

THE LUX HEALTHSTYLE EDITION



Breast Tenderness



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**Why Are My Breasts
Tender? Understanding the
Causes Across Different Life
Stages**

Why Are My Breasts Tender? Understanding the Causes Across Different Life Stages

Breast tenderness is something that many women experience at various points in their lives. This discomfort can range from a mild, dull ache to sharp, burning pain, and it can affect one or both breasts. **Tenderness can make everyday activities uncomfortable, impacting everything from exercise routines to simply wearing a bra or hugging loved ones. For some, it may also lead to anxiety, as they worry about the underlying causes. Understanding the general reasons behind breast tenderness** can help demystify these sensations and reassure you that in most cases, it's a normal part of life.

This edition will go through why breast tenderness may present in different life stages and some things you can try to help ease the pain



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Taking the mystery out of breast discomfort

Where to start?

Middle-Aged Women/Perimenopause

As women move into their middle years, breast tenderness can still be a regular occurrence, often tied to their menstrual cycles. Each month, estrogen and progesterone levels fluctuate, especially right before a period. This hormonal shift can cause the breast tissue to swell and retain water, leading to tenderness or a feeling of fullness. Additionally, if a woman is taking hormonal birth control or hormone replacement therapy, these can also contribute to breast tenderness due to the additional hormones in her system.

Post-Menopausal Women

Even after menopause, when periods have stopped, some women still experience breast tenderness. This can be surprising since hormone levels drop significantly during this time. However, if a woman is on hormone replacement therapy, the introduction of these hormones can cause similar symptoms to those experienced during the reproductive years. Additionally, other factors like medication, diet, or weight changes can impact breast tissue and cause discomfort.

Young Girls and Puberty

For young girls, breast tenderness often starts around puberty. This is when their bodies begin producing more estrogen and progesterone, the hormones responsible for many of the changes during this time. These hormones stimulate the breast tissue to grow, leading to tenderness and sometimes even a bit of soreness. It's similar to when you start a new workout and your muscles get sore from the new activity. This tenderness is usually temporary and part of the natural development process.

General Causes Across All Ages

Regardless of age, certain lifestyle factors can contribute to breast tenderness. Stress, caffeine, high-fat diets, and lack of proper support from bras can all play a role. Stress can affect hormone levels, caffeine can increase breast sensitivity, and a diet high in fats can lead to increased estrogen levels. Wearing a well-fitted, supportive bra can help alleviate some of the discomfort by providing proper support to the breast tissue.



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When to Seek Medical Advice

While breast tenderness is usually a normal part of life, there are times when it's important to seek medical advice. If the tenderness is **severe, persistent, or accompanied by other symptoms like lumps, changes in breast shape, or discharge, it's a good idea to consult a healthcare provider.** These could be signs of a more serious condition that needs to be addressed.

In summary, breast tenderness is a common experience for women at all stages of life, influenced by hormonal changes and other factors. Understanding why it happens can help you manage the discomfort and know when to seek further advice. If you're ever unsure, it's always best to talk to a healthcare professional who can provide personalized guidance and support.

I find that a combination of a blood serum panel under the guidance of your doctor coupled with a *DUTCH panel*, that order for my clients gives a very comprehensive view of your hormone balance and gives guidance to what will help you, as a bioindividual.

You can find my calendar links here:

[1 hour comprehensive intake](#) or [15 minute quick check-in](#)



Detoxify and boost mitochondria (cell health)

Beam Mineral spray/ Electrolyte and Micronutrient Support:

[Link to Product](#) (-20% off discount code: LUX)

Fulvic and humic acids are organic compounds found in soil, compost, and other natural environments. **They are known for their potential health benefits, including anti-inflammatory and detoxifying properties.** While there is limited specific research directly linking fulvic and humic acids to relief from breast tenderness, their general health benefits could indirectly support relief from such symptoms.

Anti-inflammatory Properties:

Fulvic and humic acids have demonstrated **anti-inflammatory effects, which could help reduce inflammation and pain in the breasts.** Inflammation is often a component of breast tenderness, especially related to hormonal changes or conditions like mastitis.

Detoxification:

These acids are known for their ability to help **detoxify the body** by binding to heavy metals and toxins and facilitating their excretion. A cleaner internal environment can lead to reduced systemic inflammation and improved overall health, potentially alleviating breast tenderness indirectly.

Hormonal Balance:

Although more research is needed, **some proponents suggest that fulvic and humic acids can help in balancing hormones.** Since hormonal fluctuations are a common cause of breast tenderness, improving hormonal balance might alleviate symptoms.

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Nutritional Deficiencies

- Vitamin E and B6 Supplements: Some studies suggest these can help reduce cyclical breast pain
- Evening Primrose Oil: This supplement is believed to help balance fatty acids in the body, potentially reducing breast pain.
- Flaxseed: Some studies suggest that dietary flaxseed can help manage cyclical breast pain.
- Low Progesterone (especially during menstrual cycle)

Topical Solutions

Evening Primrose Oil:

How to Use: Apply the oil directly to the breasts and gently massage. Evening primrose oil is rich in gamma-linolenic acid (GLA), which may help reduce inflammation and pain.

Aloe Vera Gel:

How to Use: Apply pure aloe vera gel to the breasts. Aloe vera has anti-inflammatory and soothing properties that can help reduce pain and swelling.

Arnica Gel:

How to Use: Apply a thin layer of arnica gel to the affected areas. Arnica is known for its anti-inflammatory and pain-relieving properties, often used for bruises and muscle soreness.

Lavender Essential Oil:

How to Use: Dilute a few drops of lavender essential oil with a carrier oil (such as coconut or jojoba oil) and gently massage onto the breasts. Lavender oil has calming and anti-inflammatory properties.

Chamomile Oil:

How to Use: Similar to lavender oil, dilute chamomile essential oil with a carrier oil and apply to the breasts. Chamomile is known for its soothing and anti-inflammatory effects.

Calendula Ointment:

How to Use: Apply calendula ointment or cream to the breasts. Calendula has anti-inflammatory and healing properties, often used for skin irritations and wounds.

Castor Oil:

How to Use: Apply castor oil to a cloth and place it over the breasts. Cover with a warm compress for 15-20 minutes. Castor oil is believed to have anti-inflammatory and pain-relieving properties.

Peppermint Oil:

How to Use: Dilute a few drops of peppermint essential oil with a carrier oil and apply to the breasts. Peppermint oil can provide a cooling sensation and help reduce pain.

Beam Minerals Spray:

How to use: Spray on breasts when tender (discount listed above)



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Special Interests: Thriving with Gut Health in Perimenopause!

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