



*the* **CUP CODE**

The most effective, one-of-a-kind system guaranteed to jumpstart natural breast growth

# CHAPTER 1.

## HOW IT ALL BEGAN

**W**hen I was 13, I bought my first herbal product.

It wasn't for breast growth, mind you. I had other issues I was dealing with. You see, I wasn't developing quite like other girls.

While girls who had been chopstick-figured the previous year were starting to fill in bras and show off their indenting waistlines, I was just...round.

There were curves in there somewhere – if you could find them beneath my rolls of cheese-and-bacon-lovin' fat.

Desperate to lose weight, I saved up around \$20 – a small fortune for an unemployed teen – managed to get a money order and sent away for my fat-melting cure.

It didn't work.

So I simply starved myself as often as I could and traded my excess weight for an eating disorder that led me to develop into a very skinny 15yr old.

It was only when I was in my twenties that I realized I'd missed something. Stick thin might look great on models, but I didn't like the way I looked naked.

I wanted curves. All the curves that I could've, would've, should've grown but was too busy depriving my body of essential nutrients to think about.

And what could I do? My growing years were over. The bus had passed, ship had sailed and I had

only my padded bra collection to turn to. Which, to add insult to injury, my small breasts didn't even fill in.

You'd think I'd have jumped at the chance to grow breasts when a close friend confided she'd bought herbal breast enhancement pills. But I chastised her for falling for an old scam. Been there, done that, and I'm keeping my \$20 this time.

Well, to my infinite surprise – the girl grew boobs.

It wasn't like she blossomed into Tyra Banks overnight, but after close to 5 months of faithfully taking the pills and following the massage technique that came with them, her once B cups were flowing out of C cups.

That was the one time in my life when I was ecstatic to be proven wrong. Sure, I was eating humble pie, but it didn't taste so bad at all since now I *knew* my boobs had potential to grow. I mean, if her girls could do it – why not mine?

Looking back, I realize she was one of the lucky ones – one of those rare girls who grow on the first breast enhancement pill they try. It's like those girls who grow up next door to their soul mate while the rest of us plod through one crap date after the next before finally meeting Mr. Right. Man, I hate those girls ;)

My own journey to naturally growing boobs proved much more arduous. I tried the herbal pills that had worked so well for my friend...and many, many others. Most of my attempts were at best unsuccessful and at worst, harmful.

Growth didn't come easily for me at all and to be honest, every failure and let-down really sucked. But the thing about me is that once I know something is possible – I'm going to find a way to *make* it work.

So I did just that. I failed and learned and experimented my way to bigger boobs. And in the process, I discovered a whole world of nutrition, exercise, massage, herbs, and hormones that's benefited me well beyond gaining boobage.

It's funny, but I went into this wild and woolly world of natural breast enhancement for the sole purpose of getting bigger boobs and emerged with a fuller chest *and* a healthier body. Not to

mention, a few fantastic girlfriends who've volunteered as guinea pigs right alongside me in our mutual quest for breasts. We are, quite literally, bosom buddies.

So maybe, I'm the lucky one.

And so are you – since you can bypass all the mistakes we've made and get straight to what really works when it comes to naturally growing bigger breasts. Plus, we're going to make sure you do it in the healthiest, safest way.

What you're about to learn in the next pages will transform not just the way you look – but how you think and feel about your body forever.

Here's a quick look at some of what you'll get out of this book:

- The truth about your breasts and how they can grow even if you're well past the “growing years” of your life
- Why so many people fail at natural breast enhancement and how you can make it work for YOU
- Which hormones are most powerful for triggering breast growth and when they're most needed
- A few super simple recipes to making your own potent, all-natural “boobie batters”
- How to choose the right vehicle to “shortcut” your way to bigger breasts
- How to eat your way to bigger breasts as well with recipes, including ones for the most powerful “boob superfoods”

We've basically taken everything that's worked and not worked for us and tweaked and structured it so that you can avoid all the typical pitfalls and streamline your path to bigger breasts.

Warning: There is a lot of information, so take it slow. Forcing yourself to understand everything too quickly may cause mental indigestion.

And remember – an open mind is the best tool to learn with!

# CHAPTER 2.

## WHAT IS NATURAL BREAST ENHANCEMENT AND HOW DOES IT WORK?

**W**hat comes to mind when you think of the words “natural breast enhancement?”

Probably pills and creams.

So it's no surprise that most women start their quest to get bigger breasts by looking for the best breast enhancement pills and creams. Which quickly leads to stumbling across website after website – each endorsing a particular product as the *one and only*, the absolute *best breast enhancement product* on the market.

The problem is: Every product claims this.

**So why should you trust them?**

You shouldn't. Instead, take the smart approach and find out how natural breast enhancement actually works. This book will equip you with the know-how to be able to distinguish between what works, what doesn't and what will best work for *you*.

