

# The B o o b Book

Human Biomechanics,  
Puffy Pits, & Lymphatics

By: Leah Levitan





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INTRODUCTION

# Hi, I'm Leah Levitan!

I'm a massage therapist, and certified lymphedema therapist in Austin Texas, and I work with a lot of women who are going through...breast stuff. Cystic breasts, fibrotic or *dense* breasts, cyclical breast tenderness, breast cancer, and breast cancer related lymphedema. Oh, and my mama is a breast cancer survivor so this topic is very near and dear to my heart. I see so many women who share the same struggles with this sacred tissue, and they all have the same question...

## “WHAT CAN I DO ABOUT IT?”

Well, I have some great news! There's so much you can do, seriously, but I think it really starts with education. We need to understand the anatomy and physiology of our hanging parts, and we should acknowledge the role of **physics** and **fluid dynamics** and how these play into our overall breast health. Don't worry, I won't get too deep into the physics stuff, but if you reallyyyyy wanted to nerd out, I've included an incredible rabbit hole at the “tail” end of this e-book. Hop in! 🐰📖

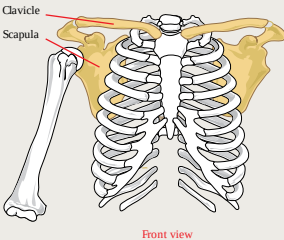
Within this e-book you will find science based information that will help you transform your breast tissue **in some way, shape, or form**. This guide is also going to help you get to know your tissue, how lymph flows through it, and some exercises that stimulate deep drainage. We even cover some cool, and not so cool, bras, and touch on the ever important (but blown out of proportion) topic of “puffy armpits”. Changing our breast tissue, getting out of pain, and clearing congestion takes time. Be patient with the process as you introduce *new things* to your body. This is not a call to action to burn your bra, so please read this guide in its entirety-TITTY.



# Our breasts are an extension of our shoulder girdle.

## The Girdle + Boob Connection

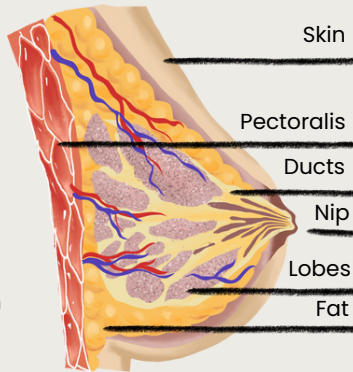
Our breast tissue is intimately connected to our shoulder girdle through a network of muscles, ligaments, and connective tissue. The pectoralis major muscle, for instance, originates from the clavicle and sternum, spanning across the chest and inserting into the upper arm bone. This muscle provides support and structure to the breasts, influencing their shape and position.



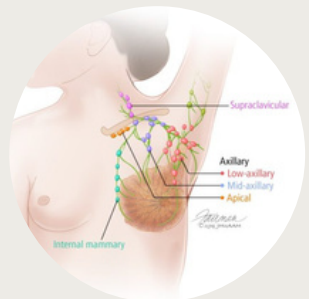
## The Ties That Bounce (I mean bind!)

The suspensory ligaments, known as Cooper's ligaments, extend from the underlying chest wall to the breast tissue, providing further support and gives our boobs their shape. Yeah, they're glued together by tissue, but the shoulder girdle and breast tissue also share functional ties; movements of the shoulder and arm, such as lifting, reaching, or pulling, indirectly affects the positioning and movement of the breasts which influences breast drainage. Understanding the shoulder + boob connection is crucial for maintaining a posture that prevents breast pain, supports our breasts, and impacts our overall breast health. Have I said this already? **Muscle activation is PRIMARILY what moves our lymph.**

Cooper's Ligaments are the bands of fascia that separate these structures and holds them together.



