



*the* **PUERARIA MIRIFICA**  
**PROGRAM GUIDE**

# CHAPTER ONE.

## MEET PUERARIA MIRIFICA

**P**ueraria Mirifica is a tuberous root that grows primarily in the hills of Northern Thailand. It's relatively new to the West, but its benefits have been known to its native region for ages.



There are records dating back at least 700 years, illustrating a time when locals in Northern Thailand gifted Pueraria Mirifica to the most revered monks to wish them clarity of thought and longevity.

The monks recorded the many virtues of Pueraria on palm leaves and recent translations reveal the monk's instructions on how to take the plant as well as the plant's health and beauty benefits.

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A sample of the inscription reads:

“To take the tuberous root of Pueraria with big leaves, pound and blend with cow’s milk. The benefits of this medicine is to support memory, talk big, and be able to remember three books of the astrology, make the skin smooth like six year old kid, live more than 1,000 years and parasite diseases are not able to be of trouble.”

No wonder ‘mirifica’ literally means ‘miracle-maker.’

But while all this sounds good and dandy – it’s just folklore, right?

Not quite. Although the health and beauty benefits have been long known to the locals (complete with anecdotal evidence of male monks who consumed the plant growing breasts), there was little scientific credibility to back up these claims until fairly recently.

# CHAPTER TWO.

## HOW PUERARIA MIRIFICA PROMOTES BREAST GROWTH

In 1960, an unusual estrogenic phenol called miroestrol was first isolated from the roots of the Pueraria Mirifica plant. More recently, in 2000, another closely related estrogenic compound called deoxymiroestrol was found to also be present in the roots of PM.

This is significant news for one simple reason: both miroestrol and deoxymiroestrol are very structurally similar to Estradiol, which is one of the three main estrogens naturally produced by the human body. Unlike the other two estrogens, Estradiol is the most abundant in women of reproductive age and the hormone most responsible for breast development and curves.

Studies have also shown that Estradiol has a higher affinity to the estrogen receptors on breast tissue, which is why it's often the choice of estrogen for bio-identical hormone-replacement treatment regimes.

To this day, Pueraria Mirifica remains the first and the only plant in which miroestrol has been found. And thanks to its structural similarity to Estradiol, miroestrol is the top dog of phytoestrogens – it is 3,000 times stronger than the estrogenic activity measured in soy isoflavones and 1,000 times stronger than that of red clover.

It's the potency of these phytoestrogens that makes Pueraria Mirifica so effective in inducing breast growth in both men and women. The reports of men growing bigger breasts is mainly anecdotal but there are studies that have been conducted on women.

In one of the earliest acknowledged studies on herbal breast enhancement, Professors Kuramoshi and T=Yuthana tested Pueraria Mirifica species on 50 Japanese women between the ages of 20

and 49 years old, with daily doses of 100 mg to 600 mg. More than 70% in each group observed breast enlargement and/or firming.

In a more recent study, conducted in 2000 by scientists at Chulalongkorn University in Bangkok, 32 women were given 400 mg of Pueraria Mirifica for 15 days a month. 34 women were given 800 mg for 15 days a month. 31 women were given a placebo.

After a period of two months, 40.62% of the women who were given 400 mg/day reported breast firmness and 9.38% of these same women reported breast enlargement. As for the women who were given 800 mg/day, 88.23% of them reported breast firmness and 82.35% reported breast enlargement.

# CHAPTER THREE.

## DOES PUERARIA MIRIFICA HAVE OTHER BENEFITS?

**Y**es, in fact, it does. They include...

**Anti-Aging Benefits:** As women get older, our bodies produce less estrogen and these decreasing estrogen levels are responsible for skin's wrinkling, sagging, and dryness – which PM helps to prevent.

**Fuller Lips:** Certain facial features are linked to higher levels of estrogen, like fuller lips and even larger eyes.

**Bone Health:** PM has been shown to improve skeletal health, most likely because estrogen plays an important role in bone growth and formation.

**Improved Skin:** Estrogen's effects on skin are largely believed to result from the hormone's ability to increase collagen production and water content, two factors that influence both skin's elasticity and moisture

**Increased Vaginal Moisture:** Estrogen helps to keep the vagina moist and to maintain the thickness of the vaginal lining.

**Rounder, Fuller Hips:** Estrogen doesn't just contribute to breast development – it's also what's responsible for giving women their hip curves. PM is known to round and fill out the hips.

# CHAPTER FOUR.

## WHO CAN TAKE PUERARIA MIRIFICA (AND WHO CAN'T)?

**B**oth men and women can take pueraria mirifica, but keep in mind that the natural breast enhancement rule (and the Bible verse), “*Whoever has will be given more...*” is quite true of PM.



