



the

HERBAL

PROGRAM GUIDE

CHAPTER ONE.

HOW DOES HERBAL BREAST ENHANCEMENT WORK?

There are literally thousands of herbs with thousands of different uses. There are anti-inflammatory herbs, herbs that increase the body's resistance to stress, antibacterial herbs, herbs that promote healthy weight loss, digestion-boosting herbs, herbs that increase energy, and even herbs that combat memory loss and help prevent cancer.

But the ones we're most interested in are the herbs that have hormonal properties – and there are a lot of them. Did you know that over 300 foods have been shown to contain phytoestrogens? Obviously, we're going to focus on only the most potent hormonal herbs.

These herbs were “discovered” long before the natural breast enhancement industry existed. And for centuries, the herb-savvy have been using these hormone-enhancing herbs for breast enlargement, sexual enhancement as well as overall beauty and well-being.

There's a great diversity of herbs with hormonal properties, and each one functions as a different piece of the breast enhancement hormone puzzle.

This is what makes herbs a bit more complicated than all the other options. While the other breast enhancement methods are fairly straightforward – i.e. PM is a potent phytoestrogen and BO stimulates your body's natural production of hormones – herbs are a little complex.

They all work by targeting various hormones but each has different properties that either increase or decrease hormonal levels. For example, the most popular breast enhancement herbs contain a variety of phyto-estrogens (plant-based estrogens), which are similar in composition and function to human estrogen. These phyto-estrogens supply your body with additional estrogen

to promote breast growth.

Other herbs are useful in breast enhancement efforts not because of their phyto-estrogen content but for their role as anti-androgens, helping to reduce excess testosterone in your body that can hinder breast growth if left unchecked.

Still other herbs, such as goat's rue, increase prolactin, which cause visible swelling and enlargement of the mammary glands.

It's up to you to know which herb does what and then combine them into the perfect breast enhancement symphony of breast-boosting and hormone-balancing herbs.

Luckily, we're going to show you exactly how to put together a stupid simple – yet very effective – herbal breast enhancement program.

CHAPTER TWO.

WHO CAN TAKE HERBS FOR BREAST ENHANCEMENT?

The good news is that herbal breast enhancement is suitable for pretty much anyone and everyone.

That's why most people start out with herbs – they're simply the least intimidating. For starters, they don't have the super potent phytoestrogens of PM, which is good news if you're estrogen dominant, and if you're a male, you might appreciate the fact that herbs don't have the permanent feminizing effects of BO.

And as you already know, there are a large variety of breast-growth-promoting herbs so you can customize your herbal plan to suit your body's unique hormonal needs.



It all comes down to knowing which herbs do what and which should be combined together to make the most potent boobie-growing formula for you. This DIY method is easier than it sounds – we'll show you how to do it in a moment.

CHAPTER THREE.

WHAT ARE THE BEST HERBAL BREAST ENHANCEMENT PILLS?

Pretty much all the breast enhancement pills on the market are herbs. And while these provide a convenient way to get a variety of the best breast enhancing herbs in one simple pill – they also have downsides.

For starters, most of the herbal pills don't contain large enough doses of the herbs for you to experience much enhancement. The ingredients work – the amount just isn't potent enough. You'd have to double and with some brands, even triple the dosage to trigger the kind of growth most of us are looking for.

Which brings us to another downside – you have no control over the individual herbs when you take a pre-blended formula.

And that's just no good 'cause you're probably not going to get along with *all* the herbs out there. Some herbs will be your best boobie-growing friend while others will just plain suck. That's 'cause each of these herbs come with their own set of wonderful benefits and not-so-wonderful potential side effects.

Benefits include breast growth...side effects include bloating...



Convenience is nice, but customization is key when it comes to successfully and safely growing on herbs. You want to make sure you're picking the ones that work for *your* body.

The last reason we much prefer to go the DIY route with herbs is for simple health reasons. Herbs are all-naturally grown from our lovely, green earth – which means the majority of them are sprayed with pesticides.

You're going to be taking herbs in fairly large doses - the last thing you want to be getting along with the boob-enhancing goodness is a load of toxins. Choosing and buying your own herbs allows you to make damn sure that your herbs are organically grown and pesticide-free.

