

Natural Breast Enlargements

A Safe and Effective Approach to Breast Enhancement



- ▶ **History of Breast Implants**
- ▶ **Breast Enhancing Herbs**
- ▶ **And More...**

Women Have Always Wanted Bigger Breasts	2
Breast Enlargement In History	2
Dangers Of Breast Implants.....	4
Natural Breast Enlargements.....	6
Herbs For Natural Breast Enhancement	6
Specialized Breast Enlargement Ingredients	7
Volufiline™	7
<i>Clinically Tested</i>	7
Mirofirm™	10
Top Rated Breast Enhancements.....	12
#1 Total Curve	12
#2 Breast Success.....	13
#3 Triactol™ Bust Serum.....	14
Exercises For Breast Enhancement	15
Traditional Exercises	15
Yoga Exercises	17
Conclusion	18

Women Have Always Wanted Bigger Breasts

Being self-conscious is an element of human nature that has plagued people for as long as they have walked the earth. Millennia ago a person's self image was boosted by the number of sheep or cattle they owned or some other material possession. Today we are not a lot different except the material possessions tend to be advanced technology, cars, and boats, leer jet, etc.

Apart from the material possessions there is the self-image of a person's own body. A simple perusal of Greek, Roman and other forms of ancient art quickly tell us that the people of those times, 331BC, were focused on sexuality in their art and sculptures. We can take the Bible, which is one of the oldest documents of recorded history and turning to the Song of Solomon, written around 965 BC, we read the story of a maturing girl and one of the symbols of her reaching maturity is "breasts like towers".



I think we can safely conclude that people have always been concerned about their body especially if there is someone else to compare your body to. The fact that men have an interest in breasts, their size and shape would also have an influence on women especially when competing for the attention of men.

Breast Enlargement In History

The use of herbs is well documented in artwork and folklore as being used for breast health, whether it was for lactation or enlargement of the breasts. Clothing was also used to enhance the appearance of the breasts, lifting up the breasts, tucking in the tummy and more. Surgical breast enlargements don't appear until the 19th century.

If you could go back to 1889 you would find women getting paraffin injections to enhance their breasts. This was the earliest form of breast implants that we know of and it resulted in disaster as you can imagine. Another form of breast implant was taking fat from the person's back and implanting it in the chest but this was also unsuccessful.

Between 1895 and the early to mid-1900's there were many attempts with other substances. Some of them included glass balls, ox cartilage, ivory, Terylene

wood, polyethylene chips, ground rubber, polyester, Silastic rubber and Teflon-silicone prostheses. Sounds like quackery doesn't it? It does illustrate to us the drive that a person may possess to improve their appearance, risking their health and even life itself.

In the 1940's and 50's the medical community turned their attention to injections of silicone. In fact, over 50,000 women received these injections. The injections were used to make the women's chest wall tissue expand and add volume. An estimated 50,000 women received injections of silicone. Unfortunately, a number of these women experienced hardening of the breasts and the development of silicone granulomas, small nodules, and these were so severe that mastectomies were needed for treatment. A full 30 years after these kinds of treatments and women are still seeking medical attention because of the complications resulting from those injections.



Nowadays, implants are much safer and the numbers of complications, although they do exist, have become less severe. The complications that exist in today's surgical procedures can last as long as 3 years but there can be permanent complications. These include pain, leaking and further surgeries in an attempt to correct the problem. We will cover more about breast implants in proceeding chapters.

Dangers Of Breast Implants

As stated previously, there is a difference between the first silicone implants that were being injected into the chest and the prosthetic implants that are now inserted into the chest.

It is estimated that since 1962, between one and two million women have had silicone breast implants to enhance their physical appearance. Some 30 years later, thousands of women are second-guessing the wisdom of this choice because they are now suffering with a new illness, silicone toxicity and immune dysfunction syndrome.



This major health problem arose because of failure at many levels to protect the well being of humans in our world. I think it is important to understand a little bit about the silicone implant itself, which is covered by a shell or the envelope, which is made of silicone in the form of a semi-permeable membrane.

I think the big problem here was that it was thought that this membrane would keep the silicone inside the bag. It does not and the silicone leaves the bag and is found outside of the silicone implant.