Those who are already starting out with some breast fat will see growth the fastest. This probably has to do with the fact that breasts are 80% fat and since fat cells secrete extra estrogen, it makes it easier for fat breasts to grow even fatter.

Pueraria mirifica has also been noted to work faster for younger folk. That doesn't mean it doesn't produce results if you're older – it simply means it might take a little longer.

Whereas PM is safe for most people, there are certain individuals we strongly recommend do NOT take PM.

If you fall into any of these categories, do NOT take PM:

- **You have a known allergy or hypersensitivity to the Leguminosae family**, which includes legumes, peas and beans. Taking PM could result in an allergic reaction like rashes and hives.
- **You are pregnant.**

- **You've been diagnosed with breast tumors, cervical cancer, prostate cancer or colon cancer.**
- **You have an extreme sensitivity to estradiol.** If this is the case, you can suffer regular headaches while on PM.
- **You are estrogen dominant.** The matter of estrogen dominance and taking PM is pretty complicated because not all estrogen dominance is the same – whether or not you can take PM depends on the hormonal balance between your estrogen levels and your progesterone levels. For example...
  - The first scenario – where you have excessive estrogen levels resulting in a hormone imbalance – is one in which you should absolutely NOT take PM (or any other phytoestrogenic herbs, for that matter). This is not a matter of simply adding in some progesterone cream because your progesterone levels might be totally normal – it's your estrogen levels that are abnormally high. It is a very bad idea to take PM when you have excessive estrogen 'cause not only will you probably not grow on PM - it can wreak havoc on your body.
  - The second scenario – where you have normal estrogen levels but are deficient in progesterone – is one in which you can take PM but should definitely work on raising your progesterone levels.
  - The third scenario – where you are deficient in estrogen but even more deficient in progesterone, thus making your estrogen levels “dominant” – is one in which you can definitely take PM but you also need to raise your progesterone levels.
- **You're younger than 20 and haven't finished developing yet.** Please wait until you are in your early 20s – your body and boobs have not finished developing on their own yet and there is no reason to supply your body with potent phytoestrogens too early.



# CHAPTER FIVE.

## WHAT YOU SHOULD KNOW WHEN CHOOSING PUERARIA MIRIFICA

**P**ueraria mirifica – it’s a long, interesting name, isn’t it? Well, as you already know, the second half of its name “mirifica” means “miracle-maker.” As for the first half – “pueraria” is simply the Latin term for what is locally called kudzu, a genus of green plants that are native to Southeast Asia.

This is relevant because there are 13 known varieties of kudzu in Thailand, but only one of them – pueraria mirifica - has the potent estrogenic activity capable of inducing breast growth.

*Here are just a few of the varieties...PM included*



In Thai, PM is known as “*Kwao Krua Kao*,” with the ‘Kao’ meaning ‘white.’ Keep in mind that *white* PM is the only one you’ll want to get ‘cause there are a few other plants with tuberous roots that also share the “*Kwao Krua*” designation but have very different properties. For example, the red *kwao krua* is known to stimulate the male hormone (testosterone) – not at all helpful for boob growth.

Even apart from the color and variety – it also matters *how* your pueraria mirifica is grown because

wild-harvested PM contains insignificant amounts of miroestrol compared to farm-cultivated PM.

Why the difference? Well, the PM plant appears pretty much identical to other local plants and it can only be distinguished from the other non-estrogen-containing kudzu plants during the **2 weeks annually** when it is flowering. That's a pretty narrow window of time. This poses a challenge for those who're gathering wild PM, with the result being that the wrong species of kudzu get thrown into the mix. As such, there is no guarantee of any significant breast growth potential with wild-harvested PM.

So, to sum it up -when you're choosing your PM, make sure...

- It's grown in Thailand. 99% of PM is grown in Thailand, the chances of it being real, pure, farmed cultivar if it comes from elsewhere is low.
- It's white PM. If it looks brown-ish, there's a good chance it contains other additives and fillers.
- It's pure PM. You really want to stick to pure, 100% PM without any filler, additives, chemicals, etc. added into it. Not only does this minimize risk of side effects but certain substances can alter the chemical structure of PM, making it less potent.
- It's farmed cultivar and not wild.

# CHAPTER SIX.

## WHERE CAN I GET PUERARIA MIRIFICA?

**T**he one drawback to pueraria mirifica is that it can be a bit of a challenge to find high-quality, *real* pueraria mirifica at a reasonable price.

There are many sellers but we wouldn't recommend the majority of them. Let's go through a few popular picks, okay?

