



Symptom: Breast Tenderness

What's Happening

Hormonal fluctuations, including changes in estrogen and progesterone levels, can lead to breast tissue becoming more sensitive and tender.

What to Do

Wear a supportive bra, avoid caffeine and salt before your period.

Supplements

Vitamin E, evening primrose oil.

Food to Consider

Leafy greens, flaxseeds, whole grains, lean proteins, fruits.

Lifestyle Changes

Reduce caffeine intake, maintain a healthy weight.