

MyMT™ *by Dr Wendy Sweet (PhD)*
MY MENOPAUSE TRANSFORMATION

Relief for Your Tender Breasts During Menopause

Dr Wendy Sweet (PhD)



EMPOWERING WOMEN TO AGE
HEALTHILY BY FOLLOWING THE SCIENCE

RELIEF FOR YOUR TENDER BREASTS DURING MENOPAUSE.

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“I have to wear three bras to go for a run – my breasts have gotten so big and sore!” she cried as she left a message on my phone. “They’ve never been this big in my life and I hate how it’s uncomfortable to run.”

How this bought back memories for me. When my own breast size doubled as I reached my late 40s and early 50s, I was mystified. Nobody had told me about the effect of changing hormones during midlife on my breast tissue. It seems nobody had told my friend either.

Whilst we all need to have breast checks as we move through menopause, because the risk of breast cancer increases the older you are, if you have heavy, tender, lumpy breasts, then have a read as I know how uncomfortable this issue is for many women.

Research attention has been focused on breast tissue for a number of years, because the fat tissue in breasts also plays a major role in the development and progression of breast cancer. In Australia alone, breast cancer is the most commonly diagnosed cancer for women aged 40 – 59 years. [AIHW, Cancer Data, 2024].



Dr Wendy Sweet (PhD)
Women’s Healthy Ageing Educator

Breast adipose tissue is important. Fat covers most of the breast from the collarbone to the underarm and around the center of the ribcage. Its main function is to help sustain the breast micro-environment, storing excess energy and releasing it when required by the body.

One of the main reasons for those of us with large breasts, is that breast tissue is producing a considerable amount of oestrogens. This is what fat tissue does – it has its own micro-environment for producing oestrogen. In fact, breast adipose (fat) tissue contains E1 type of oestrogen and levels in the breast exceed those in the serum by eight times [Yaghjian & Colditz, 2011].

Hence, from peri-menopause to post-menopause, changes can occur in the breast environment.

Lumpy, tender breasts are known as Fibrocystic Breasts. These occur when tiny, fluid-filled sacs form in the milk-producing glands and become swollen and tender. Women may notice this in post-menopause too. And don’t forget that the lymphatic vessels are also ageing and losing elasticity, so this may impact how the breast tissue feels too.

Furthermore, interesting research out of Sweden, which explored the breast density of post-menopausal women, found that dense breast tissue in post-menopausal women is associated with a pro-inflammatory microenvironment. (Abrahamsson, Rzepecka et al, 2016).

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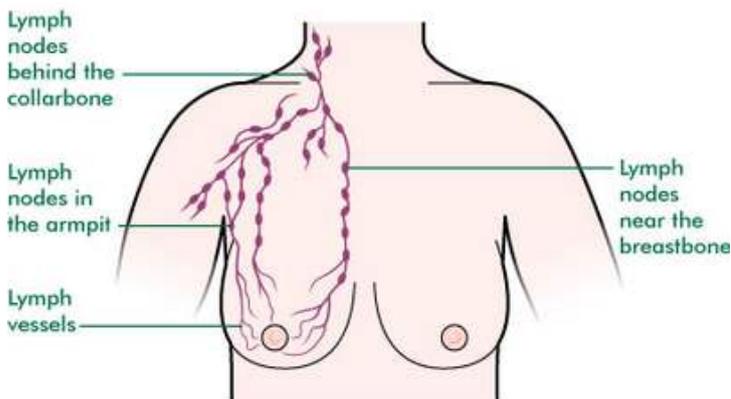


Having tight, sore boobs is uncomfortable to say the least. Like many women I spent hundreds of dollars on new bras and exercised and ate well, but still my breast size increased and so did the pain.

It wasn't until I learnt that our breast tissue is full of oestrogen receptors as well as lymphatic vessels, that I began to understand that by giving up a few specific foods, and improving both lymphatic and liver health, the lumpy breasts do resolve.

BREAST LYMPHATIC VESSELS ARE AGEING

During menopause, your lymphatic vessels are ageing. As such, they begin to lose some elasticity. This combination of changing lymphatic vessels and the receptiveness of breast tissue to excess oestrogen production can cause the fat cells in the breast tissue to expand. This may contribute to swelling and tension.



OUR BREAST TISSUE HAS A HIGH NUMBER OF OESTROGEN RECEPTORS

Whilst, our ovarian production of oestrogen declines during menopause, our breasts may become responsive to the storage of xeno-oestrogens – this is the term given to environmental oestrogens and excess oestrogens in certain foods and medications. Breast tissue can attract storage of these additional oestrogens too.

For those of you who are on breast cancer treatments* as Lyndie and Sylvie were (below), understanding this additional capacity of breast tissue to attract exogenous (external) oestrogens is important. Because the more oestrogenic compounds that are stored, and/or produced in fat tissue, the more the fat cells expand, contributing to oestrogen dominance.

**MyMT™ is a listed provider with Breast Cancer NZ*



"Your programme helped me so much through my breast cancer treatment.

My oncologist said I should write a book about how to stay healthy during chemo. I'm so glad I came across it. It changed my life."

Sylvie, Australia

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WHAT HAPPENS WHEN YOU ARE OESTROGEN DOMINANT?

Perhaps the most important consideration of oestrogen dominance as we move through menopause, is that the extra storage of oestrogen in tissues may contribute to an imbalance with oestrogens opposing hormone, called progesterone.

