

SAW PALMETTO SIDE EFFECTS IN THE BREASTS

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Derived from the berries of a plant similar to a palm tree, saw palmetto is frequently used in herbal supplements. According to Drugs.com, saw palmetto acts to block certain hormones, although its use has not been approved by the U.S. Food and Drug Administration. It is most commonly used as an herbal remedy for an enlarged prostate, and is also taken to address various gastrointestinal and digestive maladies, bladder problems and bronchitis. However, it may have some undesirable side effects on the breasts for both men and women.

Male Breast Enlargement

Men have reported increased breast size due to saw palmetto use, reports MedlinePlus. This may occur as a consequence of saw palmetto's hormonal mechanism, which is thought to be estrogenic, or mimicking the female hormone estrogen. According to Nutritional Supplements Health Guide, some women take saw palmetto supplements specifically to increase breast size, though some women also experience overall weight gain along with breast enhancement.

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Breast Tenderness

Breast tenderness or discomfort is another reported side effect from saw palmetto, according to MedlinePlus. This is also thought to be related to saw palmetto's hormonal action, although MotherNature.com reports that breast tenderness is an infrequent side effect in both genders. In fact, according to MotherNature.com, many male bodybuilders take saw palmetto because they believe it will boost testosterone and muscle mass.

Breastfeeding Issues

Drugs.com says that the use of saw palmetto while pregnant may be hazardous to your unborn baby, although researchers do not yet know whether it passes into the breast milk. Do not take saw palmetto while pregnant or nursing. Because saw palmetto stimulates production of the breastfeeding hormone prolactin, it may also decrease sex drive. MedlinePlus reports that saw palmetto may interact with or nullify the effects of oral contraceptive pills or hormone replacement therapy in women.

Read more: <http://www.livestrong.com/article/168164-saw-palmetto-side-effects-in-the-breasts/#ixzz1cQ9I2dFp>