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Speaker 1

All right. Let's talk about how the different phases of the menstrual cycle affect her experience of having breasts and nipples, and their sensitivity and likelihood of reaching nipple orgasm.

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Speaker 1

If your partner is not menstruating, she has already gone through menopause, then you could skip this part. But consider that having a conversation with her, with a basis of understanding of like what her body has been through might be beneficial as well.

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Speaker 1

And if your partner is still menstruating, then definitely pay attention because this information is not just good for nipple orgasms and breast play.

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Speaker 1

This information is good for you to have-- This is like a cheat sheet right?! All women have like a 28-ish day cycle. Some are shorter or some are longer. But all of us have this cycle where we shift and our lived experience--like the glasses that we're looking at the world with--change.

And if you understand that, it's going to help you to have the kind of relationship with her where she feels supported, but also where you understand, like when to approach her about certain things because when she's going to be the most open to it, the most orgasmic, the most horny.

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Speaker 1

This is like, this is like an ultimate cheat code to having a relationship with women.

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Speaker 1

All right. Let's talk about first: day one of the menstrual cycle is day one of the period. This is called the menstrual phase usually lasts about five days. And this is when estrogen and progesterone levels are the lowest. Breasts are generally a little less sensitive once our periods start, but they may feel also very full and very tender for other women.

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Speaker 1

Many women experience low levels of sexual arousal while they're menstruating, but some actually feel a lot more aroused. And I would say that for some of us, it's like one out of every four menstruation, we feel very more aroused than the other three less so. So again, your experience will vary. Ask the person who you're with and remember, she might have been really horny last period and she's not so horny this period.

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Speaker 1

Her breasts are really tender last period, they're not so tender this period. Something to keep in mind.

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Speaker 1

All right. Once their period ends, we enter what is called the follicular phase. In this phase, estrogen levels gradually increase as the body

prepares for ovulation. For me, I start feeling like we're really alive, and I start kind of feeling like I'm coming back to life.

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Speaker 1

This is these six through 14 of the cycle. And for most women, sensitivity starts to increase due to those rising estrogen levels. Our breasts can feel a little fuller and a little more tender at the same time. Increased estrogen typically leads to a higher libido and greater responsiveness to nipple and breast stimulation.

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Speaker 1

So many women find that their breasts, the nipples, are more of a turn on during this time period, and this time period peaks at ovulation, which is around day 14.

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Speaker 1

So two weeks after the first day of her period,

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Speaker 1

there is a surge in luteinizing hormone and a peak in estrogen levels, followed by a rise in progesterone. For me, ovulation is amazing. It feels so good. I feel on top of the world. I feel my most charming and sexiest, and usually my most aroused self. And sensitivity for most women is often heightened during ovulation because of that peak estrogen, so breasts may feel fuller and more tender.

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Speaker 1

It is also true for me and for other women that I know that when we are ovulating, sometimes our breasts actually hurt. Like depending on the surge of hormones that we're getting, sometimes they actually causes pain in our breasts to be ovulating. Isn't that wild? Aren't we just like-- it's just a roller coaster happening over here?! Many women, though, experience increased desire and arousal during ovulation.

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Speaker 1

Nipple and breast stimulation can be particularly pleasurable during this time period. I found for myself this is the period in which I am most likely to be able to reach a nipple orgasm

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Speaker 1

And post orgasm, Days 15 through 28 ish of the cycle is called the luteal phase. This is a time where progesterone levels rise and remain high, and estrogen levels fall or fluctuate.

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Speaker 1

Breasts typically become very tender and swollen and sore due to these high progesterone levels. This is the phase that we associate with PMS. Many women experience some physical or emotional pain and discomfort during that time. We're typically a lot more sensitive to everything—

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Speaker 1

especially more sensitive to touch. It may not be pleasurable to have breasts and nipples stimulated during this time, because they can feel really, really sensitive and be experiencing pain.

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Speaker 1

That said, for myself and many other women, because they are experiencing pain, sometimes they feel really swollen. Sometimes they feel like they're just like stuck with a lot of like stagnant fluids and energy. Having a breast massage can feel amazing during this time, even though our nipples may not want to or feel very erotic at that time.

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Speaker 1

[For] others, the breast massage would be too uncomfortable.

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Speaker 1

Others they can really enjoy a massage, and if you are able to handle their body with a lot of gentleness, they'll really, really appreciate that. Because like I said, it can feel like just like a bunch of extra stuck stuff happening up in here. It can cause a lot of discomfort. So

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Speaker 1

I hope that was clear. I know that I'm unable to give you and your woman a definitive guide because, again, our bodies are so different and I would be lying to you if I said every woman likes it this way.

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Speaker 1

The best guidance that I can give you is that starting from day five, after she started her menstrual cycle through day like 14, 15 of her cycle are typically the best time for her to have a nipple orgasm, and the rest of the cycle can be really great for having a more healing breast massage that is focused instead on just experiencing healing and pleasure

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Speaker 1

without this increased likelihood of reaching orgasm. Your mileage will vary. We're all different. You have to have a conversation with the woman that you're with each cycle in order to understand what her body needs in that moment, and we'll talk about how to communicate about all of this in the next module.

Need Help or Have Questions?

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