As you can see – going the DIY route to herbs just makes sense. It allows you to control which herbs you take, how much of each herb you take, and how pure and clean your herbs are. Plus, it's cheaper and once we've simplified it for you, it'll be stupid simple! We're going to show you exactly how it works in Chapter 6.

But first, let's find out the top ways to maximize growth on herbs!

CHAPTER FOUR.

THE BEST SIDEKICKS TO MAXIMIZE GROWTH ON HERBS

Digestion Booster: If you aren't taking liquid extracts, you'll want to add in a digestion-booster like Bioperine to boost absorption – this is especially crucial if you have digestive issues.

Growth Hormone Booster: Growth hormone – specifically IGF-1, which is what our liver converts HGH into – is the hormonal factor most responsible for breast growth during the Follicular Phase (Day 1 to Day 14 of your menstrual cycle). So you want to make sure you're boosting your HGH levels, especially during that time of your cycle. Here are the easiest ways to do it:

Deer Antler Velvet: This sounds gross, but it's one of the easiest ways to boost your growth hormone levels 'cause elk antler velvet contains growth proteins including Insulin-like Growth Factor-1 (IGF-1). But it's helpfulness goes beyond that – both estrone and estradiol has been found in the velvet and it's also rich in collagen, prostaglandins, selenium, calcium, as well as all the essential amino acids. You won't add this one into your smoothies – you take it directly under the tongue.

Amino Acids: Specific amino acids stimulate growth hormone release when taken orally. This is crucial to breast growth, especially during the first half of your menstrual cycle. The most effective amino acids are the GOAL aminos: Glycine, Ornithine, Arginine, and Lysine + GABA. The GOAL aminos have been shown to increase human growth hormone levels by more than 600% and GABA has been shown to increase growth hormone production by 200 percent. The best time to take these amino acids is right before bed, when your body will naturally be producing GH.

And of course there are a few sidekicks that are must-haves for every breast enhancement program...

Whey Protein: Whey is simply a naturally-occurring protein found in milk and cheese. 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. This bioavailability is key because if your body is not digesting and absorbing the protein you are giving it, there's really no point. In addition to the bioavailable protein content, whey protein 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. Just 10 grams of highly bioavailable collagen (either hydrolyzed collagen or gelatin) helps nourish and regenerate the tissues in our bodies – yes, that includes the breasts.

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. Extra perk? MSM is known as the “beauty vitamin” because the sulfur provided by MSM produces generous quantities of collagen and keratin. Oh, and did we mention that women have seen breast growth on MSM alone?

CHAPTER FIVE.

TOP TIPS TO GROW ON HERBS

Now that you know which herbs will power your way to bigger breasts, let's find out some tips to maximize growth!

Start Small. It's tempting to want to include every breast enhancement herb into your routine. After all, you figure, some herbs are going to help enlarge your breasts while others help set the stage for growth. Doesn't it just make sense to have all your major players as well as the supporting cast to help you out?

No. Herbs are potent. Sure, they promote breast growth but some of them can also have undesired side effects, including mood swings and weight gain. This is why we recommend you start off with only a few herbs so that you can measure how your body reacts to each herb before adding on others. This way, if any of the herbs you are using causes side effects, you can easily single out which herb it is and get rid of it.

Start Slow. We also recommend that you start off on low doses of herbs. Breast enhancement herbs are natural and safe, but that doesn't mean your body might not have adverse reactions to them. Remember that even something as common as coffee can have negative reactions if you drink too much, especially if it's something you're not used to.

So start off with low doses and work up from there 'til you get to the sweet spot of breast growth with no unwanted side effects. You can ramp up slowly from there if you want.

Space it Out. You don't want to bombard your body with an avalanche of herbs all at once. It's much better to provide regular doses throughout the day. You want to keep the herbs constantly and regularly entering your system. Divvy your herbs into 2 to 3 doses (3 is best, obviously) and take them morning, afternoon, and evening.

