



the **GLANDULAR**
PROGRAM GUIDE

CHAPTER ONE.

MEET BOVINE OVARY

As you may have already guessed, the “bovine” does indeed mean “cow.” And bovine ovary supplements are derived from the specially-prepared and freeze-dried ovaries taken from a female cow.

In case you're wondering why you'd want to take female cow ovaries and what they could possibly do for your breasts, we're going to go into a bit of detail about why and how BO works.

Using bovine ovary for breast enhancement is a form of glandular therapy, which is not only used for breast enhancement, but mainly as a natural way for the body to receive vital enzymes important for various bodily functions.

Throughout history, people have used glandular nutritional therapy to improve their health as well as to prevent or treat specific ailments. Of course, they didn't know it as glandular therapy back then – all they knew was that eating the liver, kidneys, adrenal glands, thyroid glands, ovaries, heart, brain, and other body organs provided a concentrated source of nutrients and specific tissues that were especially supportive to the parallel tissues in their bodies.

It wasn't 'til more recently, though, that glandular therapy became an official treatment option. It all began when physicians in the 19th century discovered that dried porcine (pig) thyroid gland could treat underactive thyroid conditions in humans and that similarly, dried animal-based adrenal glands could treat Addison's disease (a condition characterized by chronic adrenal insufficiency).

The way it works is simple: “Like cures like.” By using the gland of a mammal reasonably close to human beings, glandular therapy supplies all the micronutrients – like enzymes, vitamins, fatty acids, amino acids, minerals, neurotransmitters and a host of nutrients in addition to the tissues

within the gland – needed to boost the function of that gland in people.

And thanks to the similarity, this method has an adaptogenic effect, meaning that the animal glands are able to adapt to the human body to boost the regeneration of the corresponding tissues and cells.

This is how glandular therapy for breast enhancement works. During adolescence, our ovaries begin producing the hormones that promote the development of all our womanly features: bigger breasts, round hips and curves as well as less body hair.

Consuming bovine ovary basically stimulates your ovaries to ramp up your body's own production of sex hormones, which induces a sort of second puberty to increase your breast size.

But...bovine ovary is only one part of the picture.

WHY BOVINE OVARY BY ITSELF IS NOT ENOUGH

Your ovaries secrete two main hormones – estrogen and progesterone. And as important as these hormones are for breast growth, they aren't the only ones required for growth.

You see, pubertal growth results from increased sex hormones like estrogen and progesterone *and* growth hormone (HGH).

The thing is - your ovaries do not produce growth hormone. It's your pituitary gland that's responsible for producing HGH and releasing it into the bloodstream.

On top of this, the pituitary gland also produces prolactin, another key breast enhancement hormone, as well as Lutenizing Hormone (LH) and Follicle Stimulating Hormone (FSH) – both of which act on the ovaries to stimulate sex hormone production and regulate the menstrual cycle.

To truly stimulate your body into producing the hormones required for breast growth – you'll need both bovine ovary and pituitary glandulars.

CHAPTER TWO.

WHO CAN USE BOVINE OVARY?

Glandular therapy is considered very safe since you're not adding any foreign hormones to your body. Instead, the bovine ovary you're consuming works by having an adaptogenic effect on your body, in which the animal glands adapt to your body and boost its ability to produce its own hormones.

As such, bovine ovary can be used by men of all ages and women of *almost* all ages, including post-menopausal women. For younger women, bovine ovary is only recommended for those who've had their menstrual period for at least a couple of years.

That being said - if you're a teenage girl, we highly recommend you wait to use bovine ovary until your body has stopped breast growth naturally so it will not interfere with your body's natural breast growth.

For men, bovine ovary is highly effective but it is a road you should only venture down *once you are sure you want to make the full transition into womanhood*. Taking bovine ovary starts a process of aromatization in men in which the body converts testosterone into estrogen, leading to a complete feminization. Most male users report penis and testicle shrinkage in around 6 months as well as sperm counts near sterile in the same amount of time. The results of bovine ovary for male breast enhancement are **permanent** so please proceed only if you are sure you want to permanently become a woman.