**Thai PM sellers:** There are a lot of people selling PM pills straight from Thailand. You can find them on both Amazon and eBay. While we do understand that this PM can seem more "authentic" (considering PM comes from Thailand), there's really no way to tell if the PM they're selling is 100% pure, that it's white and that it's farmed cultivar. You can't read the bottle, you know nothing about the company that manufactured it – in essence, you have absolutely no guarantees. We're sure some of those PM brands are great – but that's an unnecessary gamble to take.

**Nature's Answer Pueraria Mirifica Estro Balance:** This actually seems like a pretty good choice... until you look at the supplement facts and realize that it contains not enough PM (only 100mg per capsule) and way too much Vitamin B12 (8333% of your DV per capsule). It's difficult to seriously overdose on water-soluble vitamins like B12 but too much of the stuff can cause itchiness all over, numbness, heart anomalies, headaches and with longtime abuse – even increase your cancer risk. God knows why they would jam-pack their pills with so much Vitamin B12, but until they revise their formula - pass on these.

**Solgar Pueraria Mirifica PhytoGen Complex:** This is good quality PM with potent miroestrol content...but it again has the Vitamin B12 problem (it's even worse than the above, with 16,667% of your DV of B12). This is overkill even if you have a severe B12 deficiency.

**Ainterol:** Ainterol seems promising – their capsules are 100% pure, cultivated PM root. Which is

why we were recommending them for awhile, except for some reason – the company seems to be experiencing some trouble. Their products are frequently out of stock and they've completely stopped responding to emails. It's kept up long enough that we're no longer recommending them as reliability is a big factor in deciding who to buy from.

**Biovea:** Good company but their PM comes from China and it's not guaranteed farmed cultivar. Pass on these.

Finding a reliable source of quality PM can be pretty damn challenging, as you can see.

That's why as of now, PuraFem is the only brand of PM pills we recommend. Their pills are 100% pure, farmed cultivar PM root and each bottle contains 60 capsules (350mg each). The cost ranges from \$19 to \$29 per bottle, depending on quantity purchased. They also offer a 60-day money-back guarantee on all their products.

# CHAPTER SEVEN.

## HOW DO I TAKE PUERARIA MIRIFICA?

Okay, you've got your PM pills and you're excited to start. But...how much of this stuff are you supposed to take?

Deciding the appropriate dosage can be pretty confusing since just about every brand (and every PM user) suggests a different dosage.

What you should know is that every body responds differently and there is no one correct dosage for every individual. Natural foods and herbs– like pueraria mirifica – 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.**

Another thing you should know is that there are conflicting dosages for each PM brand simply because they differ in potency. You may be fine taking 1,000mg of one brand but find it very overwhelming taking the same amount for another brand.

Lastly, if the PM pills you are taking contain other ingredients (even vitamins) – you must make sure that you won't suffer any adverse side effects from taking larger doses of the vitamins and other additives that are in your PM pills. This is why it's recommended that you stick to pure, 100% PM when choosing supplements.

Here are some general guidelines to help you decide your dosage:

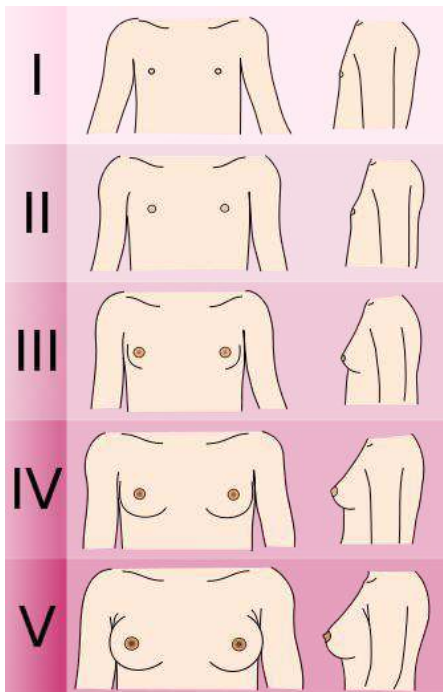
- The general dosage when using PM as a nutritional supplement is 2mg to 3mg per kilo of body weight. That means if you weigh 60 kilos (132lbs), you'd take between 150mg to 180mg.

- In clinical studies in Thailand, no toxicity was noted even in doses 2,000 times the usual dosage.
- The usual breast enhancement recommended dosage ranges from 800mg to 1,500mg per day (for women)
- The usual breast enhancement recommended dosage ranges from 1,000 to 2,000mg per day (for men)

With that said, we strongly recommend that you **start out small with PM**. This stuff is potent so go lower than the usual recommended doses. Also keep in mind that these dosages are being “recommended” by companies that sell these pills. The more you consume, the more you buy. And often, it’s the case that you don’t actually even need all that much to see growth.