## Lymphatics of The Breast

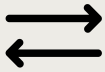


# Our breasts are designed to swing.

## Breasts Move Like This:



Up & Down



Side to Side



Forwards & Backwards

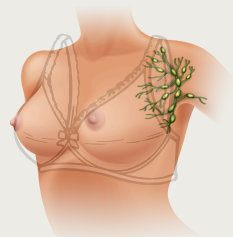
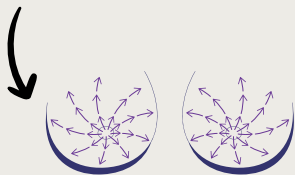
## How Lymph Flows Here

Lymph drains from the nipple outward in every direction, kinda like a flower, or a firework. It's a beautiful thing, as lymph makes its long journey towards its destination. The parasternal lymph nodes drain about 20% of the breast, and the axillary lymph nodes do most of the heavy lifting, draining about 75%. The remaining lymph seeps through the cracks and finds alternative routes to nodes in the spine. The lymphatic system doesn't have a pump (well, it *does*, but it's **super slow**) so it's primarily movement that helps lymph cleanse our breast tissue. It's our first line of defense for abnormal cancer cell growth, and what helps the body regulate hormones during fluctuations in our estrogen and progesterone levels throughout our cycle. We've gotta keep this fluid moving or things can get congested.

## Less Than Optimal Flow

- **Lack of natural movement in the arms and shoulders due to occupation, disability, or sedentary lifestyle**
- **Restrictive bras that create a dam or tourniquet affect with design features that impair the circulation of lymph**
- **Antiperspirant use, or not sweating enough**
- **Chronic stress causing vasoconstriction of the lymphatic vessels, and altered breathing patterns**
- **Unresolved trauma**
- **Slow detoxification**

All of which supports our natural drainage.



# “Puffy Pits” Are Simply A Message.

**Puffy armpits are not a death sentence, and the fear-mongering needs to die.**

Is the internet making you feel like you're a toxic waste dump because your boobs and pits aren't draining as sufficiently or efficiently as wellness influencers say they should be? Okay, well, let's just take a step back here and discuss. And quit your doom spiraling kid, the dreaded armpit “puff” is simply a message from your body. As a certified lymphedema therapist, let me first start by saying that having a defined, concave pit vs. a “puffy pit” is not a good way to measure your overall lymphatic health. It's just not. Can armpits get congested? **Of course they can, just like any other area in your body.** If you do have the “puff”, start interpreting this as communication from the lymphatic system and a request for change vs. a *problem* that needs to be *solved*. I lymph love that you're aware and listening to your body but TRUST ME, you can support, improve, and restore the flow between your pits and boobs with some fairly easy changes to their environment. Pssst! The environment for your breasts is YOU.

## External Environment

- How often and *how much* you sweat each day
- The type of deodorant/antiperspirant that you wear
- How often and *how long* you wear a bra each day
- How often and *how dynamic* your shoulder and ribcage movements are
- How deeply and intentionally you're breathing throughout the day (our primary muscles of respiration drain the deepest parts of our lymph!)
- How often *and where* you're touching your body
- Exposure to environmental toxins (think tracking things into your home via your shoes, chemical cleaners, products that absorb through skin etc.)

## Internal Environment

- How well you manage your stress
- The kinds of foods that you eat
- Environmental toxins (think inhalation of chemicals, pesticides on food that are ingested, plastics from food containers, water bottles etc.)
- How much water you drink each day
- How much sleep you get

# What impacts our overall lymphatic health matters.

## Toxins IN Our Environment

Environmental toxins can significantly impact hormone health by interfering with the endocrine system, which regulates hormone production and function. One notable group of toxins is endocrine-disrupting chemicals (EDCs), which can mimic, block, or interfere with hormones in the body. Common EDCs include bisphenol A (BPA) found in plastics, phthalates in personal care products, pesticides, and certain heavy metals such as lead and mercury. These substances not only impact our overall health, but they burden the lymphatic system as it works tirelessly to clear this junk from our tissue (to prevent damage), sending it off to our detox organs for elimination. Exposure to EDCs has been linked to various health issues, including reproductive disorders, thyroid dysfunction, metabolic disorders, and even increased risk of certain cancers. EDCs can have particularly harmful effects during critical periods of development, such as fetal development and puberty, when hormone levels play a crucial role in shaping physiological processes. Reducing our exposure by avoiding plastics, opting for organic foods, using natural personal care products, and minimizing contact with pesticides can help your lymphatic system focus more on maintaining fluid levels in your body vs. straining to remove harmful waste.

## Questions Worth Asking:

What is this made of? How is it made? Who makes it? How are the people who make it treated?