Although men and women of nearly all ages can use bovine ovary - it does not work for everyone. **You need a body temperature between 98.2 and 98.6 in order for bovine ovary to work effectively.** Your body temperature affects your body's hormonal levels and if your temp falls below 98.2, your liver is just not producing enough enzymes to convert your thyroid hormones from T4 to T3, which is needed to regulate your metabolic processes and set the stage for bovine

ovary to do its job.

If you have low body temperature but are planning to take bovine ovary for bigger breasts – you’re going to want to raise your temperature first. Otherwise, the time and money you spend on BO will be a waste.

We’re going to cover how to raise your body temp so you can see the best results from BO. If your temperature is fine, please skip the next section.

Note: Pituitary glandulars improve both your adrenal and thyroid functions and are sufficient for those who don’t have low body temperature or any indication of hypothyroidism.

HOW TO RAISE YOUR BODY TEMPERATURE

If you read the ingredients list for most of the bovine ovary products on the market, a lot of them have kelp listed as one of their ingredients.

The problem with this is that **kelp is only helpful for people who have an iodine deficiency.**



And considering most of us live in the developed world where we consume quite a lot of salt – you most likely don’t have an iodine deficiency. In this case, consuming too much kelp (iodine) can actually be harmful, leading to really unwanted side effects like sudden, severe bouts of acne, bloating and weight gain, as well as an enlarged thyroid and a condition called subclinical hypothyroidism.

And considering most of us live in the developed world where we consume quite a lot of salt – you most likely don’t have an iodine deficiency. In this case, consuming too much kelp (iodine) can actually be harmful, leading to really unwanted side effects like sudden, severe bouts of acne, bloating and weight gain, as well as an enlarged thyroid and a condition called subclinical hypothyroidism.

Kelp supplements can also be dangerous ‘cause they contain concentrated doses of heavy metals that occur naturally in kelp, but can be toxic to humans in supplement form. For example, some

kelp supplements have been found to have potentially toxic concentrations of arsenic.

This is why we don't recommend bovine ovary supplements that include kelp – you have no idea of the source or quality of the kelp used in those pills. Even worse, every time you increase your bovine ovary dosage, you're also increasing your kelp dosage, making it more likely that you're getting far more iodine that is good for your body (adults need only 150micrograms of iodine per day and most of us get that easily from food).

So if kelp is not the magic bullet to increasing your body temperature, what is?

For starters - **a body temperature that is consistently lower than 97.8 is a good indicator of lowered thyroid function, also known as hypothyroidism.**

This is basically a condition in which the thyroid gland fails to produce adequate levels of the hormones that affect weight, moods, and you guessed it – breast enlargement. The most common symptoms of hypothyroidism include: dry skin, fatigue, dulling of mental faculties, depression, weight gain, constipation, aching joints, low blood pressure, high cholesterol, low libido, brittle nails, hair loss, and sensitivity to cold.

If you want to raise your body temperature, the best route is to treat the underlying cause by boosting thyroid function.

Here is what we recommend:

- **Natural desiccated thyroid.** This is also a form of glandular therapy and has been used safely and very effectively since 1891. The glandulars come from cows, sheep or pigs and unlike synthetic meds, contain all the hormones found in our own thyroid glands. They work just as well, if not better, than synthetic meds and studies show patients prefer natural desiccated thyroid over synthetic meds like levothyroxine.
- **Adrenal glandular.** There's a major connection between low thyroid and low adrenal. And an adrenal insufficiency can actually cause your thyroid problem to be much worse than it would be otherwise. This is why taking thyroid alone, which results in increased metabolism, can accelerate the low adrenal problem. It's best to take both thyroid and adrenal glandulars.
- **Multi-vitamin.** Take a very potent, quality multi-vitamin that's particularly high in Vitamins

B, D, E, C as well as zinc and especially selenium (at least 200mcg daily), which has been proven to lower the levels of antibodies that attack the thyroid. This one is the best I've found – it's got the full range of vitamins and both zinc and selenium in doses that make a difference (as well as other trace minerals).