In fact, we suggest that women begin with 200mg to 500mg in their first month to allow your body to adjust to the strong hormonal changes as well as to see how PM jives with your body.

You might be pleasantly surprised to find that the lower dosage is strong enough for your breasts to grow.



For men, we suggest starting out with a similarly low dose.

Many men are understandably eager to grow and start out taking large dosages of PM, but keep in mind that men do not have as many estrogen receptors as women.

Plus, even for pubertal girls, estrogen levels increase very slowly over many months – it’s thought that 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.

That’s why we suggest men start with 200mg to 500mg in the first month as well and then ramp up from there until you get to the perfect dosage for you.

We also highly recommend not going over 2,000mg per day as it can really affect your sexual function. Plus, keep in mind that men can become estrogen-dominant, too

All in all, start slow. Start small. And most importantly – listen to your body!

# CHAPTER EIGHT.

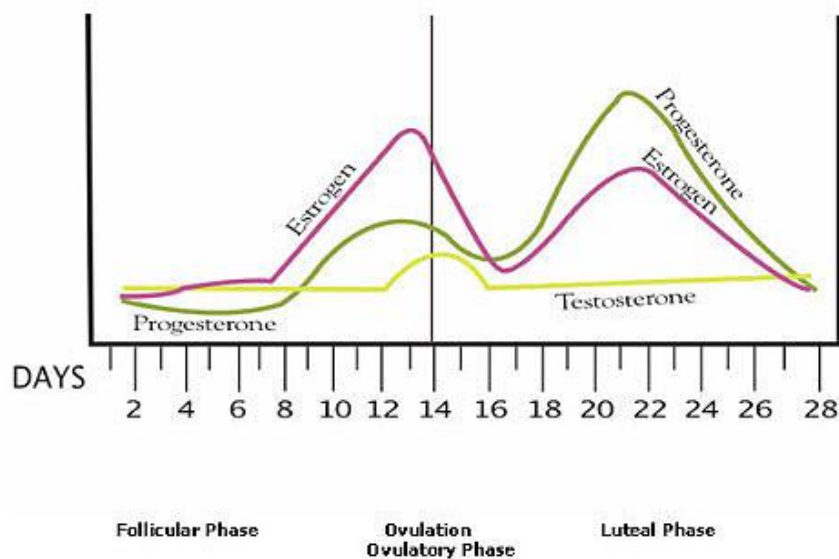
## TO CYCLE OR NOT TO CYCLE: THAT IS THE PM QUESTION

Not only are there varying opinions about what dosage of PM you should take – there are also varying suggestions on *when* PM should be taken.

Some manufacturers say you can take the supplements throughout the month, some say the first half of your cycle, and yet others say the second half.

We're going to quickly go over the logic behind each of these arguments and share our opinion of them and then show you in the the best way to cycle.

But before we go into the various opinions about cycling PM, let's have a quick look at the normal menstrual cycle.



The chart above shows the typical hormonal pattern for the menstruation cycle.



The average cycle is 28 days, although yours might be shorter or longer.

Day 1 is the first day of your period, which typically lasts until Day 5 to Day 7. As your period ends, your estrogen levels begin to rise - this first period of rising estrogen levels is known as the Follicular Phase and it ends as estrogen levels peak at ovulation.

After ovulation around Day 14, you enter the Luteal Phase and estrogen levels drop sharply while progesterone takes over. Your body still produces estrogen during the Luteal Phase but progesterone is the main hormone at this time. Progesterone levels peak around Day 21 and begin to drop, which prompts menses to start and the whole cycle begins again.

You can refer to the chart above while considering the below viewpoints on cycling PM.

## Opinion #1. Take PM throughout the month

This viewpoint says PM can be taken regularly throughout the month, just like with any other vitamin or supplement. The basis of this reasoning is simply that this was how the Thai population for over a century has consumed PM and it has had no adverse side effects. In fact, Thailand has one of the lowest incidents of breast cancer in the world. Advocates of month-long Pueraria Mirifica claim that the whole argument between whether the Follicular Phase or the Luteal Phase is best for Pueraria Mirifica is based on cycles that are meaningful for contraceptives but inapplicable for Pueraria Mirifica.

**Our opinion:** We don't agree. While taking PM throughout the whole month is convenient - it doesn't make sense to go against your body's natural hormonal fluctuations. As for how women in Thailand take PM - they actually don't do it all month long - they stop taking PM during their periods.

