

Immediate Press Release

(About a 5 minute read)

Yay! Apple and Android have accepted our Health Apps :)

Finally years of work is coming out :D

My name is Ryan Brown, I've been studying Personal Training and Massage therapy since the 90's. I'm very passionate about disease prevention, not just in Cancer but help preventing pretty much all diseases, its my job.

This new system I created involves an ultra powerful breast exam light that allows you to see through the tissue and measure beneath the skin. In some cases you can even see cysts, and other matter. (see picture attached, and doc if you see similar) The second product is a vibration circulation massager. This helps to stimulate, circulate and metabolize the congestion in breast tissues.

According to [breastcancer.org/harvard](http://breastcancer.org/harvard) etc.; state that science has shown that the more dense your breasts are, the higher your risk is of getting breast cancer.

Popular leading sites state to reduce risk:

- Maintaining a healthy weight
- Exercise regularly
- Limit alcohol
- Eat nutritious foods
- Never smoking (quitting smoking)

And thats great and true and all, but I strongly feel that "Breast Massage" is missing in the list above!

(See screen shots below)

Thats all I want out of all of this, is just, to help even just 1 person, and ideally that these large sites start educating the public about breast massage.

My intentions are to just drop breast congestion density only, it was never to increase breast size, and correct breast imbalances. Yes the most size gained recorded in 6 months was a 5inch increase around bust. But those are just some side effects when programs are followed properly, results vary!

We have found in many case studies that breast massage therapy reduces breast congestion density, greatly. Here are a few testimonials; (see pictures attached)

One of my clients, 21yr old Female, student, 135lb, 5ft 5inch; did a 90 day challenge; went from a bit of a lazy lifestyle to working out and eating better foods for 30 days, following the guidelines by breastcancer.org above. Proceeded to take a 30 day break, going back to old eating patterns/habits. Then the last 30 days of the 90 day challenge she stayed on old eating patterns/habits, with no working out, or structured eating plan, but in that last 30 days of 90 challenge she did 5 sessions of breast massage. The results were profound to say the least.

My Wife stands proud behind me during the cycle tour across Canada for Cancer awareness, all the many other projects. My Wife stands proudly behind my science and new inventions, for she has seen the benefits it delivers to my clients.

This all started during my Personal Training Sessions, over the past decade. At the end of each Personal Training I would do a quick 15min massage/stretch session on my clients as a cool down.

I did pretty much the same movements/massage and slightly customized depending on muscle imbalances that effects over symmetry.

I would quickly do massage therapy for legs/hips/shoulders/upper chest/back etc at the end of each Personal Training session. Spending maybe 5min tops on Male chest and a bit longer usually on Females for it was more common I found Females chests to be much tighter than guys, mostly due to extra weight on front girls have, that guys lack.

So Randomly over the past decade my Female clients that I seen for 3x a week for say 3-6months would randomly comment in sarcasm, yet serious like "I don't know what your doing but my breasts are getting larger, like a lot this past couple months!" the measurements would prove the client comments were accurate (It is normal for Personal Trainers to measure bust on a Female while for example measuring hips, legs, shoulders, waist in a consultation)

These types of comments from my clients would happen Very randomly I would say less than 10 times a year. It took me 10 years to figure out that the pattern change in the lifestyle combinations of even slight upper chest massage therapy was the reason.

So about 2-3 years ago I started shopping for a device or light that could measure the amount of congestion inside a muscle to prove my other sciene for massage therapy, called Muscle Flushing.

The result was the manufacturers over seas and in North/South America would reply with "Our lights won't go through muscle tissues but the light we have will go through Breast tissue ". So I just put 2 and 2 together and took it as a sign from the Universe to at least do a bit of research

or something. I tried various lights from all over the world.

The 3rd invention is the actual style of massage therapy called BDRmassage which circulates the Breasts safely and effectively to help stimulate and decrease congestion density inside the breast tissues. I have many more ongoing inventions coming.

I will never claim that I cured someone with my system.

All I know is prevention being a Health Leader.

I am not a doctor, I am not a scientist. I just have a passion to help.