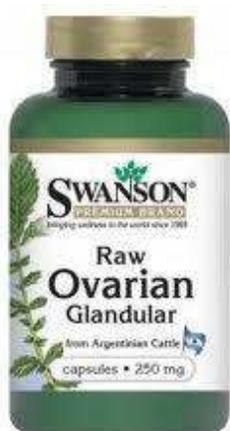
- **Omega-3s.** Make sure you get enough omega-3s in your diet – if you don't, take a high quality fish oil supplement.
- **Amino Acids.** Amino acids are key as they help regulate the thyroid and boost your body temperature – protein-rich foods are highest in amino acids so eat those!

CHAPTER THREE.

WHAT ARE THE BEST BOVINE OVARY PILLS?

There are several sources of bovine ovary supplements being sold, but we only recommend one brand. This is because you are essentially ingesting animal products so you want to make sure they come from the safest, cleanest source and are prepared under strict guidelines.

The best glandulars – ovary and pituitary – come from freeze-dried extracts from cows raised on either Argentina, Australia, Brazil, New Zealand, Uruguay or Vanuatu because there have been no cases of Bovine Spongiform Encephalopathy (mad cow disease) in these countries, where cattle are mainly fed on grass pasture. In addition to the source of the cattle, you also want to make sure that the company producing the bovine ovary pills is adhering to clean and safe practices when making the pills.



Currently, Swanson's is the only company that meets these standards – they're a reputable vitamins and supplements company that has been around since 1969 and their glandulars come from freeze-dried Argentinian cattle and are prepared at GMP laboratories in America.

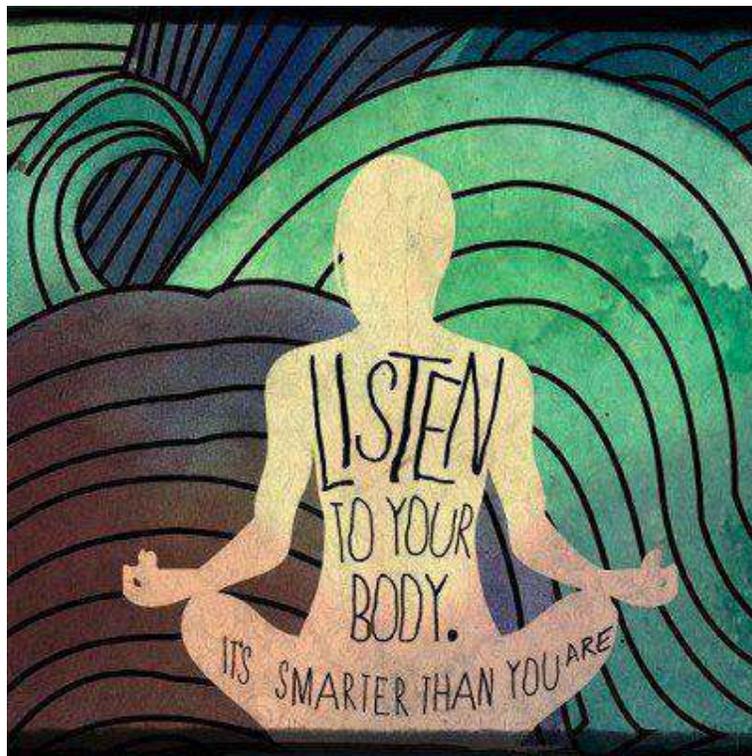
They're also very, very reasonably priced and don't contain kelp – making them the best choice for BO and pituitary supplements.

CHAPTER FOUR.

HOW MUCH BOVINE OVARY SHOULD I TAKE?

What you should know is that every body responds differently and there is no one correct dosage for every individual. Glandulars are not an exact science and the source you must listen to first and foremost is your own body.