I say this because like many women who are trying to get bigger breasts, I started off falling for marketing stunt after marketing stunt. So many breast enhancement products promise huge gains with little effort and time and I bought each hook, line, and sinker. After trying a bunch of products and achieving little gain, I got to the point where I was sick of all the so-called-advice and product endorsements and began to do my own research on how to get bigger breasts.

And I arrived at a few simple truths about natural breast enhancement:

**Natural Breast Enhancement Truth #1. It's not a myth.** After trying so many products, I admit I was pretty disillusioned with the whole idea of getting bigger breasts naturally. But once I shifted my attention from the glitzy advertisements and hyped up promises and began focusing on *what* the products were selling and *who* the products seemed to work for, I realized there is a technique to natural breast enhancement. And guess what? It *works*.

**Natural Breast Enhancement Truth #2. Breasts never stop growing.** Breasts are constantly changing throughout our entire lives and they never actually “stop” growing. We just think they do because after the initial breast growth spurt – when your ovaries start producing estrogen between ages 9 to 14 – the growth significantly slows down. But it is more than possible to grow larger breasts long after the adolescent growth stage of your life. And it's not just for women – even biological males can grow breasts. Big ones, too ;)

**Natural Breast Enhancement Truth #3. There are different strokes for different folks.** The tricky - yet wonderful - thing about natural breast enhancement is that there are several different options that work. But not every option will work for everyone. You see, what works beautifully for one person may not work for another and vice versa. The ultimate key to unlocking bigger breasts is finding out which method works best for *you*. And choosing the right method is of paramount importance because not only does it help you get bigger breasts, but because using the wrong method can actually be harmful to your health.

These are all important truths, but the most important truth I learned is that natural breast enhancement is not as simple as a pill or a cream – it goes deeper than that.

And it all starts with knowing your body.



# CHAPTER 3.

## THE FIRST STEP: MEET YOUR BREASTS

Ah, breasts. The body part with a thousands names. But whatever you like to call them - boobs, jugs, bazookas, bosoms, melons, etc. – there’s no denying that they are the most popular body part known to mankind. Everyone from babies to grown men and women unanimously agree: boobs are great.



There are songs written about them, billboards and magazines are plastered with pictures of them, and entire business empires have been built just by showing them to a ravenous audience (think Playboy).

So what’s all the hullabaloo about?

Well, the undying popularity of breasts is very understandable considering that they are hugely

responsible for all of us being here today.

Before powdered formulas were invented – which was not so long ago – boobs literally fed the world. So there is a very practical reason as to why breasts hold such a tender spot in most of our hearts: they are not just lumps of fat that jiggle prettily and are fun to play with – they serve the very important role of nurturing our young. In fact, many of you reading this right now were probably breast fed so at some point, boobs played an all-essential role in your own development as well!

No wonder so many of us love breasts – they signified comfort, safety and life for us at one of the most vulnerable points in our lives.

But if that's the case, why are humans so fond of breasts long after they've served their "useful" purpose?

One word. Evolution.

Turns out we're not all weirdoes for loving and wanting big, round, plump boobs – we have a very good reason to.

Did you know that we humans are the only primates that have permanent breasts? All other ape species – our cousins! – only develop full, plump breasts when they're breast-feeding and the only function of their enlarged breasts is to store milk. Once they're done suckling young, the breasts disappear. Not so with us. So...why is this?

There are several theories as to why human females have permanent breasts but they all agree on one thing: the sex appeal of plump breasts is universal. Evolutionary scientists believe that human females evolved permanent breasts for the purpose of "sexual ornamentation" and this came about around the same time we started walking upright.





The theory goes like this...as we began to walk upright, human males no longer had a direct view of the females' reproductive organs.

You know, like how baboons can easily check out each other's parts, i.e. the fatty deposits on their butts.