Get the Best Absorption. We recommend using liquid herbal extracts, especially if you have digestive troubles. Liquid herbal extracts are much easier to absorb and assimilate into the body since they pretty much skip digestion. Pills and powders are fine for most people, but if your digestion is not great, your body may not digest nor absorb much of the herbal pills you're taking. So opt for liquid herbal extracts or if you decide to go with powders or pills – make sure you add a digestion booster like Bioperine to make the herbs more bioavailable to your body.

Break and Detox. Funny thing about herbs is that they don't appreciate consistency as much as you'd think they would. Think of it kind of like dating someone – you like them when they're around, but you like them a whole lot more when they're not around *all* the time. Herbs must feel the same way about us 'cause they're infamous for responding positively to little breaks. It just makes sense especially since your body is going to grow used to the herbs you're giving it, in the dosage you're giving it. We want to remain mysterious J

A super easy way to reset your system is to take around 3 to 7 days off at the beginning of every menstrual cycle. You don't have to do anything special, like detox, during this time – just give your body a short break.

Also, after 3 months of taking herbs, we recommend taking the 4th month completely off to give your body a longer break as well as to do some detox. You can use milk thistle during the first week or two of that month to help your liver get rid of excess estrogen and other hormones.

Synergize. Synergy is KEY to any natural breast enhancement efforts. Taking herbs orally is effective by itself, but it will be much more effective when combined with some other growth boosters. For example, don't just take herbs orally - use an herbal breast enhancement cream or make your own herbal boobie butter using our recipe!

And don't just stop there – maximize your growth by complementing the herbs with breast massage and a breast enlargement pump. This stimulates breast growth externally while the herbs grow your breasts from within.

There's just no reason not to do this – both breast massages and pumps are incredibly easy to do and you can do it while in the shower, watching TV, or whenever you've got a few minutes and free hands.

Stick with It. Herbs 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. You might start on your herbal breast enhancement journey with enthusiasm but then begin to get discouraged in a month or two and antsy to try something else. If you hit this point, just remember that anything that's worth doing takes time. The last thing you want to do is ditch your herbal pills and move on to something else before your body has had a chance to respond to them. Give your body at least 3 months to grow on herbs.

Switch it Up. Occasionally switch up your phytoestrogens and anti-androgens. If you're using hops, switch it out for red clover. If you're using fenugreek, switch it out for shatavari. You don't want to do this too often, but every few months or so to prevent your body from getting too "used to" any one herb. This is especially helpful if your growth suddenly plateaus and you want to get your girls growing again.

Retaining Permanent Growth. When you get to the size you want, you don't want to suddenly stop. Instead, take the full, regular dose of your herbs for two extra months and then begin to reduce your dosage. Do it like this: two months of the full dosage, one month taking 1/2 of the dosage just twice a day, one month taking 1/3 of the dosage just once a day, one month taking 1/4 of the dosage just once a day.

CHAPTER SIX.

THE KEEP IT STUPID SIMPLE (KISS) HERBAL PROGRAM

Building bigger boobs with herbs is a little like baking the perfect cake – you need a good amount of flour for consistency, enough baking soda to raise and fluff, a lovely dose of sugar, and the precise pinch and squirt of salt and vanilla extract.



Too little of any ingredient makes it tasteless and too much makes it inedible. Breast growth on herbs also comes down to combining the various ingredients – herbs – in the perfect combination.

And with herbs, like cake, individual preferences definitely factor in.

This is why we're going to give you our best recipe for herbal breast growth as well as a formula

so you can tweak this recipe to suit your needs.

To help you do that, you'll get a helpful little table at the end of this book that shows you exactly what herbs have what hormonal functions. This will come in handy if your body doesn't agree with any of the herbs – luckily, many of the herbs have similar functions so if you need to substitute one or more of the herbs in our recipe, just refer to the chart to make those adjustments.

Let's get to it!

Our best herbal breast enhancement recipe

And here it is...

- Hops
- Fenugreek
- Vitex
- White Peony

As you can see, it is stupid simple. Which is the best kind of herb concoction 'cause it reduces the chance of unwanted side effects.

But don't mistake simplicity for ineffectiveness – this minimalistic formula's got a potent dose of everything you need.

Hops contains one of the strongest phytoestrogens, called 8-PN, which has also been shown to stimulate prolactin, IGF-1 and progesterone in the body.