As a matter of fact, it has been found all over the body, not just in the capsules surrounding the implant. The silicone is picked up by scavenger cells (macrophages) of our immune system and carried around the body.

Various things happen where the exact mechanisms are unknown, but there is definite immune system dysregulation that occurs leading to a new syndrome. I think that this is an important point.

Until now, researchers have been trying to link this silicone disaster with old diseases of the autoimmune type like scleroderma, rheumatoid arthritis, and Lupus.

In fact, they will never be able to link this problem to those diseases because we have the new disease and they are not looking at it in that way. I will go on to describe the characteristics of the new disease, but to try and link them to the old disease will get you nowhere. I don't know why researchers think that this is the direction to follow.

I think that in addition to the immune system being dysregulated. (I won't go into the details which explain how that happens), there is the onset of molecular

damage called free radical or oxidant injury that occurs from the silicone being in the body.

This causes another set of symptoms that are part of the syndrome. There are so many possible symptoms that the patient experiences. We will mention only the major ones. They are:

- Peripheral Neuropathy
- Central Neural Toxic Neuropathy
- Cervical and Axillary Lymphadenopathy
- Fibromyalgia
- Myocytis
- Fatigue
- Night Sweats
- Hair Loss
- Abdominal Pain
- Pulmonary Hypersensitivity with Dyspnea
- Emotional Instability
- Joint and Tendon Pain
- Multiple Chemical Sensitivities
- Food and Inhalant Sensitivities
- Skin Problems

[=> Click here for more articles on the Dangers of Breast Implants <=](#)

Natural Breast Enlargements

Herbs had been used for years for many kinds of ailments as well as those of the breast such as problems with lactation. Herbs were also used for breast enhancement but like many natural remedies, they are tucked away while modern science is given center stage to be the answer to all of our woes. We should know better but with the financial strength of the medical and pharmaceutical communities the humble herbs don't stand a chance. They do live on today through those people that give them a chance and experience how well they work.



Herbs For Natural Breast Enhancement

There are a number of natural herbs that are used in herbal breast enhancement products. They vary in purpose and effect and will help determine if the breast product is as effective as another one. Not all products contain the same ingredients and the qualities of some of the products on the market are inferior to others. Here is a list of the herbs most commonly used in herbal breast enlargement products:

- Fenugreek
- Saw Palmetto
- Wild Yam
- Fennel
- Pacific Kelp
- Damiana Leaf
- Dong Quai Root
- Mother Wort Herb
- Black Cohosh Root
- Oat Grass
- Blessed Thistle Herb
- Hops Flower
- Dandelion
- Watercress
- Others



Many women have emailed me asking for the recipe of mixing these herbs together so they can make their own breast enhancement formula and save some money. Lol, do they really think they are going to save money? If anyone knows this it is I, I am a cheapskate but when you consider the cost of the herbs, the mixing thoroughly to the right ratio and capsulation of the powder. It is likely

that you would save money on the ingredients themselves but when it comes to the time involved I think in the best-case scenario you would break even.

I have always purchased my herbal breast enhancement from a reputable company and give you a review of what I think are the top products in the market later in this eBook.

Specialized Breast Enlargement Ingredients

In addition to the herbs for breast enlargement there are a number of ingredients that have been shown to increase breast volume in clinical studies and I will cover them here.

Volufiline™

Volufiline is a cosmetic ingredient that works beneath the skin without hormones by simple external application, no injections. It is made by a cosmetic ingredients company and is the combination of Hydrogenated Polyisobutene, a synthetic oil that is widely used in cosmetics, and the root extract of the Anemarrhenae Asphodeloides plant, that has laxative properties when taken internally but is also used to make soap. Unlikely as it may seem, this combination of oil and the root extract is perfect for stimulating adipocytes. This is the connective tissue that makes and stores fat, primarily what the breasts are made of.

It has the ability to define and remodel the curves of the body through a progressive cosmetic lipofilling-like action. This treatment does not stimulate hormones but activates adipocyte differentiation, proliferation and volume. When applied it will work locally increasing volume where it is wanted. Most people will use it on the breasts or buttocks but it can be used anywhere. Some people are using on their hands and/or cheeks to get a more plump appearance.