## Opinion #2. Take PM in the second half

This viewpoint says PM should be **taken in the latter half of the cycle**, after ovulation and during the Luteal Phase. The reasoning behind this is that introducing excess estrogen - on top of what the body is naturally producing - can either overwhelm the body's estrogen receptors and be counterproductive OR that the extra estrogen will be too much for the body to handle and worsen PMS and menstrual cramps. These Luteal Phase advocates reason that since the body's production of estrogen decreases during the Luteal Phase, it makes sense to supplement what is

reduced with a potent phytoestrogen.

**Our opinion:** This makes sense somewhat, but the second half of your menstrual cycle is ruled by progesterone and supplying more estrogen without increasing progesterone levels could result in an imbalance.

## Opinion #3. Take PM in the first half

This viewpoint says PM should be taken **during the first 14 days of your cycle**, up until ovulation (when your natural estrogen levels are rising). The reasoning behind this is that since the phytoestrogens present in Pueraria Mirifica are to serve as additional estrogen in your body, it makes sense to introduce the additional estrogen alongside the body's natural boost of human estrogen. Also, since it is progesterone that should be dominant in the second-half of your cycle – the Luteal Phase – it makes no sense to interfere with that by introducing excess estrogen.

**Our opinion:** We do agree that progesterone does need to be dominant in the second half of your cycle, but that doesn't mean estrogen isn't present – there's actually quite a lot of estrogen, just not as much as progesterone.

Okay, there you have it – the 3 most popularly recommended ways of taking PM.

Our overall opinion on cycling? DO IT. It just makes sense to mimic your body's natural hormonal cycles. We're going to outline the easiest, most effective way to cycle in the full PM Growth Plan in Chapter 11.

If you are a MTF transgender woman, you get to avoid all the complications of cycling - you're good to take PM all month, allowing the potent phytoestrogens to supply a steady stream of feminizing hormones to transform your body :)

# CHAPTER NINE.

## BEST SIDEKICKS TO BOOST GROWTH WITH PUERARIA MIRIFICA

**P**M is a potent breast booster on its own but the following sidekicks increase PM's effectiveness and spur faster, greater breast growth than just PM alone.

Here's what you'll want to add into your plan:

**Probiotics:** These are a must-have when taking PM 'cause probiotics (good bacteria) such as *Lactobacillus acidophilus* and *Bifidobacter* species help with the metabolism and utilization of estrogen by promoting healthy gut microflora and improving liver enzymes – both crucial factors in increasing the estrogenic activity of the phytoestrogenic compounds and isoflavones found in PM.

**Progesterone.** Breast growth is not fueled by estrogen alone - growth also requires progesterone. For ideal, maximum growth - you're going to want to give your body estrogen during the times your estrogen levels are naturally high as well as progesterone during the times your progesterone levels are naturally high. The best bet is a natural USP progesterone cream. USP simply stands for "United States Pharmacopoeia" and all it means is that it's met the standards set by the USP. USP progesterones are derived from plants fats and oils, usually diosgenin from wild yam or soybeans. The best USP progesterone cream is Emerita's PRO-GEST. *If for any reason you do not want to use progesterone cream, we have a short guide for an alternative at the end of this book.*

**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 – not just PM – 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?

Vitamin C enhances the absorption and effectiveness of MSM (and is proven to help raise progesterone levels) – take them in a ratio of 1 Vitamin C to 4 MSM (i.e. 1,000mg of Vitamin C for 4,000mg of MSM). Keep in mind that not all MSM powders are created equal - go for a fast-dissolving one with no additives.

**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.

**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.

# CHAPTER TEN.

## TOP TIPS TO GROW ON PUERARIA MIRIFICA

**D**etox First. The last thing you need is fake estrogens competing with the booby-growing phytoestrogens in PM. Because our bodies are already exposed to synthetic hormones everyday, chances are your hormone receptors are already overladen with xenoestrogen. This is why you should detox before you begin taking Pueraria Mirifica to clear your body of all excess hormones – it will help clear your estrogen receptors of harmful hormones and make them more sensitive to PM.

**Get the WomanLog App.** It's a free app that makes it easy to chart your monthly menstrual cycle. You can input your body temp, when you take pills, and even record things like symptoms, your mood, when you have sex and your weight. Based on your reported menstruation dates, it “predicts” when you'll get your period and when you're ovulating. It's a damn helpful tool and makes life with PM a lot easier.

**Take PM with Calcium for Bone Health.** Take half of your PM daily dosage, with milk, on an empty stomach as soon as you wake up. Take the other half, with milk, on an empty stomach several hours before you go to bed. The estrogen in PM boosts calcium uptake.

