

The Complete Guide to Breast Enlargement Herbs

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Nearly every herbal natural breast enhancement supplement contains one or more of these infamous breast enhancing herbs. It's with good reason, too, since the herbs listed below have been appearing in breast enhancement products for decades.

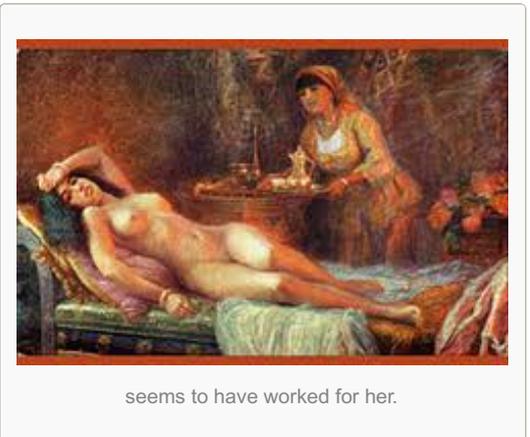
Even before the advent of marketable pills, these herbs have been used around the world for breast enlargement, sexual enhancement, and overall beauty and well-being. You may have heard tales of Middle Eastern harem girls being fed Fenugreek seed to promote curvaceousness.

Even today, traditional Ayurvedic doctors in India prescribe Fenugreek to nursing mothers to increase milk production. Other herbs, such as Saw Palmetto, have been used to treat breast disorders as well as for male prostate enlargement. The range of benefits offered is broad and just like everything else in natural breast enhancement, benefits your overall health as well as your breasts.

The tricky part is that some of these herbs work best in conjunction with each other while others just can't seem to get along with some of the other herbs.

Also, some of the herbs listed below are best for breast growth while others don't have a direct effect on breast growth, but are necessary to maintain overall hormonal health in the body (which is crucial for natural breast growth).

So before you get started on your herbal breast enhancement journey, why not get more familiar with a few of these breast-boosting herbs?



Fenugreek

An herb with a potent taste of celery and maple syrup, fenugreek has long been a darling of the breast enhancement industry. Fenugreek seeds contain various plant phyto-estrogens and diosgenin, which provide a mastogenic effect resulting in enhanced breast size. The seeds, in addition to female steroid precursors, also contain compounds that increase healthy breast tissue.

Fenugreek has been used in American folk medicine as a menstruation promoter and is still used by Indian Ayurvedic physicians to increase the milk supply of nursing mothers.

Additional benefits: Alleviates menopause symptoms, aids digestion and relieves constipation, reduces cholesterol, controls diabetes, relieves diarrhea, promotes milk production in nursing mothers.

Our favorite is Motherlove's Fenugreek Extract (it's alcohol-free). [Get it on Amazon for \\$18!](#)

We also highly recommend [Natureday's FULFILLMENT Breast Enlargement Liquid Extract](#). This stuff is fantastic and contains a potent mix of Fenugreek, Fennel, Blessed Thistle, Saw Palmetto and Dong Quai.

Saw Palmetto

Another popular herb for breast enhancement, Saw Palmetto is most widely known as an anti-androgen and for its

role in reversing the shriveling of mammary glands.

This herb is also used as an aphrodisiac, a treatment for prostate enlargement, as well as for treatment of unwanted hair growth. It's breast enhancing effects are a result of its phyto-nutrients, which stimulate breast tissue.

Its use dates back to pre-Mayan civilizations who used Saw Palmetto berries for food, medicine, and particularly for breast disorders in women. Early American botanist observed that animals who fed on Saw Palmetto berries grew sleek, strong, and demonstrated more sexual vigor and improved muscle tone. Saw Palmetto is still recommended today by naturopathic physicians for enhancing breast size.

Additional benefits: Aids in urinary incontinence or infections, promotes prostate health, has anti-androgen effects, supports a healthy appetite and smooth digestion, tones the urethra, and encourages the healthy function of the thyroid and urinary system.

Our favorite is Nature's Way's Saw Palmetto extract. **Buy it on Amazon for \$9.41!**

We also highly recommend [Natureday's FULFILLMENT Breast Enlargement Liquid Extract](#). This stuff is fantastic and contains a potent mix of Fenugreek, Fennel, Blessed Thistle, Saw Palmetto and Dong Quai.

Fennel

Yet another very popular herb for breast enhancement, Fennel is second only to Fenugreek in estrogenic compounds. It's also been used throughout history to enhance breast size and promote milk production in nursing mothers. Fennel is rich in phyto-nutrients that enhance breast growth.

Additional benefits: Alleviates asthma symptoms and heartburn, decreases high blood pressure and increases sexual appetite, used to treat amenorrhea, angina, and heartburn.

Fennel is relatively easy to procure and [is best consumed as a tea](#).

You can get Nature Way's fennel extract for [\\$8.88 on Amazon](#), but we recommend you try fennel as a tea. You can organic fennel seed for [\\$6.29 on Amazon](#).

We also highly recommend [Natureday's FULFILLMENT Breast Enlargement Liquid Extract](#). This stuff is fantastic and contains a potent mix of Fenugreek, Fennel, Blessed Thistle, Saw Palmetto and Dong Quai.

Wild Yam

Wild Yam is a herb most often associated with women's health. It's been widely used as a breast enlarger, a sexual stimulant, and has historically been used for its benefits in women's reproductive health.

Susan Weed, author of "Breast Cancer? Breast Health!" recommends Wild Yam for general breast health.