Clinically Tested

Volufiline has been clinically tested and in one of the studies involved women between the ages of 18 and 35 years. These women had a cup size between 30A and 34AA. The women externally applied a cream containing 5% Volufiline to one breast for 56 days. On average the treated breast tissue increased in volume by up to 8.4% over the untreated breast.

An in vitro evaluation of Volufiline yielded the following results:

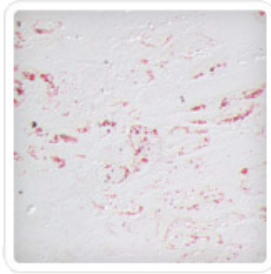
- On adipocytes there was an increase in cell volume of over 22 times and lipid storages increased more than 600%!
- On pre-adipocytes cell differentiation increased by more than 200%!

Scientific Proof: Lab Test 1

- Clinical studies reported that breast volume increased by up to 8.4% with Volufiline in less than 60 days.
- Cells Exposed To 1% Concentration of Volufiline Take Up 492% MORE Fat Molecules!

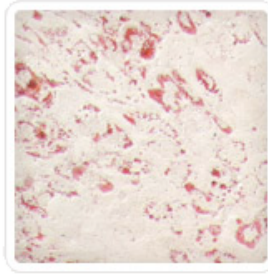
Here are the results:

Figure A.



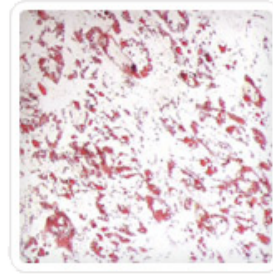
In Figure A, you see the normal cells (colored red) that have NOT been exposed to Volufiline™.

Figure B.



In Figure B, you see the cells that have been exposed to a 0.5% concentration of Volufiline™.

Figure C.

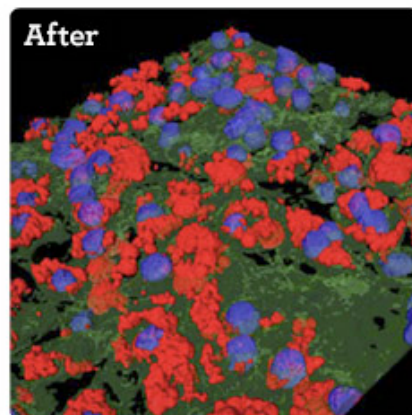
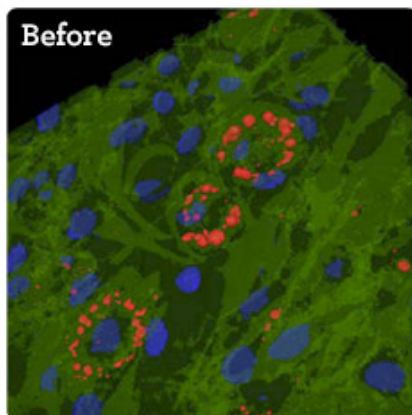


In Figure C, you see the cells that have been exposed to a 1% concentration of Volufiline™.