**Cut Down on the Caffeine.** Estrogen can decrease how quickly the body breaks down caffeine and this can cause jitteriness, headache, fast heartbeat, and other side effects so limit your caffeine intake while on PM.

**Always Massage.** Did you know massage makes your breast tissue receptors more responsive to estrogen? Always give your girls a quick massage before taking pueraria mirifica. By massaging your breasts, you're stimulating blood flow and improving circulation in your chest area, making it easier for your breast to expand and grow.

**Double Growth with a Pump.** While PM grows your breasts internally, you can add a breast enlargement pump to grow your breasts externally. Pumps work through a process called Tension Induced Tissue Growth, which applies a sustained, steady suction to gently stretch your breast tissue, causing the breast cells to respond by replicating. Over time, the increase in the production of new breast tissue cells causes breast tissue to grow and expand. This is one of the most effective ways to promote breast growth – even by itself. Combined with PM, you’ll see more growth, much faster.

**Use a Topical.** To be honest, topicals aren’t as important with PM because studies show that the phytoestrogens in PM have greater estrogenic activity when metabolized by gut flora and liver enzymes – whereas what we apply to the skin bypasses digestion. Still, adding a cream to go with your massage allows your skin to absorb other goodness – like the fatty acids in natural oils (DIY boobie batter) that are great for your breasts.

**Take Regular Breaks to Detox.** You don’t want to overwhelm your body with tons of phytoestrogens. Plus, giving your body regular breaks will prevent it from getting “used to” the PM and help receptivity. Do 3-months of PM followed by a 1-month total break. And don’t worry about losing what you’ve gained - taking regular breaks actually increases growth in the long-term.

# CHAPTER ELEVEN.

## PUTTING IT ALL TOGETHER: YOUR PM GROWTH PLAN

**R**eady to grow?

Here's the full PM growth plan to guide you through the hormonal intricacies of using PM safely and effectively. It mirrors your own natural hormone cycle so you'll be boosting your hormonal levels at the right time to cause growth while still ovulating and getting your period normally.

Just a heads up - we're going by the 28-day menstrual cycle here so if yours is longer or shorter, please adjust the numbers accordingly, (i.e. if your cycle is 30 days, ovulation happens on day 15 for you, not 14).

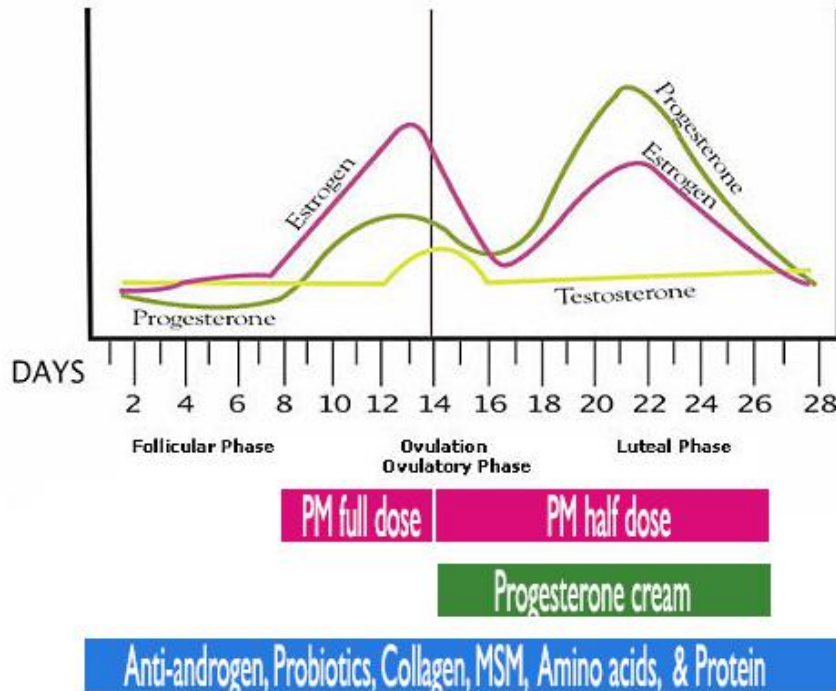
Ideally, here's what you'll have in your boob-growth arsenal:

- Pure Pueraria Mirifica (start with 200 to 500mg - can ramp up to 1,500 for women, 2,000 for men)
- Progesterone Cream (max. 5 days a week, only during Luteal Phase)
- Spearmint or Green Tea (1 cup per day, 2 cups for men and women with PCOS)
- Protein (what you didn't get from food)
- Amino Acids (the recommended dosage)
- MSM (1,500mg to 10,000 mg - up to you)
- Collagen (10g)
- Probiotics (the recommended dosage)



We are going to cycle the hormonal ingredients to mimic our hormones while taking the generally helpful sidekicks throughout the month to support breast growth.