Fenugreek's also multi-functional – it's packing diosgenin, a weaker phytoestrogen, and on top of that, also stimulates the ovaries to increase estrogen, progesterone and prolactin levels.

Vitex is a hormone-balancer, which contains no hormones itself but increases the body's production of LH, effectively boosting progesterone levels during the Luteal Phase of the menstrual cycle. It's doubly effective at upping progesterone levels, since it also stimulates corpus luteum formation, which is what makes progesterone.

Lastly, white peony is weak in phytoestrogens but a heavy-weight when it comes to blocking testosterone. It essentially promotes the aromatization of testosterone into estrogen, leading to decreased androgen levels and increases estrogen in the body. It's strong enough to be taken by itself, but if you are struggling with excess androgen levels (i.e. you have PCOS) or you are a biological male looking for a stronger anti-androgen, you can combine white peony with licorice root for the strongest testosterone blocking combo.

So how did we pick this potent line-up of herbs?

Well, 'tis really simple once you know the formula.

Here's the stupid simple formula for creating the most effective herbal blends. You'll want to choose...

- **1 Herb with strong estrogenic properties:** Hops isn't the only one – red clover also contains potent phytoestrogens (and has progesterone-like properties), alfalfa is another one and so is soy.
- **1 Herb that boosts progesterone:** You'll notice that pretty much all the herbs that affect progesterone also affect other hormones, too – i.e. Hops and Fenugreek, which increase estrogen and prolactin along with progesterone. Even vitex, which primarily boosts progesterone, affects prolactin levels. So you'll always end up with something that gives you more than a progesterone boost.
- **1 Herb to block testosterone:** There are several to go with here, each a little different depending on what you're looking for.
- **1 Additional herb:** This is really up to you and your unique needs – if you've got the above, you already have most of your hormonal bases covered so you can choose a helper herbs like Dandelion Root to promote blood flow and liver detox or even another anti-androgen like Licorice Root if you have excess testosterone levels. We chose Fenugreek as our “additional herb” just because it's one of the most effective breast enlargers and fits nicely into any herbal program – as long as you can tolerate the curry-maple-syrup-y smell.

Okay, there you have it – the KISS Herbal Program! Now, let's get to growing with it!

CHAPTER SEVEN.

PUTTING IT ALL TOGETHER: YOUR HERBAL GROWTH PLAN

Ready to grow?

Ideally, here's what you'll have in your boob-growth arsenal:

- Hops (1000mg to 2000mg)
- Fenugreek (1800mg to 3600mg)
- Vitex (400mg to 1000mg)
- White Peony (1500mg to 4000mg)
- Bioperine (if you're taking pills and powders)
- Protein (what you didn't get from food)
- Amino Acids (the recommended dosage)
- MSM (1,500mg to 10,000mg - up to you)
- Collagen (10g)

You ideally want to start with a low dose so you can give your body a chance to adjust to the increase in hormonal levels.

Here's what your beginning dosage will look like...

STARTER'S HERBAL PLAN

Mornings

Hops 500mg

Fenugreek 900mg

Vitex 200mg

White Peony 750mg

Bioperine 1 capsule

Protein

MSM (half your daily dose)

Collagen 5g

Early Evenings

Hops 500mg

Fenugreek 900mg

Vitex 200mg

White Peony 750mg

Bioperine 1 capsule

Protein

MSM (half your daily dose)

Collagen 5g

Before Bedtime

Amino acids

It's best to space your herbs out evenly through the day - this shows twice a day, but thrice would be better so that you're consistently feeding your body a steady stream of herbs to absorb.

Amino acids are best taken before you go to sleep, which is when your body naturally produces growth hormones.

We call this the beginner's plan, but these doses might very well be enough to make you grow!

If you notice fullness or growing sensations like tingles, soreness and breast tenderness while on this dose - don't ramp up yet! It's clearly enough for your body so sit back, relax, and let the herbs do their thing!

If you don't notice any swelling, fullness or growing pains on this dose, wait at least for 2 weeks before increasing your dosage. Ramp up slowly and stop increasing your doses when you feel your breasts responding. You don't want to inundate your body with hormones when it's already responsive to what you're giving it.

