

Breast Engorgement Nodular Mastitis

What Is Breast Engorgement (Nodular Mastitis)?

Breast engorgement, or nodular mastitis, is caused by expansion and pressure in the mammary glands while producing and storing breast milk. Symptoms include breast swelling and throbbing, which can cause mild to extreme pain. It can eventually lead to mastitis or inflammation of the breast, and any untreated engorgement can put pressure on the milk ducts, causing a plugged milk duct. A lump in a part of the breast may be felt, and the skin may appear red and/or warm. If it carries on unchecked, it can cause a breast infection, with a fever or flu-like symptoms.

What Causes Breast Engorgement (Nodular Mastitis)?

The four main causes of breast engorgement are:

1. Imbalance between the milk supply and the demand for the infant.
2. If the baby suddenly stops breastfeeding because it has started eating solid foods or is ill/has a poor appetite.
3. A sudden increase of milk production in the breast.
4. If the mother does not pump the breast or nurse as much as usual.

Breast Engorgement FAQ

Q: I am a new mom. My daughter is 5 days old, and I am breastfeeding her. This is my second child, and I never had any pain breastfeeding my first baby. Now my breasts are very hard and hot. I know that I have engorged breast, but what can I do to fix it? My baby does not eat very much, and I keep offering him to breastfeed, but he only eats for a few minutes. I got a nipple shield to help him latch, and it does help, but I'd like to feel better and get rid of the pain. I tried to pump, but I only get a 1/2 ounce to 1 ounce max. I take warm showers, and nothing is helping. I cannot sleep because it is very painful when I try to lie down. Any help would be greatly appreciated.

A: To get rid of the pain, try taking 2 capsules of SerraEnzyme 80,000IU, 3 times per day, 30 minutes before eating a meal. It has also been proven to be very helpful for nursing moms to use HealthPoint™ to treat breast engorgement. See our Health Plan.

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“The HealthPoint™ is a wonderful device that helped me reduce the pain of breast engorgement while nursing my newborn. My husband has also been using it for his back and knee. What a relief this product has brought to us!”

- Jessie M., United States

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Follow the Health Plan as recommended for the best results:

BREAST ENGORGEMENT (NODULAR MASTITIS) HEALTH PLAN

The following health plan is designed to provide relief for breast engorgement (nodular mastitis). It is especially effective when combined with a naturally healthy lifestyle for long-term good health.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:*

- [SerraEnzyme 80,000IU](#) - Take 2 capsules x 3 times per day. Take 30 mins before eating a meal with water. Reduce to 1 x 3 after a good relief. Contains SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3.
- [HealthPoint™](#) - Treatment with an electro-acupressure device has proved to be highly effective in treating breast engorgement and has been used by nursing mothers with great success. **(See www.dovehealth.com for more information.)**