Total of almost 50 tm/ copyrights in current portfolio, and yes I could have tried creating a system for say heart disease, or any other disease. (I explain how this all came to be in full press release on the website). But basically my Personal Training clientele for the most part has usually been Female 19-45. A lot of the other diseases out there like heart disease, etc can be prevented with a healthy lifestyle which is what I teach everyday already.

It frustrates me that Breast Massage still seems to be misunderstood, and a taboo in our society. Most people have never even heard about it. It is normal to say "I am going for a massage this afternoon" but the reaction is much different if you are saying "I am going for a Breast Massage this afternoon"

We need to get over it.

As a society we need to start educating the public about the importance and benefits of regular weekly breast massage over the age of 19 years. I have published a Free online course that teaches you how to do it at home, and a Free Online health class, in the Youtube description includes a free cardio and stretch program as well.

Out of the 100 Females I have worked on in the past year, none of them knew how to properly massage their own breasts.

Talk to your doctor before starting any new health program.

Pretty much all of the filming, videography, photography, audio mixing and mastering, graphics, website, was done by my thousands of hours of sweat equity, to save money so I can offer these tools for free.

Why am I the one to find this discovery?

BreastDensityReduction.com

Its not just massage, its all about the lifestyle.

So if you get just 1 month subscription to my online fitness and health classes you will receive;

FREE:

-1 super powerful breast exam light

-1 set of circulators with batteries

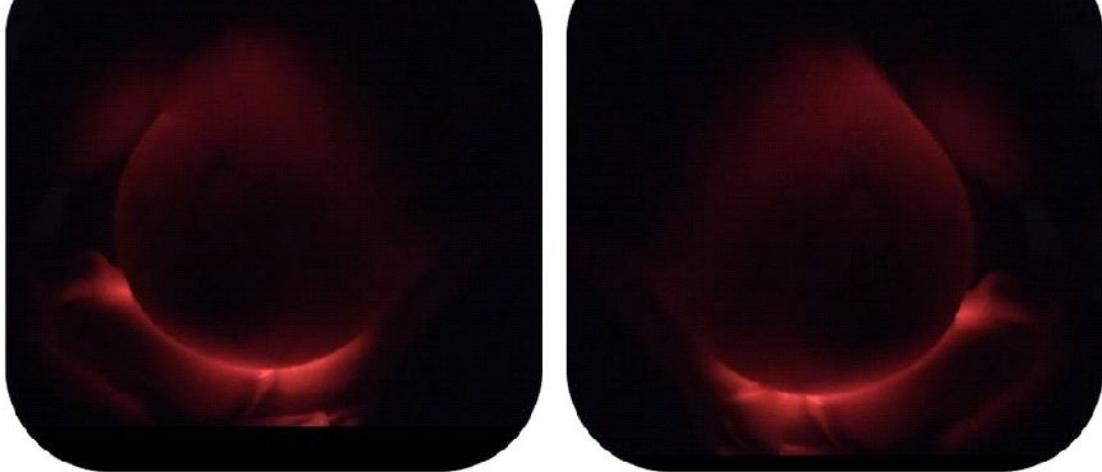
-Over \$500 of free online health products and gifts

(Includes free shipping Canada only)

We are in soft launch mode and wanted to let you know first.

Thanks for your time, sincerely, and thanks for sharing.

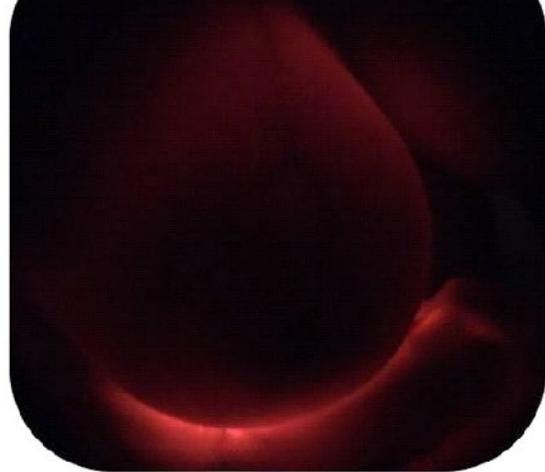
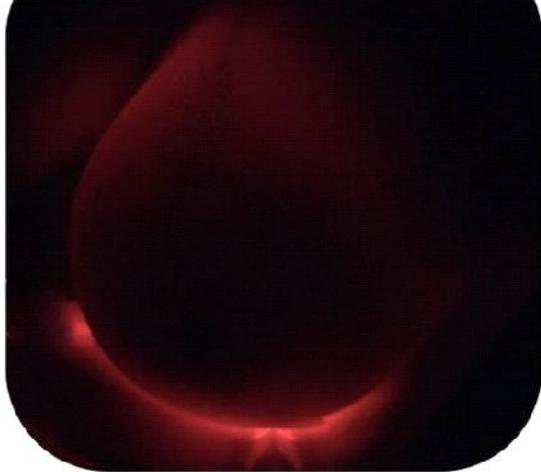
**BEFORE HEALTHY LIFESTYLE AND 15 HOURS OF EXERCISE**



