



Nutrition for breast health - healthy and dangerous foods, recommendations

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

Tkacheva Natalya, herbalist, nutritionist

E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info

Abstract. According to statistics, the first thing a man pays his attention to is a woman's breasts. Breasts are different: small and large, luxurious and miniature. But what they all have in common is that they are intended for feeding newborns.

In addition to their nutritional function, breasts also play an important sexual role, as they are a strong erogenous zone. In addition, female breasts perform an important aesthetic function.

The breast is represented by two mammary glands. Develops during puberty. The internal structure of the breast is represented by several lobules, which, if necessary, produce milk.

Key words: breast, description, healthy products, dangerous products, recommendations, folk remedies

Interesting Facts

- In eighty percent of women, the left breast is slightly larger than the right.
- In ancient times, the Southern Slavs believed that the breasts of mermaids were of such a size that they could easily be thrown behind their backs.
- Breast shape is believed to depend on the race a woman belongs to. African women's breasts look like **pears**, European women's breasts look like **oranges**, and Asian women's breasts look like **lemons**.

Healthy foods for breasts

Based on the fact that breasts are primarily the nutritional organ for the baby, it is necessary that the milk they produce be rich in vitamins, minerals and microelements. And for this it is necessary that their owners receive high-quality, and most importantly healthy food.

- **Olive oil**. Rich in **vitamin E**, which is responsible for the skin. [1] In addition, the fats contained in it are extremely important for protecting the mammary gland from the occurrence of mastopathy.
- **Herring, mackerel**. Just like olive oil, they contain important fats. But besides this, they contain **phosphorus** [2], necessary for building the skeletal system of a newborn.

- Citrus fruits, **rose hips** [3]. Contains large amounts of **vitamin C** [4], which is responsible for blood circulation in the chest. In addition, it is an antioxidant [5], protecting the breast from the occurrence of tumors.
- Leafy vegetables. Being a source of magnesium [6] and folic acid [7], they have an anti-inflammatory effect on the mammary glands.
- **Sea buckthorn** . [8] A good source of provitamin A. Stimulates the development and functioning of milk-producing lobules.
- **Chicken** . Contains easily digestible protein [9], which is necessary to give volume to the breasts. In addition, it is rich in iron, which is necessary for blood circulation.
- **Eggs** [10] . A source of lecithin and microelements responsible for the formation of breast lobules. A complete source of protein. They have the ability to remove toxins from the body.
- **Sea kale** . Improves metabolic processes thanks to the iodine it contains [11]. Has an anti-inflammatory effect.
- Lactic acid products. They contain large amounts of organic calcium [12], protein and vitamin B [13]. Responsible for increasing the level of immunity.
- **Liver** . Just like sea buckthorn, it is a good source of vitamin A [14]. In addition, it is rich in **iron** [15] necessary for the circulatory system.
- **Honey** [16] , pollen and royal jelly. Contains almost the entire periodic table. Participate in the synthesis of prolactin.
- **Pumpkin seeds** . Contains **zinc** [17] which increases the level of the infant's immune system. As a result of this, they do not suffer from diathesis and dysentery.

Recommendations

To ensure breast health, it is advisable to avoid foods that cause constriction of blood vessels in the breast area. As a result of consuming these foods, the breasts may be deprived of essential nutrients. And, as a consequence of this, the baby sucking at the breast will also be deprived of them.

Folk remedies for normalizing breast function

In addition to consuming the foods listed above, the following requirements must be met.

- Do not expose your breasts to prolonged sun exposure.
- Lubricate the nipple area with sea buckthorn oil to prevent the appearance of cracks, which can be caused either by the baby's teeth or by an incorrectly selected bra.
- Massage the breasts, stimulating its circulatory system.
- Give your breasts air baths, freeing them from the shackles of your bra.

Harmful foods for breasts

- **French fries** . It has a carcinogenic factor that can cause breast tumors.
- **Chocolate, sweets with added fructose** . Causes destruction of the blood vessels of the chest.
- **Salt** . Promotes moisture retention in the body. As a result, blood vessels are overloaded.
- **Preservatives** . Can cause fibrotic changes in the breast.
- **Alcohol** . Causes vasospasm, depriving the breast and milk of vital components for the baby.

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Tkacheva Natalia , phytotherapist, nutritionist

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