

How To Make Your Breasts Bigger

“From Molehills to Mountains”



A natural look at how to make your breasts grow bigger without the aid of any harmful or artificial substances!

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Introduction - The Truth About Breasts

Breasts are one of the most defining and noticeable parts of a woman's body. They have come to symbolize a lot about women, from our sensuality to our femininity, and are now an integral part of our image-conscious culture.

However, for many women, "breasts" is more of a taboo word, only used to describe a part of their body that they would rather change. With celebrities and other "successful" women all sculpting their bodies in the image that we all perceive to be "perfect", it's no wonder that big, full, round breasts are a growing desire for millions of women around the world.

The only problem for many women is that getting bigger, more "perfect" breasts is not just a case of saying your prayers every night.... it's a struggle which is both risky and financially strenuous. Right now, you have two options to get bigger breasts. The first is to get some hideous, painful and risky implants which couldn't make your body look less plastic. Or you could try and naturally make your breasts grow.

For many women, the first option is just out of the question. And unfortunately, there are a lot of women who don't have access to *any* information about how to naturally make their breasts grow bigger. This is a travesty, because making your breasts grow is one of the easiest things if you do it right.

My name is Jenny Bolton, and over the past 10 years, I've been studying the techniques, tricks and methods of how to make your breasts grow bigger naturally. I've done all of this in my spare time, but have now been able to perfect some of the most beneficial and life-changing techniques which can add as much as 1-2 cup sizes onto your chest.

Getting bigger breasts isn't just a case of pleasing your man, trying to move up with your career, or even changing your image. It's about making yourself feeling more confident and more of a "superstar" And if you follow this simple advice, it's a very easy thing to achieve.

The Bottom Line – Why Many Women’s Breasts Are Small

Naturally getting bigger breasts all boils down to one thing → **Estrogen**.

Estrogen is the natural hormone inside our bodies which makes us female. It’s responsible for giving us our menstrual cycle, and growing our breasts, amongst other things. It’s a very powerful substance which is produced by the bucket-load when we go through puberty.

From the ages of about 12-18, we go through a time of great change, development and growth in our bodies. This is puberty, where we get our first period and develop the more curvy appearance which we are loved for. This is all responsible thanks to your brain releasing the Estrogen hormone, which powers through your body and makes your womanly features develop.

Through the duration of puberty, your entire body is full of this hormone, making all parts of it develop, including your breasts. The problem is that when you reach the age of “maturity”, your body will only produce enough Estrogen to *maintain* the advances it made in puberty. This means that many women who’s breasts didn’t develop into what they would have hoped, ended up being stuck with small or under-developed breasts.

This is a big problem, because as adults, we only grow by putting on weight... and that’s the last thing you want. Luckily, I’ve found a way to make your breasts grow naturally. It all boils down to **consuming natural Estrogen** that is present in plants and herbs; to create similar conditions that your breasts had in puberty, making them grow again.

You can get Estrogen from a variety of different plants, herbs, fruits and foods.... which, if eaten correctly, can make your breasts grow as much as 1-2 cup sizes.

9 Foods Which Contain Masses Of The Breast-Growth Hormone

Breast development begins at puberty and is regulated by the balance of specific hormones. Medical research has shown that the development of breast tissue depends on the delicate balance of progesterone, estrogen, prostaglandins, prolactin and other compounds. An imbalance of these hormones can result in poor breast development or even atrophy (decrease in size).

Phytoestrogens are a group of substances found in plants that have moderate estrogenic properties. The phytoestrogens compete for the same receptor cells as true estrogen. Phytoestrogens, through their natural balance of female hormones, promote the development of glandular breast tissue and act as a powerful natural breast enlargement factor. Most women taking herbs containing these phytoestrogens notice a significant increase in the fullness and balance of their breasts.

There are a number of herbs that have been promoted by different companies that contain good levels of phytoestrogens and have the action of promoting breast tissue growth and tone.