Additional benefits: Alleviates PMS and menopausal distress, promotes sexual vigor, encourages breast health.

** Wild yam has been used in many natural breast enhancement products and the reason for this mostly stems from something called diosgenin. In the 1950s, scientists found that the roots of wild yam contain a phytoestrogen called diosgenin. Diosgenin can be chemically converted into progesterone – which is why many creams containing wild yam claim to be "natural progesterone creams." Those claims are only partially correct, since while diosgenin can be converted into progesterone – it needs to be done in a lab. The human body cannot convert the diosgenin into progesterone.

As for the phytoestrogenic content of wild yam – well, several studies have found that [wild yam does not actually raise estrogen levels in the body](#). If you're looking for phytoestrogens, it'd be best to go with one of the above-mentioned herbs or with [Pueraria Mirifica](#).

Dong Quai

Also known as Chinese Angelica, Dong Quai is primarily known for its uses in stimulating sexual desire and alleviating the symptoms of menopause, cramps and PMS.

For centuries, this Asian root has been demonstrated to aid the body use its hormones efficiently. Dong Quai may not be directly known to stimulate breast enhancement, but it helps to balance hormones so that whatever breast enhancement supplement you are using can be more effective.

Additional benefits: Effective treatment for menopausal and PMS symptoms

Our favorite is Nature Way's dong quai extract, for [\\$8.69 on Amazon](#).

We also highly recommend [Natureday's FULFILLMENT Breast Enlargement Liquid Extract](#). This stuff is fantastic and contains a potent mix of Fenugreek, Fennel, Blessed Thistle, Saw Palmetto and Dong Quai.

Damiana

Damiana is a small shrub found in the West Indies. It's high in phytochemicals such as alpha-pinene, beta-carotene, beta-pinene and beta sosterol.

This herb has been used in traditional herbal medicine to treat anxiety, depression, bladder and urinary disorders, painful menstruation and menopausal complaints. Damiana is best known as a natural treatment for sexual disorders, including low libido, premature ejaculation and impotence.

Damiana is known more for its preventative use against breast cancer than for breast enhancement.

According to the tropical plant database adapted from the book "The Healing Power of Rainforest Herbs," Damiana was studied in an 1998 in-vitro clinical trial and found to have anti-estrogenic or neutralizing effects because of its ability to bind to progesterone receptors. From this, researchers concluded that the herb has a neutral or anti-estrogenic activity.

Damiana could be a very useful herb to control estrogen levels in your body, especially if you have estrogen sensitivity or dominance and want to make sure you don't overload your body with too much estrogen.

Additional benefits: Stimulates the intestinal tract, brings oxygen to the genital area, increases energy level, restores libido, improves sexual fitness and performance

Blessed Thistle

Blessed Thistle, also known as Holy Thistle or Spotted Thistle, has been used widely to help nursing women increase their milk supply. Apart from stimulating milk flow in nursing mothers, Blessed Thistle is known to enhance breast growth by acting as a hormonal balancing agent in women.

Additional Benefits: Strengthens the heart, lungs, and increase circulation, useful for digestive problems (works by stimulating the production of saliva and digestive juices).

Note: Blessed Thistle is NOT recommended for pregnant women, people who are allergic to daisies and ragweeds, as well as people who suffer from gastro-intestinal problems since this herb triggers acid production in the stomach.

Our favorite is Nature Way's blessed thistle capsules. They're [\\$7.96 on Amazon](#).

We also highly recommend [Natureday's FULFILLMENT Breast Enlargement Liquid Extract](#). This stuff is fantastic and contains a potent mix of Fenugreek, Fennel, Blessed Thistle, Saw Palmetto and Dong Quai.

Mother's Wort

Mother's Wort is a well-known herb for promoting natural breast enlargement and female breast enhancement. The herb contains Leonurine, which is a uterine stimulant.

Mother's Wort has traditionally been used as a tonic for the reproductive tissues and to decrease the levels of blood lipids.

Hops flower

Hops flower is mostly used in natural breast enhancement herbal supplements to stimulate the development of the mammary glands. This particular shrub is rich in flavonoids, which work to regulate hormonal production, thus making your other breast enhancement supplements more effective.

The best hops flower supplement is Nature's Way's capsules. You can get them on Amazon for [\\$4.95 on Amazon](#).

Oat Grass

Oat Grass is rich in saponins, flavonoids, minerals, and alkaloids – all of which are necessary for supporting a healthy hormonal system within the body.

Dandelion Root

Dandelion root has two main uses: to promote the formation of bile and to remove the excess water from the body in resulting from liver problems. Dandelion root is incredibly effective for producing secretion and excretion from the body, which is key to the formation of new breast cells and tissues.

The excretion is necessary to clean the estrogen receptor sites that get clouded with environmental toxins and make it difficult for your natural breast enhancement supplement to really take effect.

Addition benefits: Strengthens the function of the gallstones, alleviates jaundice, is generally good for liver problems.

Our favorite is Nature Way's dandelion root capsules. They're [\\$4.09 on Amazon](#)!

You may also like:

[Natural Breast Enlargement Foods](#)

[Q&A: Breast Enhancement and Prostate Cancer](#)

[How to Raise Your Body Temperature \(It's All About the Thyroid\)](#)

[Male Breast Enlargement](#)

[Natural Breast Enhancement for Tubular Breasts](#)

[How to Firm Your Breasts by Showering](#)

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