The recommended maximum dosage for the herbs is shown above so don't go over that, okay?

We know no one's insane enough to do that, but FYI, yea? Just FYI.

You can ramp up the dosages, but make sure to consult the maximum recommended dosage for each herb you do it for. Most herbs are harmless, but still keep in mind that the difference between a medicine and a poison is the dose. For example, licorice root is super beneficial for breast growth but if you choke down like 50g of it (an entire bottle) in one go, you will do yourself harm.

We know no one's insane enough to do that, but FYI, yea? Just FYI.

CHAPTER EIGHT.

HERBS TROUBLESHOOTING: SIDE EFFECTS AND HOW TO AVOID THEM

Herbs are 100% natural, but 100% natural does not mean 100% without side effects. Let's go over some common side effects and how to avoid them!

Low libido. If you've been on herbs for while and notice you're never "in the mood" anymore – you might be overdoing it on the anti-androgens. Too much testosterone blocks breast growth, but too little kills libido. If you don't have excessive testosterone levels to begin with – you're fine taking a mild anti-androgen like green tea. Cut down on how often you're drinking it and see if your libido improves.

Weight gain. Another cause of low testosterone in women is weight gain. If you're putting on more weight than usual, cut down on the anti-androgen intake.

Heavy periods. If you're taking herbs with coumarins like Dong Quai and Red Clover, stop taking it the week before and during your period as it can cause excess bleeding.

Dizziness and headaches. Some of the herbs can lower blood sugar so if you're prone to low blood sugar, you'll want to avoid herbs like fenugreek or simply make sure you always eat something when taking your herbs. Also, consuming around a gram of sugar whenever you take your herbs can help. If you do this and still experience hypoglycemic symptoms like dizziness, sweating, tremors, headache, hunger, confusion, difficulty with concentration, fatigue or blurred vision – stop taking that herb.

Depression. If you notice a constantly darker mood, it can be one of the herbs you're taking – hops, in particular, has sedative properties which might worsen depression. Stop taking it

immediately – nothing, not even bigger boobs, is worth your happiness and peace of mind.

Nausea. You know how some pregnant women experience morning sickness? It has to do with increased estrogen levels and it's rare but it can happen with herbs. If you experience this, making sure you always eat something right after taking your herbs. Also, switch to an herbal extract if you haven't already done so. Adding in some ginger will help as well – you can brew it in a tea or mix a few drops of ginger extract into your juice or water.

That about sums up this herbal journey. Good luck and as always - happy growing!

THE CHART OF HERBS AND THEIR HORMONAL ACTIVITY

We're including this chart because different herbs have different effects on different people. And the differences can be huge, which is why it's not so wise to recommend the same set of herbs for every individual.

You see, the effects a herb has on you can be anything – the slightly odd body scent that comes from taking Fenugreek, the heavier menstrual flow that comes with Dong Quai, the digestive upset that can come with Alfalfa...the list of side effects go on and on. Some are welcome, some are not. And most importantly – they don't apply across the board. Again, different herbs affect different people differently.

This is why we highly recommend a DIY herbal program. Many people go on a herbal breast enhancement product only to find that their bodies really disagree with one or more of the herbs used in the product.

And since most of the herbal breast enhancement products contain several herbs in them, it's hard to figure out exactly which herb is causing growth and which is giving you grief...and you won't know which little herb is the boobie helper and which one is the pesky bugger.

That's why we recommend our favorite herbal recipe *and* provide you a list of all the alternatives out there. Get to know each of the herbs below and what they do. If you ever need to switch one out, you'll know exactly which substitute to pick.

HERB	ESTROGEN	PROGESTERONE	PROLACTIN	ANTI-ANDROGEN
Alfalfa	Y	N	Y	N
Black Cohosh	Partly	N	N	Y
Damiana	N	Y	N	N
Dandelion Root	N	N	N	N
Dong Quai	N	N	N	N
Fennel	Y	Maybe	Y	N
Fenugreek	Y	Y	Y	N
Goat's Rue	N	N	Y	N
Green Tea	N	N	N	Y
Hops	Y	Y	Y	N
Licorice Root	Y	N	N	Y
Red Clover	Y	Y	N	N
Red Reishi	Y	N	N	Y
Saw Palmetto	N	N	N	Y
Shatavari	Y	N	Y	N
Soy	Y	N	Y	N
Spearmint	N	N	N	Y
Vitex	N	Y	Depends	N
White Peony	Y	N	N	Y
Wild Yam	Y	N	N	N

And here are the herbs in more detail...