Pueraria mirifica (also known as Kwao Krua or Butea Superba) is a plant found in Thailand and Myanmar. Its tuber (fleshy underground stem or root) contains phytoestrogens such as miroestrol, deoxymiroestrol, and coumestans. Miroestrol and deoxymiroestrol are found only in *Pueraria mirifica*. They are much stronger than soy or red clover isoflavones, and are under investigation for possible use in hormone replacement therapy. One of the amazing "side-effects" of this herb is its action of increasing breast size and firmness. Tests carried out by Thailand's Chulalongkorn University found *Pueraria mirifica* therapy was able to enhance breast size by up to 80%. Further tests carried out in England found that the plant had a beneficial effect on the skin, and hair, as well as the breasts. This herb is used in both capsule and cream form in natural breast enhancement formulas.

Dandelion Root has two particularly important uses: to promote the formation of bile and to remove excess water from the body in edemas conditions resulting from liver problems. The root especially effects all forms of secretion and excretion from the body. This boosting of secretion is key to the breast enhancement and formation of new breast cells and tissue. No side effects or contradictions with normal use.

Watercress Leaf is the most ancient of green vegetables known to man and its use can be traced back to the Persians, Greeks and Romans. Watercress is one of the best sources of vitamin E and contains significant amounts of folic acid and Lucien. Vitamin E is the fertility

vitamin, essential to breast enlargement, Vitamin E helps the body to use oxygen, which increases physical endurance and stamina and improves heart response.

Red Clover is a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. Red clover is also considered to be one of the richest sources of isoflavones (water-soluble chemicals that act like estrogens).

Dong Quai Root aids the body in the efficient use of hormones. It is widely considered the ultimate female tonic herb. This herb helps restore energy, vitality and resistance to disease, and stimulates the breast enlargement. Scientists believe that one mechanism of action of Dong Quai is to promote natural progesterone synthesis. Progesterone is another hormone whose production declines at menopause. The plant nutrients can help to wash these out of the system, aiding in increasing the health of the breast tissue.

Fenugreek Seed Extract: Fenugreek is a unique herb rich in phyto-estrogens. Fenugreek aids in hormonal production, and facilitates the development of the mammary glands which 'feed' on estrogens.

Saw Palmetto Berry: Saw Palmetto is a small palm tree with large leaves and large deep red-black berries. Saw Palmetto berries contain an oil with a variety of phytosterols. Studies have shown Saw Palmetto to successfully reverse atrophy of the mammary gland.

Fennel Seed: Fennel has long been praised for its abundance of flavonoids. These compounds exert mild estrogenic effects and are completely harmless and non-toxic.

Mexican Wild Yam Root: Commonly used as a treatment for osteoporosis, Mexican Wild Yam is an excellent source of Beta-Carotene and diosgenin, which are powerful Phytochemicals aiding in optimal breast development.

Hops Flower: Hops flower is a shrub rich in flavonoids, whose action in regulating the hormonal production facilitates development of the mammary glands.

An Exercise To Grow Your Breasts Immediately

Breast growth isn't just a literal term. You can actually make your breasts *appear* to be bigger by performing an exercise that "lifts" them.

Underneath your breasts are a series of muscles called the "pectorals". These are what you can see on men's chests and are also what can lift up the breasts and make them appear to be more round and perky.

There's a very good exercise which works these muscles and makes your breasts seem a lot bigger:



1. Lie down on a mat. Hold one weight in each hand and extended your arms out at shoulder level. Raise both arms straight up together above your body, keeping your elbow slightly bent, so that the weights meet over your chest. Return the weights out to your sides at shoulder height. Repeat the exercise 13 to 15 times.

2. Lie down on a mat. Extend your arms and hold the weights up in the air over your chest. Bend your elbows and lower the weights toward your chest, with your elbows out to the sides at shoulder level. Extend your arms straight back up over your chest. Repeat the exercise 13 to 15 times.

3. Take a weight in each hand, extend your arms out to each side and do 15 small, backward circles about a foot in diameter. Widen the circles slightly and do another 15, then repeat these two steps going forward.

