

THE SOLINGER METHOD

by Root Health L.L.C.

Breast Pain

FUNCTIONAL WELLNESS SUPPORT PLAN

Breast Pain

Root Health L.L.C, The Solinger Method

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What Is Breast Pain

Breast pain, most commonly cyclical mastalgia, is breast tenderness, swelling, heaviness, or aching that fluctuates with the menstrual cycle. While often dismissed as benign or “hormonal,” breast pain reflects **underlying endocrine and hepatic imbalance**, not a random sensitivity.

In adults, breast pain is most often driven by:

- Estrogen dominance relative to progesterone
- Impaired estrogen clearance
- Fluid retention and inflammatory signaling
- Iodine and fatty acid insufficiency
- Liver and bile flow dysfunction

Breast pain is a **hormone metabolism issue**, not a breast tissue problem.

Conventional Medicine Perspective

Conventional medicine typically views breast pain as:

- Benign and self limiting
- A normal part of the menstrual cycle
- Something to monitor but not treat

Common recommendations include:

- NSAIDs
- Oral contraceptives
- Reassurance

While imaging may rule out malignancy, conventional approaches often do not address:

- Why estrogen is not being cleared efficiently
- Why progesterone signaling is insufficient
- Why inflammation and fluid retention persist

Normal imaging does not equal hormonal balance.

Naturopathic Medicine Perspective

Naturopathic medicine views breast pain as a **manifestation of hormone metabolism imbalance**, particularly involving estrogen, progesterone, liver detoxification, and inflammatory mediators.

Key systems involved include:

- Estrogen phase I and phase II detoxification
- Progesterone production and receptor sensitivity
- Fatty acid balance and prostaglandin signaling
- Iodine utilization within breast tissue
- Lymphatic drainage

The goal is to **reduce estrogen burden and restore hormonal balance**, not suppress symptoms.

Key Drivers and Patterns in Adult Breast Pain

Estrogen Dominance Pattern

- Breast pain worse in the luteal phase
- PMS symptoms
- Heavy or clotting menstrual flow

Progesterone Insufficiency Pattern



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- Short luteal phase
- Anxiety or sleep disruption premenstrually
- Breast pain without heavy bleeding

Hepatic Clearance Pattern

- Breast pain with bloating or constipation
- History of hormonal contraceptive use
- Sensitivity to alcohol or rich foods

Inflammatory Pattern

- Breast swelling and fluid retention
- Tenderness rather than sharp pain
- Improvement with anti inflammatory strategies

Nutritional Strategy

Nutrition for breast pain focuses on **supporting estrogen clearance, reducing inflammation, and restoring fatty acid balance**, not calorie restriction.

Core Nutritional Priorities

- Support liver detoxification pathways
- Reduce estrogen recirculation
- Improve prostaglandin balance
- Support iodine utilization

Therapeutic Foods to Emphasize

Cruciferous Vegetables

Support estrogen metabolism and clearance.

- Broccoli
- Brussels sprouts
- Cauliflower
- Kale



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Healthy Fats

Improve prostaglandin signaling and reduce tenderness.

- Olive oil
 - Avocado
 - Cold water fish
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Iodine Containing Foods

- Sea vegetables in small, consistent amounts
- Eggs
- Dairy if tolerated

Adequate iodine supports normal breast tissue signaling.

Micronutrient Dense Foods

- Beef liver for vitamin A and B vitamins
 - Shellfish for zinc and selenium
 - Leafy greens for magnesium
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Reduce or Avoid

- Excess caffeine
 - Refined sugars
 - Alcohol
 - Highly processed foods
- These increase estrogen burden and inflammation.
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Targeted Supplement Support

Therapeutic Adult Dosing

Vitex agnus castus



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Supports progesterone signaling and balances estrogen dominance.

Dose: 150 to 225 mg standardized extract each morning

Evening Primrose Oil

Improves prostaglandin balance and reduces breast tenderness.

Dose: 1,000 to 3,000 mg daily

Iodine (as potassium iodide or kelp derived)

Supports breast tissue health and estrogen metabolism.

Dose: 150 to 300 mcg daily

Avoid high dose iodine without supervision.

Magnesium Glycinate

Reduces fluid retention and supports hormone metabolism.

Dose: 300 to 600 mg daily

Vitamin B6 (P5P)

Supports estrogen metabolism and progesterone synthesis.

Dose: 25 to 50 mg daily

Targeted Herbal Support

Milk Thistle

Supports liver detoxification and estrogen clearance.

Dose: 300 mg standardized extract, one to two times daily

Dandelion Root

Supports bile flow and reduces fluid retention.

Dose: 500 to 1,000 mg daily

Burdock Root

Supports lymphatic drainage and reduces breast congestion.

Dose: 500 to 1,000 mg daily

Herbs improve clearance, not suppression.



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Celery Juice Support for Breast Pain

In practice, **fresh celery juice** has been observed to reduce breast swelling and tenderness in some adults, particularly when fluid retention and sluggish liver clearance are contributing factors.

Why Celery Juice Can Be Helpful

- Supports liver detoxification pathways
- Improves bile flow and estrogen clearance
- Reduces fluid retention
- Supports systemic anti inflammatory signaling

How to Use

Dose:

8 oz freshcelery juice daily

Timing:

Morning on an empty stomach or between meals

Preparation Notes:

- Fresh juicing preferred
- Strain pulp if digestion is sensitive
- Avoid adding fruit

When to Use Caution

- Very low blood pressure
 - Electrolyte imbalance
 - Advanced kidney disease
- Response should guide continued use.

Lifestyle Support That Matters



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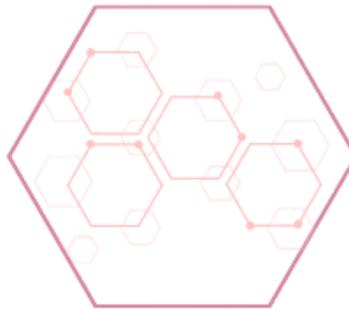
- Support regular bowel movements
 - Gentle lymphatic movement
 - Proper bra support
 - Stress reduction to support progesterone signaling
- Hormone balance lives in the details.
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When to Dig Deeper

Further evaluation is warranted when breast pain is persistent or severe:

- Estradiol, progesterone, and luteal phase timing
- Liver enzymes with functional interpretation
- Thyroid function
- Iodine status

Breast pain resolves when **hormone metabolism and clearance normalize.**



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