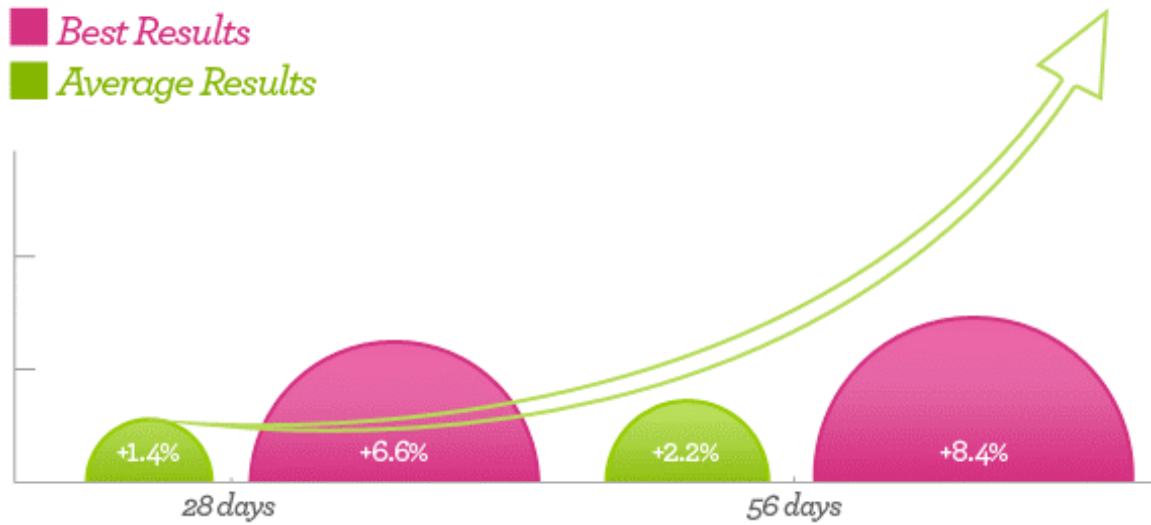
Scientific Proof: Lab Test 2

Cells Exposed To 1% Concentration of Volufiline take Up 640% MORE Fat Molecules! This is shown in the photo with the red showing the increase in adipocytes, which is what adds volume to your breasts.

Result Of Lab Test #2



This image shows the span of results between the women that were involved in the test.

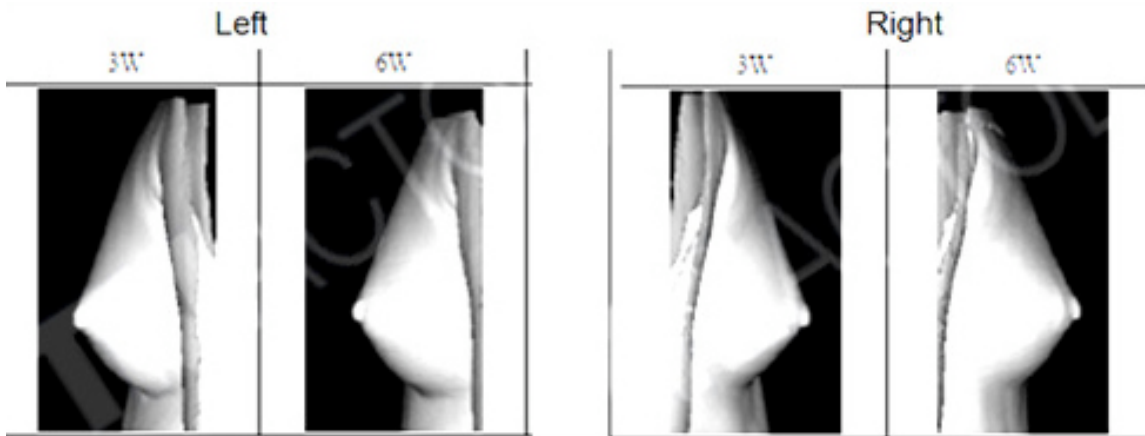


There are two products that have Volufiline and I can personally recommend because I have used them.

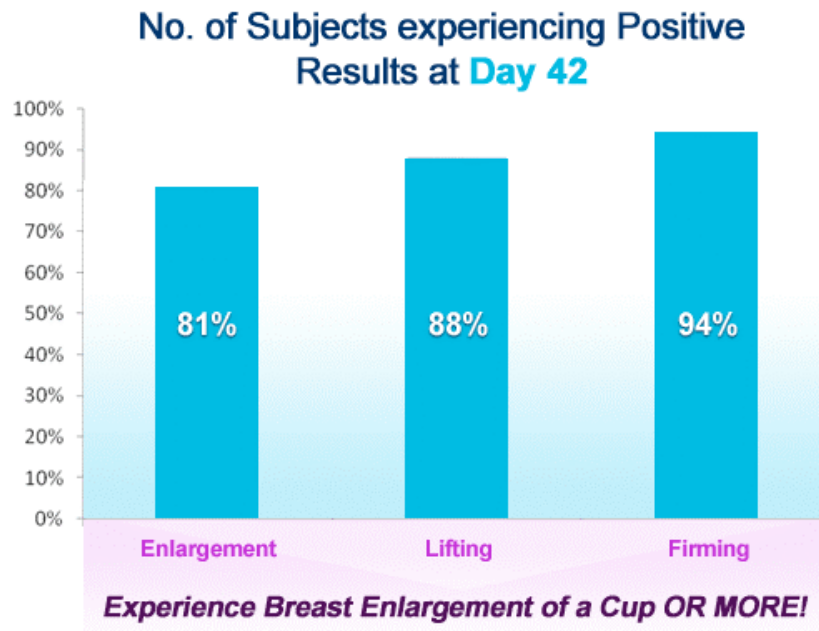
1. [Total Curve](#)
2. [Breast Success Cream](#)