**Don't forget. Labels can be tricky!**  
**"BPA FREE" means a different kind.**

The endocrine system is a group of glands and organs that uses hormones to control and coordinate your body's metabolism, energy level, reproduction, growth and development, and response to injury, stress, and mood.

1. Hypothalamus
2. Pituitary gland
3. Thyroid gland
4. Parathyroid glands
5. Adrenal glands
6. Pancreas
7. Pineal gland
8. Testes/ovaries



CHAPTER FOUR: FINDING YOUR FLOW (DO THESE ONCE A DAY)

**Shoulder Movement Is Boob Medicine**

Let’s explore some of the **dynamic movements** we can use to move the lymph out of our breasts and armpits. This isn’t to say that pushing and pulling a weight in a few different directions isn’t good for doing this...but it isn’t *good enough*. Our shoulder joints are the most mobile joints in our body, and there are thousands (*if not tens of thousands*) of unique positions that they can move into. Up and down, and in and out is small potatoes when it comes to dynamic movement to target our lymphatic flow!

**Paint The Globe**

My personal favorite, Katy Bowman’s signature “nutritious movement” that transformed my shoulder pain caused by a torn labrum back in 2016. This is something I teach to my clients who are experiencing congested armpits, cyclical breast pain, and painful/heavy breasts. Not a single one has ever reported “I didn’t notice much with that.” It’s a WINNER, something you’ll remember forever, and it goes a little something like this...

Pretend you’re standing in a giant globe. The bottom of the globe starts at your waist, btw. Lift one arm and use your hand to start “painting” the inside of your imaginary globe, **covering as much surface area as you can**, and then repeat on the other side. You won’t be able to paint the whole globe, that’s impossible, but it IS incredible muscle activation (plus the gravitational pull) that can really *rock your boob socks off*. know what I’m sayin’?

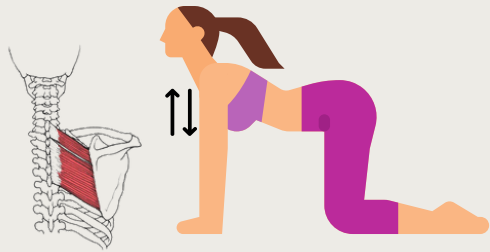
Chin up bars are also great for a daily mini “hang sesh”.



**The Rhomboid Pushup**

This one builds strength and helps your upper body support the weight of your breasts. Not only is it good for clearing lymph **deep** in the armpit, it’s likely going to improve your posture, reduce neck, shoulder, AND breast pain. The Rhomboid Pushup is one of my favorite daily movements for lymphatic breast health!

Get down on all fours. Push down justttt far enough to activate the shoulders and squeeze your shoulder bones together. Then come back up! It’s a baby pushup. Repeat until fatigue. It’ll change the boob game.



The Rhomboid Pushup

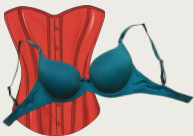


CHAPTER FIVE: BRA RECOMMENDATIONS

My Favorite Flow-Friendly Bras On The Market Right Now

Name	Features	Size Range	Transparency	Cost
Boody Bras	Organic bamboo and cotton. OEKO-TEX certified, fair trade + ethical	XS-XXXL	I have not personally tried this bra for myself.	\$18-\$45 USD
The Very Good Bra	Organic cotton or tencel, tree rubber elastic, cellulose sewing thread, and <i>compostable</i>	B-E Cup	Another one I haven't tried but came highly recommended	\$40-\$60 USD
Elastique Bras and Tanks	OEKO-TEX certified, Medical grade compression, beads that stimulate drainage!	XS-XL	I have the La Divine and it is just that.	\$118-\$135 USD
Simply Merino	100% Australian Merino Wool	XS-XXXL	I have the crop top and it's seriously so lymph lovely!	\$48-\$50 USD

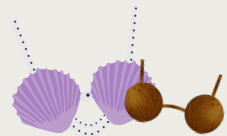
The Flow-Friendly Concept:



No metal structures that create pooling of fluid



No "Pushup" foam in the lower portion of the cup



Don't sweat the special occasion! Costumes are fun



No complex designs with a lot of straps



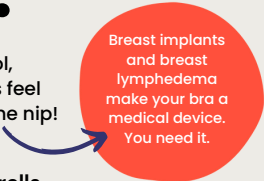
No high \*compression bras unless it's a medical device

Aim for wide armpit clearance



# How to calm your insecur-titties.

Should you decide that you want to **slowly** transition off of boob control, great! But freeing the nipple isn't often easy at first, and it can make us feel self-conscious, so I've gathered some tips & tricks on how to disguise the nip!