Again: **The most important source you should listen to is your body.**



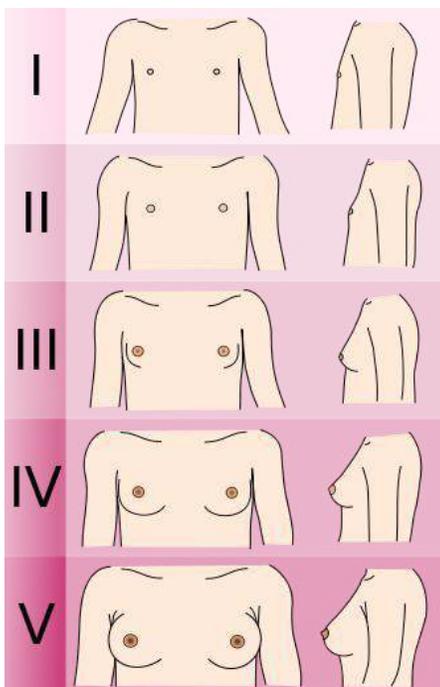
Also keep in mind that if the bovine ovary pills you are taking contain other ingredients like kelp, you can experience not-so-pleasant side effects from taking large doses of these ingredients. The iodine in kelp is only helpful for those who have an iodine deficiency – otherwise, the daily recommended dose of iodine is only 150micrograms, which most of us get easily from food.

This is why it's recommended you take bovine ovary pills that do not have kelp added in.

In general, we always recommend starting slow and small since your body might be very responsive and able to grow on smaller doses, in which case there is simply no reason to take more.

For women, we recommend starting at a maximum dosage of 1,000mg of bovine ovary per day in the first month. Ideally, this would be 500mg for the first week and then gradually ramping up to the 1,000mg.

If you have no growing sensations within a month or two, you can ramp up to a maximum of 1,500mg of bovine ovary per day.



For men, we recommend also starting at a maximum of 1,000mg of bovine ovary per day in the first month.

Remember that your body is not used to high levels of estrogen or progesterone and that men do not have as many estrogen receptors as women.

Plus, even for pubertal girls, estrogen levels increase very slowly over many months and you want to mimic that instead of plying your body with a huge dose of female sex hormones.

It's also not a good idea since too high of an estrogen dosage too soon can actually stunt breast development so that only the early Tanner stages are achieved, causing conical breasts with poor nipple growth.

Start with 1,000mg per day and then gradually ramp up to 1,500mg to 2,000mg. That should be enough to see growth.

HOW MUCH PITUITARY SHOULD I TAKE?

Again, no one dose suits everybody.

For both men and women, we recommend starting with 80mg to 160mg per day and then ramping up only if you don't see results from increasing your bovine ovary dosage. Remember that the role of the pituitary gland is to produce HGH and prolactin – both of which are hugely helpful to breast growth but harmful at super high levels.

Remember to take your pills on an empty stomach for better absorption – either half an hour before you eat or an hour or two after you've eaten.

CHAPTER FIVE.

BEST SIDEKICKS TO MAXIMIZE GROWTH ON BOVINE OVARY

As you already know, sidekicks are super duper important in supporting breast growth and no breast enhancement plan is complete without them. That's why there are a few we recommend with every program – including glandulars.

If your body temperature is fine, the stars of your program are bovine ovary and pituitary glandulars. Now let's add on some sidekicks to spur growth!

These are the all-around best sidekicks to support growth:

Whey Protein: Protein is key to growth on any breast enhancement program – we recommend you shoot for around 1 to 1.5 grams of protein per pound of body weight. If you're not getting this from your diet, choose a whey protein powder - whey is a naturally-occurring protein found in milk and cheese and it's the best form of protein because it's quickly digested and absorbed by the body. In addition to the bioavailable protein content, whey protein contains IGF-1 and is also particularly high in branched chain amino acids such as leucine, isoleucine and valine.

Hydrolyzed Collagen or Gelatin: Collagen is the most abundant protein in our bodies and an essential component of bones, ligaments, tendons, cartilage, tissue and skin. Like all proteins, collagen is composed of long chains of amino acids which link together to create thick, fibrous strands that provide strength and flexibility to our tissues. It's like the glue that holds skin tissue together and what's responsible for boosting firmness and perkiness in your breasts.

Of course, if you regularly eat the “superfoods” for breasts mentioned in EAT YOUR WAY TO BIGGER BOOBS, you can skip collagen supplements.