**AFTER**

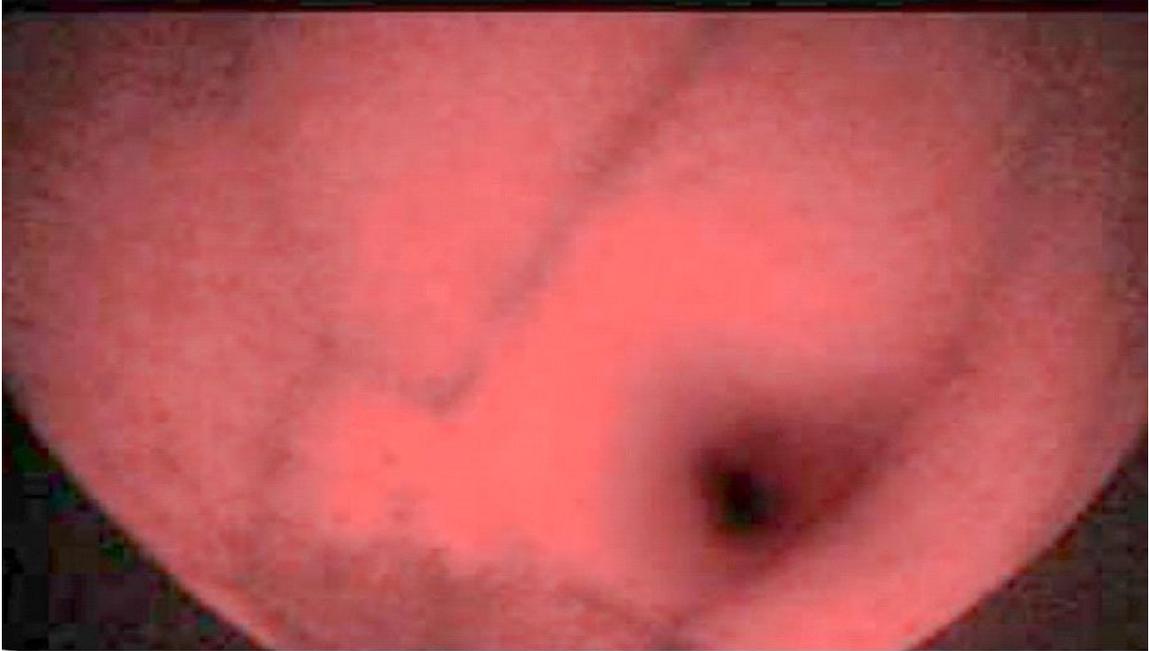
[www.medic.net](http://www.medic.net)

**BEFORE 5 SESSIONS OF MASSAGE WITHIN 30 DAYS**



**AFTER 5 SESSIONS OF MASSAGE WITHIN 30 DAYS**

[www.mamib.net](http://www.mamib.net)



Research has shown that dense breasts:

- can be 6 times more likely to develop cancer
- can make it harder for mammograms to detect breast cancer; breast cancers (which look white like breast gland tissue) are easier to see on a mammogram when they're surrounded by fatty tissue (which looks dark)

## Steps you can take

If you have dense breasts, there lifestyle choices you can make to keep your breast cancer risk as low as it can be:

- [maintaining a healthy weight](#)
- [exercising regularly](#)
- [limiting alcohol](#)
- [eating nutritious food](#)