Mirofirm™

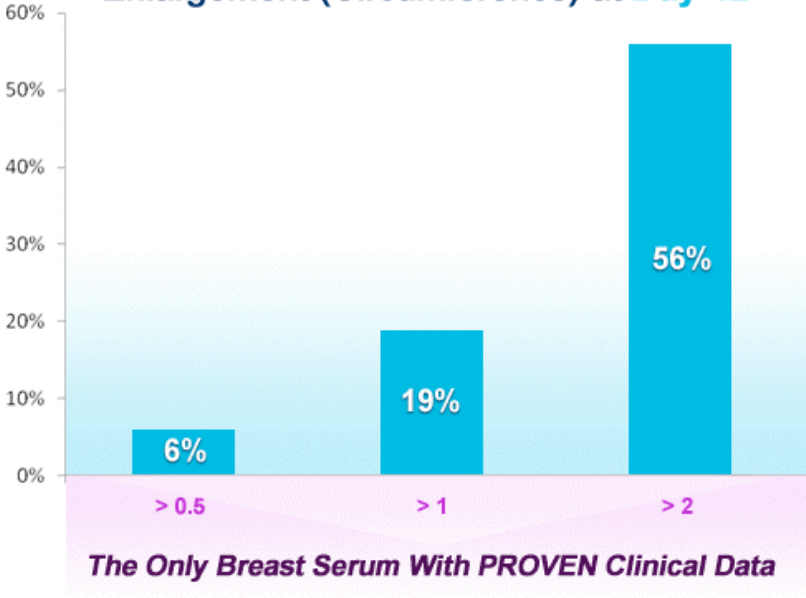
Mirofirm™ is a proprietary standardized and purified extract of Pueraria Mirifica. A clinical study was done using Mirofirm™ and the following images show the 3D imaging of increased breast volume in just 3-6 weeks.



The following bar graph shows the results that women experienced after using a breast enhancement product with Mirofirm™ for 42 days. Almost all the women experienced breast enlargement, lifting and firming.



No. of Subjects experiencing Bust Enlargement (Circumference) at Day 42



Top Rated Breast Enhancements

There are a lot of breast enhancement products on the market and the quality and success rate varies. I have taken the time to research almost all of them; there are always some newer products that you don't know about until they become popular. In general I am very comfortable sharing what I consider the top 3 breast enhancement products.

#1 Total Curve



Total Curve is the most exciting breast enhancement product on the market. It is fairly new but has a 2-step system that works both from the inside and outside to produce results that are changing the lives of thousands of women.

The first part of the system is an herbal supplement. The herbs are those that contain phytoestrogens that cause the breasts to enlarge just like during pregnancy when estrogen levels increase. The second part to the system is the unique ingredient called Volufiline that has been clinically proven to increase breast size by as much as 8.4% in less than 60 days.

Total Curve will:

- End your embarrassment of smaller breasts
- Give you a more vibrant sex life
- Get you noticed by more men
- Increase your self-confidence
- Potentially get you better options in life

Pricing



Ordering



Customer Service



Product Quality



The only comment is that it is too costly but who wouldn't think so? Otherwise the comments on Total Curve are all amazingly positive.

[=> Click Here to Visit the Official Total Curve Website <=>](#)

#2 Breast Success



Breast Success is the first product that I personally used and still use today in conjunction with Total Curve. I started with the pills and when the cream came out I started using it as well. Breast Success has been around for years and continues to be a popular breast enhancement. Make sure you get it from a reputable source so that it is fresh and the expiration date is months away.