Here's how it'll look, in a nutshell:



And here's the program, week-by-week...

## DAYS 1-7

Day 1 marks the first day of your period and the start of your PM journey. This week of your period is when your natural sex hormones are at their lowest. And the greatest hormonal determinant during this week (and the entire Follicular Phase) is actually neither estrogen nor progesterone - it's IGF-1, the growth hormones that your liver makes from HGH (human growth hormone).

That is why we will only be taking sidekicks this week. The most important thing is boosting your IGF-1 levels so be sure to stock up on plenty of protein and amino acids.

<b>Mornings</b>	<b>Early Evenings</b>	<b>Right Before Bedtime</b>
Probiotics	Spearmint tea	Amino acids
Collagen (5g)	Collagen (5g)	
MSM (half daily dose)	MSM (half daily dose)	
Protein	Protein	

Tip: Collagen is best absorbed when taken 30 minutes before protein!

Remember - you want to shoot for 1 to 1.5 grams of protein per pound of body weight. Supplement what you don't get in your diet!

For faster, better results - combine with a quick breast massage before taking your PM and a breast pump session at least once a day.

## DAYS 8 - 14

The second week of the Follicular Phase is when your natural estrogen levels begin ramping up, which means you can start taking your first round of PM! Excited?

Here's what this week will look like...

<b>Mornings</b>	<b>Early Evenings</b>	<b>Right Before Bedtime</b>
Probiotics	Spearmint tea	Amino acids
PM (half your daily dose)	PM (half your daily dose)	
Collagen (5g)	Collagen (5g)	
MSM (half daily dose)	MSM (half daily dose)	
Protein	Protein	

Tip: PM is best absorbed taken on an empty stomach before a meal or 2 hours after a meal

For faster, better results - combine with a quick breast massage before taking your PM and a breast pump session at least once a day.

## DAYS 15 - 21

You have officially entered your Luteal Phase, which is the second half of your cycle. Your estrogen levels are falling and rising again this week while your progesterone levels are on the up and up.

In the Luteal Phase, it is both high estrogen and high progesterone levels combined with low testosterone levels that determine breast growth so that is exactly what we will be doing.

Because progesterone rules the Luteal Phase, you are going to be adding in your progesterone cream this week. Do not use it every day - progesterone levels can go up quicker than you'd expect, resulting in an imbalance. Use it max 5 days this week (so if you apply progesterone cream M-F, you won't use it on Saturday and Sunday).

**How to apply progesterone cream:** Progesterone is very fat-soluble so it absorbs easily through the skin. You only need to use a little bit – just a dab, one quarter teaspoon.

Just remember to rotate where you apply it – don't use it in the same spot every time. The best spots for absorption are: face, neck, chest, breasts, inner arms, upper thighs, and palms of the hands. Apply on clean skin - no lotion, no cream or any other skin stuff.

There will also be one other change this week - you are going to cut your usual daily PM dosage in half. So if you were taking 500mg per day, you will take 250mg per day during this week.

Here's what this week will look like...

### Mornings

Probiotics

PM (1/4 of your usual daily dose)

Collagen (5g)

### Early Evenings

Spearmint tea

PM (1/4 of your usual daily dose)

Collagen (5g)

### Right Before Bedtime

Amino acids

MSM (half daily dose)

MSM (half daily dose)

Protein

Protein

Progesterone cream

For faster, better results - combine with a quick breast massage before taking your PM and a breast pump session at least once a day.

## DAYS 22 - 28

You're in the last week of your Luteal Phase now and both estrogen and progesterone levels are falling this week.

We're basically going to follow the same program as we did last week, with one important factor - **stop taking PM and progesterone cream 2 days before you expect your period.**

The falling of both hormones - mainly progesterone - signals the start of your menses so to have regular periods, it's important you stop 2 days before you usually get your period (see why the WomanLog app is so helpful ;))

Here's what this week will look like...

### Mornings

### Early Evenings

### Right Before Bedtime

Probiotics

Spearmint tea

Amino acids

PM (1/4 of your usual daily dose) STOP 2 DAYS BEFORE

PM (1/4 of your usual daily dose) STOP 2 DAYS BEFORE

Collagen (5g)

Collagen (5g)

MSM (half daily dose)

MSM (half daily dose)

Protein

Protein

Progesterone cream (STOP 2  
DAYS BEFORE MENSES)

For faster, better results - combine with a quick breast massage before taking your PM and a breast pump session at least once a day.

You've just completed your first month on PM! Congrats!

