

How to Grow Your Breasts Naturally

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Most women grow up thinking that the only [way to get bigger breasts](#) is through surgery. It doesn't seem to matter how educated you are or how old you are – most of us are woefully unaware of how our bodies function and how we can help our bodies help us.

If you've found your way to our site, we can only guess that you want your body to help you in a very specific way – you want to grow your breasts. And – you want to do it naturally.

Well, we're happy that you've decided to embark on this route toward bigger, natural breasts and we're happy to share with you that in your journey toward bigger breasts, you have more than a few options...and none of them include going under the knife.

Take some time to get acquainted with the most important hormones for breast growth and then peruse through your boobie-growing options. Happy growing!

Herbal Breast Enhancement

Herbal breast enhancement works by stimulating or decreasing levels of specific hormones in the body. By mimicking the body's hormones, herbal breast enhancement provides your body the building blocks necessary for breast growth.

Estrogen, for example, is an important growth hormone excreted in the female body. It is a key factor in the growth of breasts and it is abundantly produced during puberty and pregnancy. By providing the body with phyto-estrogens, you are able to mimic and stimulate the breast growth that happens during puberty or pregnancy. Several of the more well-known breast enhancement herbs contain phyto-estrogens, which are very similar in composition and function to the human estrogen. Phyto-estrogens stimulate the adipose tissue of breasts, which cause breasts to become engorged and toned.



[Learn more about herbal breast enhancement here!](#)

Pueraria Mirifica for Breast Enhancement

Pueraria Mirifica is an indigenous herb from Thailand and is known in Thai as "Kwao Kru" or "Kwao Kru Kao." It belongs to the family Leguminosae and is related to soy, beans, and peas.

PM differs from the phytoestrogens typically found in other phytoestrogenic herbs because PM contains Miroestrol and Deoxymiroestrol, which possess the highest estrogenic activity due to structural similarity to estradiol, the strongest of the estrogen hormones.



[Learn more about how Pueraria Mirifica helps breast enlargement here!](#)

Bovine Ovary for Breast Enhancement

“Bovine” does indeed mean “cow.” Bovine ovary breast enhancement supplements are derived from the specially-prepared and freeze-dried ovaries taken from a female cow. Once ingested, this bovine ovary works in the human body by gradually re-stimulating the pituitary gland – the body’s major hormone regulator – in order to reactivate your body’s natural growth hormones and cause a second puberty.

[Learn more about bovine ovary for breast enlargement here!](#)



Massage for Breast Enhancement

Breast massage is an integral part of natural breast enhancement. By massaging your breasts, you are stimulating blood flow and improving circulation in your chest area. Not only is this essential for breast growth, but for firmness and overall breast health.

Some massages are notorious for breast enlargement while others are better for firming your breasts. There are many breast massage techniques for maintaining and checking the health of your breasts as well.



[Learn more about massage for breast enhancement here!](#)

Breast Enlargement Pumps

Breast enlargement pumps operate through a process called tissue expansion: By applying a gentle suction to the breast tissue, you are able to promote blood flow and tissue growth.

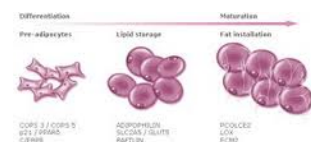
This causes stretching of the skin and tissue and as a direct result of that, new tissue grows and breast size increases. The breast enlargement pump expands the mammary gland tissue to increase the production of new breast tissue cells.



[Learn more about breast enlargement pumps here!](#)

Volufiline for Breast Enhancement

Volufiline is a trademarked cosmetic substance that is a combination of a plant extract known as sarsasapogenin and hydrogenated polyisobutene. Sarsasapogenin interacts with adipose cells and triggers them to divide and grow. When combined with the hydrogenated oil, polyisobutene, sarsasapogenin also increases the amount of fats stored.



Together, these two create a the perfect tag team of creating more fat and then storing them away in the areas to which Volufiline is applied. The synergetic ingredients in Volufiline work directly on fat cells and trigger them to start reproducing.

[Learn more about how Volufiline enhances breasts here!](#)

Hypnosis for Breast Enhancement

Breast enhancement through self-hypnosis is a completely safe, free way to test out the power of your mind and grow bigger breasts. If you already possess the ability to conjure up powerful imagery in your mind, you also possess the power to think yourself to bigger breasts.



You see, the body is a reflection of the thoughts, emotions, and beliefs that are held by your subconscious mind and the cells in your body follow this subconscious blueprint. If you are currently holding onto a blueprint of being lacking in your breast area, you're impeding your breast growth without even knowing it.

[Learn more about hypnosis for breast enlargement here!](#)

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You may also like:

- [What Foods Make Your Breasts Bigger](#)
- [Get Rid of Breast Growth Blockage Now](#)
- [Breast Enhancement Massage](#)
- [Can You Eat Your Way to Bigger Breasts](#)
- [Male Breast Enlargement](#)
- [Breast Enhancement Tips](#)

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