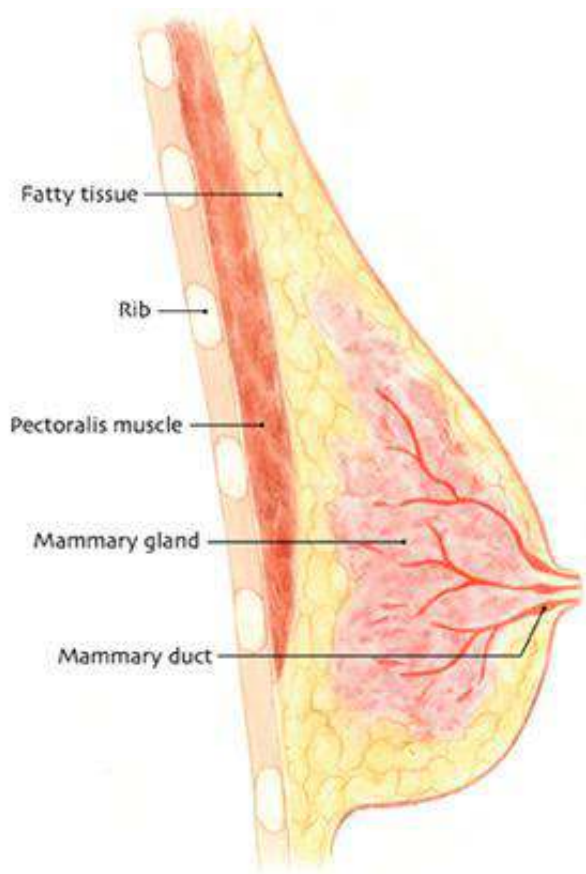
Well, we couldn't do that anymore because upright, humans looked more at the top half of each other's bodies. As a result, evolution gave women fatty deposits on their chests that resemble the buttocks in order to serve as a handy fertility signal and excite males to intercourse.

Of course, we as a species have evolved pretty far and most of our menfolk appreciate a whole lot more about us than our breasts – you know, like your smile, pretty eyes, awesome sense of humor, silky hair, inner strength, and so on.

But still, boobs help ;)

Let's take a deeper look at our girls and find out how they grow, yes?

As you can see here, there's a whole lot going on inside your breasts:



Your breasts lie on top of, and are loosely attached to, the pectoral muscles on the front of your chest.

That's why breast-targeted exercises will lift your breasts and help them protrude more.

The muscles even slightly enhance the size of your breasts – that's why right-handed women typically have a slightly bigger right breast and vice versa.

However, as you can see – the breasts themselves are not made out of muscle at all. Instead, the breasts are made up entirely of:

- **Glandular tissues:** The glandular tissues are basically the milk-producing parts of your breasts and include the lobes (where milk is produced).
- **Fatty (adipose) tissues:** The fatty tissues make up the bulk of the breast – in fact, around 80% of the breast is pure fat. It's these fatty tissues that are responsible for giving breasts their size and shape. This means that the differences in breast size are due primarily to differences in the amount of fat tissue – not differences in glandular tissues or muscle.

This is why chest exercises will only get you so far.

So what does help with getting bigger breasts?

Well, it all comes down to hormones.

# CHAPTER 4.

## THE ROLE OF HORMONES IN BREAST GROWTH

**H**ormones are vital chemical substances in humans and animals. They are often referred to as “chemical messengers” since they carry information and instructions from one group of cells to another.

In the human body, hormones influence almost every cell, organ and function. They regulate our growth, development, metabolism, sexual function, tissue function, reproduction, the way our bodies use food, our moods, and of course, breast growth.

Our bodies make and use lots of hormones, but the most crucial hormones for breast growth are:

### Estrogen

Estrogen is hands down the most well-known hormone and it's small wonder why – this is one important hormone. It's called the female hormone because not only is it the main sex hormone in women, but it's also essential the menstrual cycle and the hormone hugely responsible for growing all the body parts mentioned in *My Humps*.

Estrogen is first released by our ovaries some time between 9 to 14 years old, which is when most of us experience our first growing pains. And not just the breasts, either – estrogen's also responsible for widening the hips and increasing fat storage on the butt, thighs and hip region. It also contributes to the relative hairless-ness of women compared to men.

In essence, estrogen is what “makes” us women.

But that doesn't mean only women produce estrogen – men do too, but it is found in higher amounts in women, especially women capable of reproducing.

It's important to note that estrogen is actually not a single hormone – it's an umbrella term that includes a group of chemically similar hormones, including estrone, estradiol, and estriol. Estradiol, which is most abundant in women of reproductive age, is the strongest of the estrogen hormones and the one most responsible for breast development.

- Estradiol is made from the ovaries, and it gives women their curvy appearance.
- Estrone is made from body fat.
- Estriol is present in small amounts and is mostly made during pregnancy.

## Progesterone

Progesterone is not as well-known as estrogen, although it's just as important – it works alongside estrogen to maintain female reproductive health, increase fat storage and stimulates fatty tissue growth. Progesterone (along with prolactin) is also hugely responsible for the development of the mammary glands in the breast.

Our bodies start producing progesterone a little later than estrogen – it's only once we begin ovulating - after around 2 years of menstruation (around age 14 - that progesterone levels begin to rise in our bodies.

That's why progesterone is primarily known as the “pregnancy hormone” - it's produced just before ovulation in order to enhance the possibility of becoming pregnant. The average levels of progesterone during the full monthly cycle are quite low – they only begin to rise two weeks before menstruation and are at their highest during the week before menstruation begins.

Men also produce a small amount of progesterone, but it is less important to sexual maturity in men than is testosterone.