Breast Success is very comparable to Total Curve because they both use an herbal pill but the ingredients vary. The external creams both have Volufiline, which make them both very good breast enhancement products.

Pricing



Ordering



Customer Service



Product Quality



This product is more expensive than most but there are no complaints and it produces results faster than any other product.

[=> Click Here to Visit the Official Breast Success Website <=](#)

#3 Triactol™ Bust Serum



This is a single step serum that is applied directly to the breasts. It is made from a proprietary natural extract of Pueraria Mirifica, a unique compound called MiroFirm™ ONLY available in Triactol™. This enhancement serum is clinically proven to enlarge, firm and lift your breasts as seen in the previous chapter on Mirofirm™.

There are many benefits to the Triactol Bust Serum:

- It's absorbed extremely quickly
- It's been tested according to strict dermatology standards
- There are no added parabens, petroleum, artificial colors or preservatives
- There is no scent
- There are no synthetic hormones
- Packaged in a convenient waste free bottle
- A completely risk-free 60 day guarantee

Pricing



Ordering



Customer Service



Product Quality



This product is more expensive than most but there are no complaints and it produces results faster than any other product.

[=> Click Here to Visit the Official Triactol Website <=](#)

Exercises For Breast Enhancement



For anyone that knows the anatomy of the breasts they know that they are not made up of muscle. The breasts are composed mainly of adipocyte tissue otherwise known as fat; milk-ducts and glands all held together in a matrix of soft connective tissue. This means that exercising cannot and will not increase bust size.

People that say exercise will physically increase breast size need to go back and read their anatomy and physiology books.

On the other side of the coin exercise will not directly reduce a large bust unless you are overweight. If you desire to decrease the size of your breasts then you will want to adopt a low calorie diet, appropriate exercises and use herbal or conventional diet pills to lower your weight. This will have an effect on your breasts reducing their size.

There are a number of other benefits from exercising; it tones the muscles that lay underneath the breast tissue. So if your bust-line measures less than what you would like then exercises would give you backup chest line firmer and a more prominent thus making your bust appear larger.

Traditional Exercises

The following four movements are the most common in breast enhancement.

Pec Press

Using three-to five-pound weights, lie on your back with your knees bent. With the same form as doing a push-up hold the dumbbells in each hand and then slowly bring your arms together as you push the weights up. When your arms are at the top hold them for one second and then slowly lower your arms again. Work your way up to three sets of 10 – 12 reps every other day.

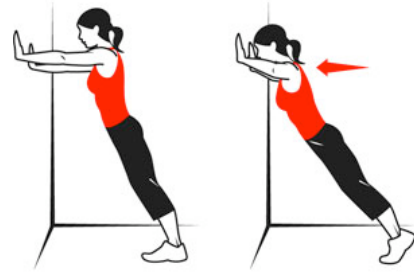
Dumbbell Press

With a three to five-pound weight in each hand, sit on the edge of a chair with your back straight and arms at your sides. Slowly raise your arms to the side to shoulder level. Hold this position for a count of four, and then slowly return to starting position. As you are able you will want to increase your sets and reps so that you are eventually doing three sets of 5-7 reps and doing this every second day.



Wall ups

First, stand about two feet from a wall with your chest towards the wall. Place your hands at chest level flat against the wall. Now, lean slowly toward the wall using your arm and chest muscles to control your motion until you have your nose against the wall. Now push back so that you assume the form that you started with. Repeat this motion 15 times. To get more benefits from this movement you can pause and hold the position when you feel the most stress on the chest muscles as you are leaning. You may want to hold this position for 10 or 15 seconds longer and then finish the exercise.



Pectoral Push-Ups

Lie face down on the floor and raise up, as if doing conventional push-ups, but keep your forearms and elbows on the floor. Hold for thirty seconds. Repeat five times.

Inverted Push Ups

Stand erect with the palm of your hands on the wall at shoulder height. Your legs should be about 2-3 feet from the wall. Slowly lower your chest to the wall by bending your elbows and then slowly push your body back to starting position. Repeat 10-12 times.