Growth on PM isn't as rapid as, say, growth on BO - but if your body is very responsive, you might already be experiencing tingles, tenderness, or soreness in your breasts. Maybe you've even seen a little fullness and growth. Lucky you :)

If you haven't - don't worry. It's much too early in the program and your body is just getting used to the hormones.

Just give your body an appreciative pat on the back if you've made it through this first month without any adverse side effects. 'Cause if you have - you can feel free to ramp up the dosage, especially if you haven't felt any growing pains yet.

We suggest following the cycle outlined above and only making changes to your PM dosage every month if you decide to ramp up.

Just keep in mind that if you are experiencing tender tingles and other growing sensations in your breasts, it is better to stick to the dosage that's getting you results rather than increasing it in order to see faster results. You only have so many estrogen receptors - if your breasts are responding, then keep the dosage as is. As they say - if it ain't broke, don't fix it.

Also, remember to take regular breaks. After 3 months of growing with PM, take a full month off (the 4th month). This helps your body cleanse itself of excess hormones and 'reset,' making it more receptive to the hormones you'll give it the next few months.

Good luck and as always - happy growing!

# CHAPTER TWELVE.

## PM TROUBLESHOOTING: SIDE EFFECTS AND HOW TO AVOID THEM

**P**M is completely natural and has been used for over a century by both men and women in Thailand for beauty and health purposes.

But just because something is natural, it doesn't mean it won't have side effects – especially when it's something as potent as PM.

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

**Delayed periods.** This can happen in the beginning as your body is adjusting to the new, higher level of estrogen in the system. If it persists, it means you are taking too much PM – decrease your dosage.

**Increase blood flow during periods.** PM is known to improve blood circulation so this can happen. A good home remedy is apple cider vinegar – just one to two tablespoons a day will help heavy menstrual bleeding and cramps. Make sure you get apple cider vinegar with mother (that gross, enzyme stuff floating around in it) and it's too acidic to take on its own so mix each tablespoon with a full glass of water or juice.

If your bleeding is really heavy, this can also be due to low progesterone levels – If you haven't already done so, add progesterone cream.

**Tenderness of breasts.** Tenderness, tingling, or soreness are usually growing pains - it might be a bit painful - but it's a sign of good things to come.

**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 PM. If you experience this, making sure you always eat something after taking PM. Also, add in ginger – you can brew it in a tea or mix a few drops of ginger extract into your juice or water.

**Bloating and gas.** This can happen in the beginning 'cause the sudden introduction of estrogen causes hormone fluctuations which can make the body produce more stomach gas, which leads to bloating. It should go away on its own. If not, reduce your dosage. This might be felt more by those who have peptic ulcers in the first two weeks of taking PM.

**Low Blood Sugar.** PM can decrease blood sugar, which is something you should be particularly aware of if you're on diabetes medication and/or have hypoglycemia 'cause you can experience a drop in your blood sugar after taking PM. If you have low blood sugar – be sure to always eat something when taking your PM supplements and/or consume around a gram of sugar with your PM. 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 PM.



# CHAPTER THIRTEEN.

## HOW TO NATURALLY BOOST YOUR PROGESTERONE LEVELS

**T**his is a long and winded topic on its own, but we're going to provide a crash course.

The easiest way to raise progesterone levels without using a progesterone cream is by doing 3 things:

**VITAMINS & MINERALS.** Add a multi-vitamin that contains an ample amount of Vitamin B6, Vitamin C, Zinc and Magnesium. All these vitamins and minerals are unique helpful in raising progesterone levels.

**HERBS.** Add a progesterone-boosting herb to your Luteal Phase. The best one is Vitex, also known as Chasteberry. It's totally find to use along with PM because 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. It's also been shown to stimulate the formation of the corpus luteum, which is responsible for progesterone secretion.

**GLANDULARS.** Add adrenal glandulars to your daily PM routine to boost adrenal function - we don't recommend adrenal support herbs because they can interfere with the phytoestrogens in PM. Adrenal glandulars, on the other hand, will replenish and strengthen your adrenals without adding any herbal hormones to your system.

Adrenal glandulars are especially important if you're constantly stressed. You see, when you're consistently in that fight or flight mode because of stress, your adrenal glands need to produce more cortisol and adrenaline. And in order to make cortisol - your adrenal glands need progesterone.

Because the adrenal cannot make cortisol without progesterone - they essentially 'steal' however much they need in order to make the stress hormone. This means that even if your body is making enough progesterone, if your adrenals are exhausted - they're just going to convert much of it into cortisol, leaving you with a progesterone deficiency.

So support your adrenals! They'll support you right back :)