

## **BREAST PAIN RELIEF SUGGESTIONS**

- Get fitted for a supportive bra – we recommend Nordstrom’s (they have an excellent bra selection as well as knowledgeable bra fitters)
- Warm compress
- Decrease caffeine
- Evening of Primrose (herb) - 2 tablets 3 times daily for the first 2 months then 1 tablet 3 times daily after
- Flax Seed Powder – use as directed
- Ibuprofen – for really painful days