Alfalfa: Another legume, alfalfa also contains phytoestrogens like spinasterol, coumestrol and coumestan. It's also a galactogogue known to increase prolactin levels. You should know that alfalfa has mild diuretic properties and can cause upset stomach and diarrhea, 'though it's rare. It can also lower blood sugar and interfere with the body's absorption of iron and Vitamin E – so alfalfa is a no-go if you're anemic and you'll want to supplement Vitamin E while on alfalfa.

Black Cohosh: Many people think black cohosh is a phytoestrogen, but growing evidence actually indicated that it doesn't have general estrogen-like actions – rather, it only acts like estrogen in certain places, mainly the brain, bones, and vagina. It is, however a potent anti-androgen.

Dandelion Root: Great for a cleanse since it enhances the flow of bile in the liver while acting as a general stimulant for the urinary system and boosting digestion. It also helps detoxify your liver of excess estrogens and other hormones.

Damiana: Damiana's mostly used as an aphrodisiac because it contains β -sitosterol and some aromatic oils that may be responsible for the stimulant effect. But it's role in breast enhancement is a little tricky – although damiana was found to behave as progesterone in the body, it's also been shown to raise testosterone levels by inhibiting the aromatase enzyme (which converts testosterone to estrogen). Can be very helpful for estrogen dominance.

Dong Quai: In studies, dong quai has been shown to be non-estrogenic and does not have any hormone-like actions. Especially when used just by itself, it's mostly just good for boosting circulation thanks to coumarin, which dilates blood vessels and increases blood flow resulting in less menstrual cramps and painful periods.

Fennel: Fennel gets its licorice-like flavor from a group of natural compounds including anethole, photoanethole, and dianethole – all of which are phytoestrogens. On top of its estrogenic properties, it also increases prolactin levels, which is why it's often recommended for nursing mothers – which can come with a risk, since fennel tea has been shown to lead to premature breast development in babies. As for progesterone, this is still up for debate – some studies say fennel increases progesterone levels and some claim it doesn't.

Note: Fennel can increase your sensitivity to sunlight so make sure to wear sunscreen, especially

if you're light-skinned.

Fenugreek: Fenugreek seeds are mostly known for their phytoestrogenic activity because they contain diosgenin, which is a weak phytoestrogen shown to behave as estrogen in the human body. But fenugreek doesn't just have estrogenic properties – it stimulates the ovaries to increase both estrogen and progesterone levels. It also increases prolactin production, making it one of the most popular galactagogue used to increase milk supply.

Note: Fenugreek contains an amino acid called 4-hydroxyisoleucine, which increases the body's production of insulin when blood sugar levels are high, making fenugreek helpful for those with diabetes and high cholesterol. Of course, it should not be used if you're prone to low blood sugar.

Also, especially in the first few weeks, you might experience mild gas and bloating but the biggest downside of fenugreek is that it has a maple syrup-y smell and can make you smell like a strange mixture of waffles and curry.

Goat's Rue: Goat's rue doesn't contain any phytoestrogens, but it's a potent galactagogue, known to increase prolactin levels and encourage the development of mammary tissues. It's most recommended for those with excess androgens, such as PCOS.

Green Tea: Green tea also inhibits 5-alpha reductase, effectively reducing the conversion of normal testosterone into the more potent DHT.

Hops: Hops is one of the most potent breast enhancement herbs since it has fairly strong estrogenic properties thanks to a substance called 8-prenyl naringenin (8-PN), which acts as a phytoestrogen to mimic natural estrogen in the body. 8-PN has also been shown to stimulate prolactin, IGF-1 and progesterone in the body. Hops' claim to fame? Compared to other phytoestrogens, which range from 1/200 to 1/1,000 of the strength of real estrogen, the 8-PN in hop is about 1/20 the strength.