MSM: MSM, or methylsulfonylmethane, is a natural sulfur compound, found in all living things. It's one of the best sidekicks for any natural breast enhancement method because the body uses MSM to create new, healthy cells as well as to aid detox (flush out fake estrogens!) and boost antioxidant production. It's also an important element in more than 150 compounds in the body, including tissues, enzymes, and yes – hormones. Plus, MSM produces generous quantities of collagen and keratin.

Okay, the above are the sidekicks every program should have, but there are a few that are specifically helpful when you're taking glandulars.

Here they are:

Digestion Booster: You want to make sure you are digesting and absorbing as much of the glandulars you're taking – adding a digestion-booster like Bioperine helps promote nutrient absorption, which is especially helpful if you have digestive issues.

Anti-Androgens: These help growth simply by reducing testosterone levels – they're a must if you're a man and a very strong recommendation even if you are a woman, especially if you're a woman with high testosterone levels.

Here are the easiest ways to consume these anti-androgens:

- **Teas.** Spearmint tea decreases free testosterone in the body while increasing estradiol (the strongest of the 3 estrogen hormones). Green tea is also great – it inhibits 5-alpha reductase, effectively reducing the conversion of normal testosterone into the more potent DHT.
- **Oils.** Pumpkin seed oil also inhibits 5-alpha reductase to prevent DHT. Borage oil is also a great choice since it has an especially high content of GLA, which is a precursor to prostaglandins, which are precursors to aromatase, the process of converting testosterone into estrogen.

If you experience acne while on bovine ovary, you might want to add saw palmetto instead, which blocks the conversion of testosterone into DHT and is highly effective for clearing up acne.

Hormone Balancer: This is not a must-have, but a helpful sidekick, especially if you have a hormonal imbalance. A hormone-balancing herb like Maca contains no hormones so it won't

interfere with your glandulars – all it does is act as an adaptogen in your body to increase the hormones your deficient in and decrease the hormones you're producing too much of. Maca is the best hormone balancer for BO since it has no direct influence on any particular hormone – other balancers like Shatavari contain phytoestrogens while Vitex promotes progesterone production. Stick with Maca while on glandulars.

CHAPTER SIX.

TOP TIPS TO GROW ON BOVINE OVARY

Detox before you start. Because our bodies are exposed to synthetic hormones everyday, chances are your hormone receptors are already overladen with xenoestrogens. So make sure you take the time to detox your body of any excess hormones before you start - take milk thistle for at least one week and drink warm lemon water with apple cider vinegar. Also stocking up on dark, leafy greens will help your liver break down and clear your body of excess hormones and toxins.

No phytoestrogens. Bovine ovary stimulates your ovaries to produce your own hormones, which are stronger than phytoestrogens. The last thing you want to do is supply your body with weaker phytoestrogens that will compete with your natural estrogen for estrogen receptors. Steer clear of phytoestrogens.

Protein is a must. Hormones are made of protein, so you can think of protein as the building blocks for your growing breasts. That's why proteins are crucial for any breast enhancement method - you can read more about why in [EAT YOUR WAY TO BIGGER BOOBS](#).

If you're not getting enough protein through your diet, we recommend adding a whey protein supplement. It's the best form of protein because it has an extremely high biological value (around 95), meaning it's quickly digested and absorbed by the body, plus it contains IGF-1. The only people who should not take whey protein are the ones who're allergic and those who're acne-prone. If you fall into that category, you'll want to go with a vegan protein like hemp seed powder.

Synergize. Synergy is KEY to any natural breast enhancement efforts. Taking bovine ovary is effective alone, but it will be much more effective when combined with some other growth boosters. For example, don't just take pills orally - use a non-hormonal cream containing Volufiline

or Voluplus to boost growth.

More importantly, maximize your growth by complementing your glandular pills with breast massage and a breast enlargement pump. This stimulates breast growth externally while the glandulars grow your breasts from within. You'll get the best, fastest results by combining the two.

Stick with It. Glandulars are potent but they are not an overnight solution – nothing is. Your body and breasts need time to adjust to the new hormones flowing through your body. Most people seems to get results from bovine ovary pretty quickly, but even “pretty quickly” takes at least 3 months. If you find yourself getting impatient, just remember that anything that's worth doing takes time and take a proactive approach by increasing your breast massage and breast pumping sessions.

