This congestion means toxins are stuck in one place, which can lead to fluid retention – often a feature of lumpiness. To get the lymph moving, drink more water, do regular dry skin brushing, and indulge in lymphatic drainage massages. A new treatment, electro-lymphatic therapy, costs £75 and involves 20 minutes of gentle touch therapy with a torch-like device that breaks down the cells and helps them disperse. Call 020 7580 7537 or visit [www.wholisticmedical.co.uk](http://www.wholisticmedical.co.uk).