## Fabric

Bringing in a second layer with that pashmina, shawl, duster, poncho, vest, scarf, *whatever* is going to up your fashion game, but also your nipple concealing game. Take a braless walk out on the town, or hit up that PTA meeting. Bystanders will be none the wiser of the decision you've made to support your breast health!

## The Rule of Thirds

The rule of thirds involves dividing an outfit into three equal parts; the upper, middle, and lower sections. This principle guides the placement of key elements like accessories or contrasting colors to create visually balanced and appealing looks. Use this principle in your upper section to slip those nips past wondering eyes.

## Overalls

They're not just for farmers and doing yard work, okay? Overalls (or "Coveralls") are *CUTE*. They come in all colors, lengths, and materials, and can be worn any time of year. Are they a pain to pee in? Sure, but it's that sweet, sweet extra level of comfort that helps you go bra-free that makes it all worth while.

## Jackets

Jackets are a great way to hide the nips! You can wear them open or closed, and sport a thick + warm one in the winter, and one that's light and breathable in the summer. They're versatile and stylish. I lymph love jackets and I've got one in every cut, size, color, pattern, and material you could think of. My favorite thrift store finds are jackets.

## Boob Tape

Maybe you've got a cute outfit that really shows off your form but...you don't want two headlights protruding out and blasting passersby in the eyes as they take in how **fearless** and **powerful** you are with exposed breast tissue. I get it! Boob tape is a stretchy cotton + elastic sticky tape that sticks right to your skin. You can use them to lift, tuck, and conceal. Dope!

## Pasties

Nipple pasties come in many forms. They can be reusable, floppy, rubber things that look like chicken cutlets (not my first choice, btw) or single-use tape on contraptions that are the size and shape of your standard areola. Some are fun and super cute (think glitter and star shapes) so choose your adventure. Overall, these are great for a special occasion outfit.

# Embracing The Boob Journey

I do hope The Boob Book was helpful, and that you're feeling empowered to embrace the boob journey! We covered so much and yet so little. It's important to note that there's more to breast health than what I've laid out here, and your solution (or the answers to your questions) may not be found within it. We didn't explore hormones, mammograms, breastfeeding, breast implants, or altered flow patterns after breast surgery. This book is just the **tit** of the iceberg.

My goal was to introduce you to your breast tissue, and give you some new tools for your self-care toolbox. I also wanted you to gain enough insight to appreciate the complexities so that you could feel more at home, and at ease, in your own skin.


Knowledge *drains* fear.

There's so much we can do that is within our power and control, and I believe that education is what puts the wind in our sails and helps us navigate the choppiest of waters. There will be ups and downs with the continuous change of an aging body, and self-love is an ongoing journey. Boobs sag, they lose their fullness; this is just what bodies do. Work on the relationship with your body and love it unconditionally, just as it loves you.

PS: I'd love for you to join me down the rabbit hole of my online private community, in an exploration of your incredible design. It's a learning journey where I teach you how to show up with Lymph Love. Click the community image to learn more!


Xoxo,






 [Redacted]  
@Leah Levitan Wow, thank you Leah. Another puzzle piece falls into place over here.


 [Redacted]  
@Leah Levitan thank you thank you thank you!  
You are so quick to reply and provide such a wealth of information, I truly appreciate you and all you do!

Like Reply 1mo   2

 [Redacted] 1mo ...  
Thank you! This is exactly what I have been wishing for.

 [Redacted]  
A wealth of info. Interesting and stuff I never thought about before. TY!

 [Redacted]  
Such a great class today! Your content is always excellent. I'm a breast cancer nurse and wish I could give this one to all my patients! All of us would benefit from giving this area more love & attention. Thank you! 

Love Reply 2h  3