Note: Hops has mild sedative properties, which is why it's often used to promote sleep and relaxation so it'll be great for you if you suffer from anxiety or are high-strung. That being said, hops can worsen depression so stay clear of it if you're prone to depression.

Licorice Root: Licorice is one of the best breast enhancement herbs because it both contains phytoestrogens, mostly Liquiritigenin, which mimic estrogen in the body *and* reduce testosterone.

In studies, licorice has been shown to blood testosterone levels in women by 50%, thanks to an active ingredient called glycyrrhetic acid, which inhibits 17 β -hydroxysteroid dehydrogenase, the enzyme responsible for testosterone production in the ovaries hair follicles.

Red Clover: Red clover is a part of the legume family, like soy, and also contains isoflavones, which are phytoestrogens. But unlike the other legumes, red clover contains all four estrogenic isoflavones: biochanin, formononetin, daidzein, and genistein, making it one of the strongest estrogenic herbs. It's also one of the strongest PR (progesterone)-binding herbs, so you can use red clover to increase both estrogen and progesterone levels.

Note: Red clover's also been shown to be helpful in reducing bad cholesterol levels and stimulating the increase in bile acid. It also contains small amounts of coumarins, which dilates blood vessels and helps to keep the blood from becoming thick and gummy – a good thing overall 'cause it prevents blood clots and arterial plaque.

Shatavari: This herb literally means "she who has a hundred husbands" and is a versatile female tonic and the main Ayurvedic rejuvenation herb for women of all ages. It contains steroidal saponins and isoflavones which are phytoestrogenic and support the body's own natural production of estrogen. Shatavari is also a galactagogue and shown to increase prolactin levels and increase growth of the mammary glands.

Red Reishi: Lowers testosterone levels by reducing levels of 5-alpha reductase, which is the enzyme that converts testosterone to dihydrotestosterone (DHT).

Saw Palmetto: Saw palmetto is commonly used in breast enhancement because it blocks the conversion of testosterone into DHT, which is a much stronger form of testosterone. But at the same time, saw palmetto may also reduce the number of estrogen receptors, thus decreasing the effects of estrogen. This estrogen and testosterone-blocking action of saw palmetto is most likely what makes it so effective for clearing up acne.

Despite this estrogen-blocking paradox, Saw Palmetto is one of the oldest, most popularly used breast enhancement herbs. It's commonly recommended as a breast enlarger by herbalists and homeopaths and there's even a reference to it that dates back to 1898: ..."its (Saw Palmetto's) most pronounced effects appear to be those exerted upon the urino-genital tracts of both male and female, and upon all the organs concerned in reproduction...to enlarge wasted organs, as the breasts, ovaries, and testicles..." *King's American Dispensatory*

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Soy: Probably the best-known source of isoflavones – the major ones found in soy are genistein and daidzein, both of which are phytoestrogens.

Spearmint: Spearmint tea has been shown to significantly decrease free testosterone in the body while increasing estradiol (the strongest of the estrogen hormones).

Vitex (Chasteberry): Vitex is a super hormone-balancing herb. It contains no hormones itself, but it helps the body increase its production of LH, which boosts progesterone levels during the Luteal Phase of the menstrual cycle. Further helping to increase progesterone levels, vitex has also been shown to stimulate the formation of the corpus luteum, which is responsible for progesterone secretion.

Vitex's effects on prolactin are a little more controversial – it seems to increase prolactin when taken in low doses (less than 200mg) but decreases prolactin when taken in higher doses (like 900mg).

White Peony: Peony has weak *estrogen*-like effects on the body and it's great for reducing testosterone levels by promoting the aromatization of testosterone into estrogen. It's strongest when combined with licorice, which is recommended for those with excess androgen levels (PCOS) as well as for biological males. Peony has also been shown to have a positive influence on low progesterone levels.

Wild Yam: Wild yam root also contains diosgenin, a weak phytoestrogen shown to protect against breast cancer. But wild yam has not been shown to increase estrogen nor progesterone levels. Many people mistakenly believe wild yam contains progesterone because of its diosgenin content, but the human body cannot convert diosgenin into progesterone – that must be done in a laboratory.