There are many exercises available for breast enhancement and although they all do help firm the breasts by strengthening the underlying muscles some of the exercises will be more enjoyable to some people more than others. It is my wish that one if not all of these four exercises are ones that you enjoy.

Yoga Exercises



I have shared some exercises that women use to enhance their breasts but I found some information about yoga poses that are good for breast enhancement. I really like taking the time to do yoga. I find it calming while at the same time I am sweating like crazy and my muscles are burning. I tried to find good photos of these yoga poses but was unable to do so, sorry):

So for you girls that prefer Yoga here are five breast enhancing yoga exercises.

Stabdhasana

First you need to stand erect with your feet at your shoulder distance apart. Next, raise your arms to shoulder level, elbows bent so that your hands are in front of your chest and your elbows are the same height as the shoulder. Bend the wrist upwards slightly and spread the fingers of your hands. Imagine that you are pressing both hands against a solid object-hold the muscles of the hands, forearms, upper arm and chest region as tightly as if to crush the object you are holding. Focus your eyes in the space between your hands. Hold this position for 20 seconds, muscles as tight as possible, and repeat 3 to 5 times.

Dwikonasana

Stand straight with your feet shoulder apart. Reach your arms behind your back and lock your hands together by weaving your fingers together. This is the starting position. Bend forward from the hips, and at the same time, raise your arms behind your back as high as possible, without straining. Use your arms to accentuate the stretch to the shoulders and chest. Look forward with your face parallel to the floor. Hold this for thirty seconds and then go back to the erect position while relaxing your arms. Repeat 3 to 5 times

Sajah Stabdhasana

Sit in Vajrasana (sit on your legs, with legs touching the ground), look forward and hold your arms straight on the sides so that they are in line at the shoulder level. Stretch your hands backwards as though to touch the back of the palms together. Keep your back straight and your head and neck in line with the body. Hold this position for 20 seconds and repeat 3 to 5 times.

Bhujangasana

Lie on your stomach with your legs straight, feet together and flat on the floor. Place your palms on the floor, below and slightly to the side of the shoulders, fingers forward. Align your elbows to your backside and keep them tight to the sides of your body. Rest your forehead on the floor and close your eyes. Relax your whole body, the lower back in particular. Slowly raise your head, neck and shoulders. Straighten your elbows and raise the trunk as high as you can, using the muscles of your back rather than your arms. Now, using your arms to increase raising your trunk and arching your. Gently tilt your head backwards and look up. Make sure you maintain contact of your tailbone with the floor while lifting up your belly button. Unless your spine is very flexible your arms will remain slightly bent. Hold for 20 seconds and repeat 5 times, gradually increasing the time that you hold the posture. Bend your arms and lower your body to floor to return to the starting position.

Ushtasana

Sit in Vajrasana (Indian style). Stand on your knees and feet together (or separate if more comfortable), feet flat on the floor. If this is difficult, begin with the balls of your feet on the floor. Tilt backwards and unhurriedly reach for your right heel with your right hand and then reach for the back of your left foot with your left hand. Do not strain. Push your abdomen forward, keeping your thighs vertical, and bend your head and spine backwards as far as possible. Support your body weight using your arms and legs, and try to relax into the stretch. Hold in this position for 20 seconds and repeat 3 to 5 times, gradually increasing the time that you hold the posture. Slowly release the hands from the heels one at a time to return to the starting position.

I really hope you enjoy these 5 yoga poses. I am doing my best to do this routine every other day. I know my muscles are sore so I know that the muscles are being strengthened.

Conclusion

These were some of the most important things for me to learn in my personal breast enhancement journey. I can tell you that I remember living daily with insecurities about my breasts and even had to talk to my husband about it before we married. When I first experienced my enlarged breasts using Breast Success I was so excited. It completely changed my entire life and I would wish the same for any woman that struggles with the same hardships. Breast enlargement is possible and surgery is not necessary. I wish each of you the best that life can bring you. Find more at my website, www.CompareBreastEnlargements.com

Sincerely,
Becky Ryan