Stick to your glandulars for at least 3 months. The last thing you want to do is ditch your pills and move on to something else before your body has had a chance to respond to them.

CHAPTER SEVEN.

PUTTING IT ALL TOGETHER: THE 90-DAY GROWTH PROGRAM

Okay, now you know pretty much everything to take you through this journey. Let's put it all together and get growing!

Your Ingredients:

- Swanson's ovarian glandulars (1,000mg per day)
- Swanson's pituitary glandulars (160mg per day)
- Bioperine (2 capsules, one with each dosage)
- Spearmint or green tea (1 cup per day, 2 cups for men and women with PCOS)
- Collagen (10g per day)
- MSM (1,500mg to 10,000 mg is fine – this is up to you)
- *Optional:* Protein powder (if you're not getting enough with food)
- *Optional:* Maca
- *Ideally:* A breast enlargement pump

1ST MONTH (1st WEEK)

In the very beginning, we want to start off slow so we don't overwhelm our body with too much, too soon...

Mornings

250mg of Bovine Ovary (1 capsule)

80mg of Pituitary (1 capsule)

1 capsule Bioperine

1 cup Spearmint Tea

5g Hydrolyzed Collagen

½ your daily dosage of MSM

+ Breast Massage

Early Evenings

250mg of Bovine Ovary (1 capsule)

1 capsule Bioperine

1 cup Spearmint Tea (only if you're male or have excessive androgen levels)

5g Hydrolyzed Collagen

5g Hydrolyzed Collagen

+ at least 30 minutes with Breast Enlargement Pump

1ST MONTH (2nd, 3rd, and 4th WEEK)

If you're experienced no negative side effects so far, we can ramp up!

Mornings

500mg of Bovine Ovary (2 capsules)

80mg of Pituitary (1 capsule)

1 capsule Bioperine

1 cup Spearmint Tea

5g Hydrolyzed Collagen

½ your daily dosage of MSM

+ Breast Massage

Early Evenings

500mg of Bovine Ovary (2 capsules)

80mg of Pituitary (1 capsule)

1 capsule Bioperine

1 cup Spearmint Tea (only if you're male or have excessive androgen levels)

5g Hydrolyzed Collagen

½ your daily dosage of MSM

+ at least 30 minutes with Breast Enlargement Pump

2nd MONTH

We're into the second month now! If you're one of the early responders, you've already seen fullness, growth, or experienced tender, tingling breasts (growing pains! yay!). This is very good news as it means that your body is taking positively to the program and prepared to grow. In this case, **you won't need to change a thing – just follow the Month 1 program exactly as you have been doing.**

If you haven't experienced any growing pains – don't worry! It's still very early and your body is still adjusting to the hormonal changes. We're just going to increase the dosages slightly for you to speed up growth.

Here's your Month 2 plan (follow only if you have not experienced any growth or growing pains in Month 1):

Mornings

750mg of Bovine Ovary (3 capsules)

80mg of Pituitary (1 capsule)

1 capsule Bioperine

1 cup Spearmint Tea

5g Hydrolyzed Collagen

½ your daily dosage of MSM

+ Breast Massage

Early Evenings

500mg of Bovine Ovary (2 capsules)

80mg of Pituitary (1 capsule)

1 capsule Bioperine

1 cup Spearmint Tea (only if you're male or have excessive androgen levels)

5g Hydrolyzed Collagen

½ your daily dosage of MSM

+ at least 30 minutes with Breast Enlargement Pump

We're about to enter our third month now!

By now, most of you will have seen fullness or at least experienced some growing pains and that's great, 'cause it means you can keep on doing what's been working for you.

There's no need to up your dosage or make any changes to your plan – as they say, if it ain't broke, don't fix it!

Now, if you haven't noticed any growth or even any tingles and growing pains, it could be due to a few reasons. Let's go over them briefly to see what we can do to speed up your growth.