A Simple Massage To Increase Bust Size

Breasts are important to both men and women. Women's self-confidence is often tied to the size of their breasts, but not every woman ends up with the kind of breasts that she is happy with. Though many women resort to expensive and risky surgery to enlarge their breasts, there is a simpler, more natural method which costs nothing. If you massage your breasts for 20-30 minutes a day, they should grow one cup size larger in 30 days.

Massage does two things to stimulate growth. One benefit of massage is increased circulation. Since phytoestrogens travel through the bloodstream, the more blood you have flowing to your breasts, the easier it is for your breast receptors to pick up what they need in order to grow. Another benefit of massage is prolactin production. This important breast-enlarging hormone is triggered by regular stimulation of the breasts and nipples.

To perform the massage, start by rubbing your hands together as fast as you can to generate heat and energy. Once your hands are warm, place them on your breasts. Rub inwards with your hands and continue around your breasts in a circle. Your right hand will circle in a clockwise direction, and your left hand will circle counter-clockwise (as you look down). Do a minimum of 100-300 circular rubs in the morning and another 100-300 circular rubs before you go to bed. Each circular rub should last about 2 seconds. Pause occasionally and rub your hands together to re-warm them. The full 300 rubs should take about 10-15 minutes. By doing this twice a day, you should be able to increase a cup size within 30 days.

If you want to use a massage oil, the following mixture has been reported to produce great results in increasing the size of the breasts. Mix 9 drops of geranium oil with 16 drops of Ylang Ylang oil in a base of 50 ml of almond oil. Rub this into your breasts twice a day either during your massage or separately.

A good side effect to doing this is that your menstrual flow will be reduced dramatically since the breast massage stimulation will create a state within your body where the blood you normally lose through your period will rush up to enlarge your breasts. Another good side effect is that the surge in hormones will lessen your PMS. You will also experience increased nipple sensitivity, but avoid touching your nipples when doing your breast massage.

This method of breast massage is a part of an ancient Taoist exercise, the female deer exercise. That means it has been used and tested for hundreds, possibly thousands of years. All you need is some time, your hands, and dedication to have larger breasts in just 30 days.

10 Clothing Tips To Make Your Breasts Look Bigger

First off, **make sure you are wearing the right sized bra**. It DOES make a big difference in how your girls stand to attention when you have a well-fitted bra. See the link in the resources section below to see how to measure and properly fit yourself for a bra.

Wear clothing that works with your body. Sometimes, certain tops or blouses will make your chest look worse while others can help make them appear more voluptuous. Go for tops that have a gather near the chest area. This can help give the visual that you have more than maybe you've really got!

Go for a padded bra. No, skip the tissue paper--bra stuffing has been the result of numerous embarrassing moments for girls of all ages. Save yourself the cost of Kleenex and buy yourself a nice, uplifting bra. Victoria's Secret is known for having high quality, long lasting, natural looking pushups and padded bras. Splurge for one (and make sure to get the free fitting to make sure you're getting the right size!) and treat yourself to a nice bra on the days you're wearing something a little more revealing than normal!

Don't be worried if you're wearing a swimsuit--you can purchase swimsuits that have padding or under wire to help you get the look you want even when you're wearing less than normal!

Use makeup. You know that powder foundation that was a shade too dark for your face? Use it on your chest! No joke! Using a blush brush, brush a little bit of powder foundation on your cleavage, creating a v-shape (go a little on top of your breast to create a natural line). This can help enhance your cleavage and, even if you don't have it, allows you to flaunt it!

Wear Stripes – Horizontal stripes will enhance the image of your breasts, making them appear to be a lot larger than they actually are. You'll be surprised at how much bigger they will appear just from wearing some stripy clothes.

Bright colors and ornaments will attract more attention to your breast area and make your bust look bigger. The same is true with ruffles and glitter.

Use accessories and small details to visually enhance the cleavage area. A thin chain with a small pendant and delicate design will make your breasts look bigger by contrast.

Wear tight and thick materials that will add some volume to your bust.

Make sure you have your back straight. This pushes your breasts out and gives them better shape.