Both oestrogen and progesterone are ideally balanced as your reproductive hormones decline at this stage of life. When oestrogen is stored in fat cells, including breast tissue, then it becomes the dominant hormone compared to it's opposing hormone, called progesterone.

If progesterone levels are low compared to oestrogen (because there is excess fat cell storage of oestrogen), the consequence of lowered progesterone is that cell membrane function and your fluid balance may become impaired. If you feel bloated, tight, puffy and your breasts are sore, heavy and huge, then welcome to *oestrogen dominance*.

Low levels of progesterone, causes sodium and water retention in cells and tissues. In turn, this can increase your blood pressure too. So, if you feel that your breasts are tight and swollen and you've gone up a bra size or three as I did, then please read on. It's what I needed to know when it happened to me!

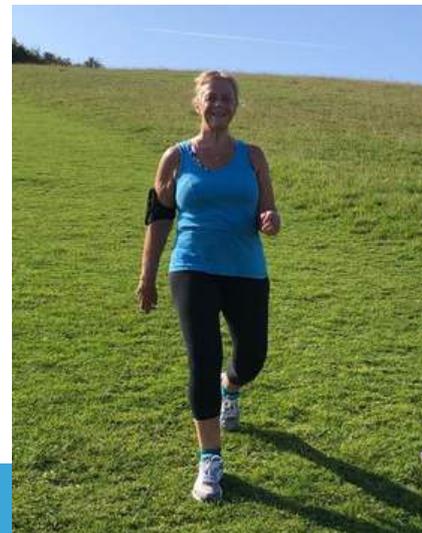
When sodium is retained, so is water. Sodium retention in cells causes an imbalance of fluid movement in and out of cells. Other symptoms of oestrogen dominance also start to be felt – sore and tender breasts, mood disturbances, low motivation, irritability and of course, weight gain.

The 'puffiness', bloating and swelling you may be experiencing is water retention and it's not good for those women already at risk of high blood pressure.

Low Progesterone Symptom Checklist:

- | | |
|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| <input type="checkbox"/> Sleep Disturbance (Insomnia) | <input type="checkbox"/> Anxiety or difficulty relaxing |
| <input type="checkbox"/> Water Retention or Bloating | <input type="checkbox"/> Decreased libido or low sex drive |
| <input type="checkbox"/> Emotional lability (irritability, depression or other unexplained mood changes) | <input type="checkbox"/> Hot flashes (rare but does occur) |
| <input type="checkbox"/> Menstrual irregularities (if still menstruating) | <input type="checkbox"/> Breast tenderness and pain |
| <input type="checkbox"/> Uterine fibroids | <input type="checkbox"/> Premenstrual syndrome or symptoms consistent with PMDD |
| <input type="checkbox"/> Breast Tenderness or breast pain | <input type="checkbox"/> History of Endometriosis or issues with fertility (1) |
| <input type="checkbox"/> Breast lumps or cysts | |

Source: <https://www.restartmed.com/low-progesterone-symptoms>



"I have never in my 64 years felt as good as I do now.

Following treatment for breast cancer I put on a lot of weight. I've now lost 12lbs and I love my renewed energy.

Lyndie, UK

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MY 3 TOP STRATEGIES TO RELIEVE YOUR TIGHT, TENDER BREASTS

- **Reduce animal foods, especially those high in saturated fats.** Many of these are high in oestrogen and have a higher acidic load, which places strain on kidneys. This is measured as PRAL or Potential Renal Acid Load. It's not forever, but changing your diet to mainly plant-based food helps to 'break the circuit' of your oestrogen dominance. This is because you are reducing saturated fats, which breast tissue loves to store.
- **Restore your liver health.** As thousands of women on the MyMT™ programmes know, I have a big focus on liver health and share with them, the scientific evidence on how to detoxify the liver. Your liver is the main organ which helps to clear excess oestrogenic compounds as well as cholesterol, so certain foods are evidenced to help with this detoxification process. Examples of these foods include oats, broccoli, apples and more!
- **Improve lymphatic drainage.** Your lymphatic system is an important toxin-removal system and during menopause, your lymphatic vessels lose some of their elasticity. A healthy lymphatic system as you age means that you move fluid in and out of cells more easily and you help your blood pressure too. This is why stretching, breathing and some physical activity is important for you in menopause – swimming is my activity of choice when it comes to lymphatic exercise, as is low-impact aerobic exercise, until you are sleeping and have stopped your weight gain.

With another 20-30 years of living ahead of us, I am so passionate about helping women understand how to turn around their symptoms, weight gain and health using ***lifestyle science solutions***.

I want you to feel healthy, vibrant, pain-free and energetic without resorting to endless medications and expensive supplements as you age. I'm so pleased I researched this stage of life as part of my PhD studies, because what I learnt astounded me.

Knowledge is power, and I hope you can join me on MyMT™ Circuit Breaker, Transform Me or Beyond Menopause, which are also appropriate for women with breast cancer* who have to stop hormonal treatments.

- *Transform Me™* - Weight Loss and Symptom Reduction
- *Circuit Breaker™* - Symptom Reduction
- *Beyond Menopause™* - Healthy Ageing

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<https://www.mymenopausetransformation.com>



"I've lost 14 kg and my blood pressure has come down. This programme is life changing."

Christine, New Zealand

*MyMT™ is a listed provider with Breast Cancer NZ



Trusted by 18,000+ Women Worldwide

**In just 12 weeks, find out why so many women say
*"There's no other programme like it!"***



**"No one I went to mentioned menopause.
 I've now lost 20kg and off nearly all medications.
 This programme is life-changing."**

Dianne, Australia