- **How much boobage are you starting with?** The crappy, unfair thing about natural breast enhancement is this sucky rule applies: *Whoever has will be given more*. It's simply easier for those starting with boobage to grow even more while those of us starting with very small breasts take longer to see growth. If you fall in this category, keep your head up! It'll take longer, but you will get there. And once growth starts, it'll become easier to grow bigger.
- **Are you super skinny?** Having a naturally high metabolism is great...except when you're trying to grow breasts. Remember that 80% of the breasts are fat, so if you don't put on fat easily, it's going to be an uphill climb to grow your breasts. Not that it can't be done – but if you have a BMI of under 20, you'll need to work doubly hard to put on weight. Stock up on healthy fats and proteins – choose the fatty cuts of meat and brew yourself up tons of bone broth. If you exercise regularly, cut down on the cardio at least for awhile.
- **How is your body temp and thyroid doing?** For bovine ovary to be fully effective, you need a normal body temperature and full thyroid function. If your temperatures are low or you have a slow thyroid, go back to the HOW TO RAISE YOUR BODY TEMPERATURE and focus first and foremost on getting your temperature up and strengthening your thyroid. You can always come back to BO once your health is perfectly suited for growth.
- **Are you giving your body enough to work with?** Bovine ovary and pituitary increases your natural hormone levels, but your body needs building blocks to make those hormones. Are you getting enough food on a daily basis? And not just *food*, but *nutritious* food – many of us eat plenty, but we eat the wrong things. That's why we're a strange population of obese, yet malnourished people. Your body absolutely needs nutritious food to grow breasts and you must make sure your giving it plenty to work with.

Overall, don't worry if you haven't noticed growth so far – especially if you're starting with very small breasts and/or are super skinny. Your body type will take time, but hey – when your breasts do grow, you'll have that enviable combination of thinness plus curves ;)

Let's ramp up again for the 3rd month, shall we?

3rd MONTH

Mornings

750mg of Bovine Ovary (3 capsules)

80mg of Pituitary (1 capsule)

1 capsule Bioperine

1 cup Spearmint Tea

5g Hydrolyzed Collagen

½ your daily dosage of MSM

+ Breast Massage

Early Evenings

750mg of Bovine Ovary (3 capsules)

80mg of Pituitary (1 capsule)

1 capsule Bioperine

1 cup Spearmint Tea (only if you're male or have excessive androgen levels)

5g Hydrolyzed Collagen

½ your daily dosage of MSM

+ at least 30 minutes with Breast Enlargement Pump

The 4th Month and Beyond

By now, you should definitely be seeing and feeling some changes to your breasts. And you might be eager to keep going, but it's actually wiser for you to take a little break.

You've showered your body with a lot of hormonal changes over the past few months and this month of rest will give your body a chance to cleanse itself of excess hormones and reset, making it more receptive to the hormones you'll give it the next few months.

This is why we recommend you always take the 4th month off. Think of it like this: there is a time to sow and a time to reap. The first 3 months is the time to aggressively promote growth but you need to take a break during the 4th month to give your body a chance to adapt and prepare itself for the next chapter.

Use milk thistle for at least the first week of this resting month to help your liver process and detox excess hormones.

You will not lose much breast gain, although the first month of break (your 4th month) could result in more loss than you'll see in future breaks (8th month and 12th month). Don't worry – it'll pick right back up again once you start your next 3-month growth cycle. And the gains will be bigger and better with the frequent breaks.

When the 4th month is finished, resume your program and stick to the dosage that is giving you growth. There is no need to increase the doses if your breasts are responding to what you're giving them. Adding more on top of what's already working won't result in faster breast growth – you'll just overwhelm your body with too much.

Remember to take a month of rest after every 3 months of growth. And as always – good luck and happy growing!

CHAPTER EIGHT.

BO TROUBLESHOOTING: COMMON SIDE EFFECTS AND HOW TO AVOID THEM

BO is completely natural but just because something is natural, it doesn't mean it won't have side effects – especially when it's something potent enough to induce breast growth.

Let's go over some of the reported side effects and how to avoid them.

I'm gaining weight!

Neither bovine ovary nor pituitary should cause weight gain – it's most likely to do with the additional stuff you're taking. Here's how to troubleshoot it:

- **If you've been taking kelp for awhile** and just started noticing weight gain, check how much you're taking and whether you even need to be taking it. Do you have an iodine deficiency? 'Cause if not, you should only be getting 150 micrograms of iodine per day, which most of us get easily from food. Taking too much kelp over a long period of time can lead to developing subclinical hypothyroidism, which slows down your metabolism and can make you fat.
- **If you just started taking kelp** and experienced sudden weight gain, it is one possible side effect of getting too much iodine, too fast. Iodine causes toxins like bromine to get displaced from iodine receptors and instead of getting flushed from the body, they end up in the fat. You either have to do a detox, drinking water with a little sea salt added in as well as adding in helpful nutrients like magnesium and selenium, or cut out taking the kelp supplements.
- **If you're taking protein shakes** – protein usually helps weight loss but if you're getting way too much of any macronutrient (be it fat, protein, or carbs), it can cause weight gain. The

ideal amount of protein for breast growth is around 1 to 1.5 grams of protein per pound of body weight. Make sure you're not exceeding this amount, which could be easy to do if you're eating a high-protein diet and supplement with protein shakes.

I'm getting acne!

Bovine ovary and pituitary work by stimulating an increase in the production of your body's natural growth hormones – effectively re-creating a second puberty.

This is wonderful news for your breasts, but not so much for your skin. The very same hormones that are great for ramping up breast growth – i.e. growth hormone – can also cause breakouts.

That being said, getting acne is not a given – a lot of people don't experience breakouts at all. But it does seem to cause more breakouts than the other breast enhancement methods.

If you shudder at the thought of re-living your teenage acne, here are some tips to avoid or at least minimize breakouts.

- **Anti-androgens.** Acne is in part caused by testosterone so make sure you're taking an anti-androgen. Spearmint tea is a very simple and potent way to keep your testosterone levels down. so is saw palmetto, which is great for acne. If you have higher-than-average testosterone levels and need something stronger, take licorice root together with white peony.
- **Cut out kelp.** Too much iodine can cause severe, sudden acne.
- **Cut out whey protein.** Whey protein is the most effective type of protein powder for breast growth because it contains IGF-1, but this is also what makes it more likely to cause acne. In addition to this, whey is also a dairy product, which spikes your insulin and can worsen acne for people who are already acne-prone. Oh, and lastly – most whey protein powders contain a bunch of artificial flavorings, colors and sweeteners which can also exacerbate acne. If you get great growth on whey protein and want to stick with it – make sure to take a 100% pure whey protein isolate. If whey protein is causing you acne and you want to switch, go for a vegan protein powder and stock up on the best protein sources we recommend in EAT YOUR WAY TO BIGGER BOOBS

I'm really emotional!

One common side effect of bovine ovary is that it “feminizes” your emotions. And it can be a bit extreme for some people. You can find yourself feeling highly emotional and extremely empathetic toward everyone and everything, especially right before your period.

I've never been particularly emotional, especially not in the “girly” sense – but when I first started taking BO, I actually cried in a café listening to the theme song from *Tarzan*. You know, ‘cause a mother’s love is so beautiful. This can be alarming, but it usually occurs right around the time of your period and you’re mostly back to normal throughout the rest of your menstrual cycle.

I feel depressed!

This is really rare, but some users have reported darker moods while on BO. A good indicator of whether you might get this or not is if you tend to experience depression during times of hormonal change, i.e. dark moods in the days before menstruation. This is honestly tricky to treat – we’d recommend stopping BO if this persists. Nothing – not even bigger breasts – is worth your happiness or peace of mind.

My package is shrinking! (Men only)

Taking bovine ovary for a few months will shrink the size of your penis and testicles. It’ll also become much harder for you to have erections and eventually, children. If you are a biological male – please do not continue down the BO path unless you are positive you want these permanent changes.

Don’t make this decision *after* you’ve started BO because BO will not only feminize your body – it can feminize your mind and emotions as well. Consider what this means well *before* you proceed with BO.