## Prolactin

Your body generally only secretes prolactin during two specific phases in your life: puberty and pregnancy. But because it plays such an important role in breast development – prolactin is one hormone you should definitely get to know.

During puberty, prolactin works alongside estrogen to develop the mammary glands while

simultaneously increasing the number of estrogen receptors in the breasts (which is what make it possible for estrogen to do its thing).

But even more importantly, prolactin also stimulates your breasts to store fat by increasing the production of lipoprotein lipase (LPL) in your breasts, which is an enzyme that works to store fat. Considering the breasts are primarily composed of fat – having adequate prolactin levels is crucial to breast growth.

At the onset of pregnancy, estrogen and progesterone enlarge and develop the breast - prolactin comes into the picture around the eight week of pregnancy and peaks at birth. It is the hormone most involved in nursing since it controls the production of milk.

After that, prolactin is produced by stimulation – like, when a baby suckles at your nipple. But interestingly – you don't have to be pregnant or nursing to produce prolactin. One fun way to get an instant boost is by having an orgasm. Another is with nipple stimulation, which you can do specifically (;)) or with breast enhancement massages.

## Human Growth Hormone

HGH is aptly named - it's the “growth” hormone because it stimulates the growth of the entire body - cells, tissues, cartilage, etc. It's made up of 191 amino acids and is critical for everything from tissue and muscle growth to energy and metabolism. The fact that HGH is what allows our cells and tissues to grow is a huge part of why HGH is so crucial for breast growth.

It's the hormone that's hugely responsible for the growth spurts we went through in our younger years - especially our teens (that's when HGH is at its peak level in our bodies).

But its function doesn't stop there. HGH is doubly crucial for breast growth because our livers convert it into a new, more usable substance known as Insulin Growth Factor (IGF), which plays a key role in growing bigger breasts. You see, as important as HGH is, it does not last long in our bloodstream. In just a few short minutes our liver absorbs HGH and converts it into growth factors. IGF-1 is the most important growth factor that is produced and it is a hormone just like HGH, but it is easier to measure in the body because it stays in our bloodstream longer than HGH. You can think of HGH as the hormone that gets the ball rolling, but IGF-1 does most of the work.

Growth hormone is so important that it is one of your body's most plentiful hormones – it can be thought of as your body's "Master Hormone" since it regulates every other hormone you've got. Sadly, growth hormone levels decline as you get older and really start to plummet after the age of thirty. By the time you reach sixty, your growth hormone levels are close to 75% lower than they were when you were twenty.

You may have had plenty of it at your disposal during puberty, but if you're older than eighteen – you're going to have to raise it up to get your breasts growing again. The good news is that there are easy ways to boost your HGH levels and I'm going to show you exactly how to do it.

## Testosterone

It's commonly known as a male hormone, but just as men also have estrogen and progesterone produced in their bodies at a smaller amount than women - women also produce smaller amounts of testosterone.

Just as it's important to keep the levels of the above, breast-growth-enhancing hormones high – it's equally crucial to keep levels of breast-growth-blocking testosterone low, especially if your testosterone levels are already high or if you are a biological male. Thankfully, this is easy to do – you'll find out all about it.

# CHAPTER 5.

## WHY DO HORMONES MATTER?

If you – like me – didn't particularly enjoy Biology class, you might be resenting all this talk about hormones and their various functions.

I felt the same way. But when I saw little success – and even adverse effects – from certain breast enhancement pills and creams, I started reading and researching to find out why.

Everything pointed to hormones. So I reluctantly – but diligently – found out all I could about them and how they influence breast growth.

Turns out hormones are absolutely critical to growing bigger breasts. And it's not just about getting a whole lot of them – it's about making sure you get the right *balance* of them.

This is why most breast enhancement pills, creams, and books simply don't work – and can even be harmful for your health. Most of the breast enhancement products on the market concentrate on only one hormone as the responsible entity for breast enhancement. Usually this hormone is estrogen and the simplistic reasoning is typically that more estrogen = more boobs.

This one-pronged approach to breast enhancement is not only ineffective but it is dangerous as well.

Every body is unique and simply plying your body with estrogen without giving a second thought to whether that's what your body needs – is a recipe for disaster and disappointment.

Especially when you consider the fact that many of us already have an overload of estrogen in our bodies. By some estimates, the prevalence of estrogen dominance syndrome in the west is close to 50% in women over 35 years of age.



That's roughly half of us!

So if you've tried estrogen-based breast enhancement products only to be sorely disappointed – you're not alone. Estrogen-based pills and creams can have great figure-enhancing effects for some women...while for others, they can wreak havoc on the body while producing little to no results.

That's why I'm going to show you a smarter, safer route to breast growth and how to do it in the safest, healthiest way possible.

Let's get to it!

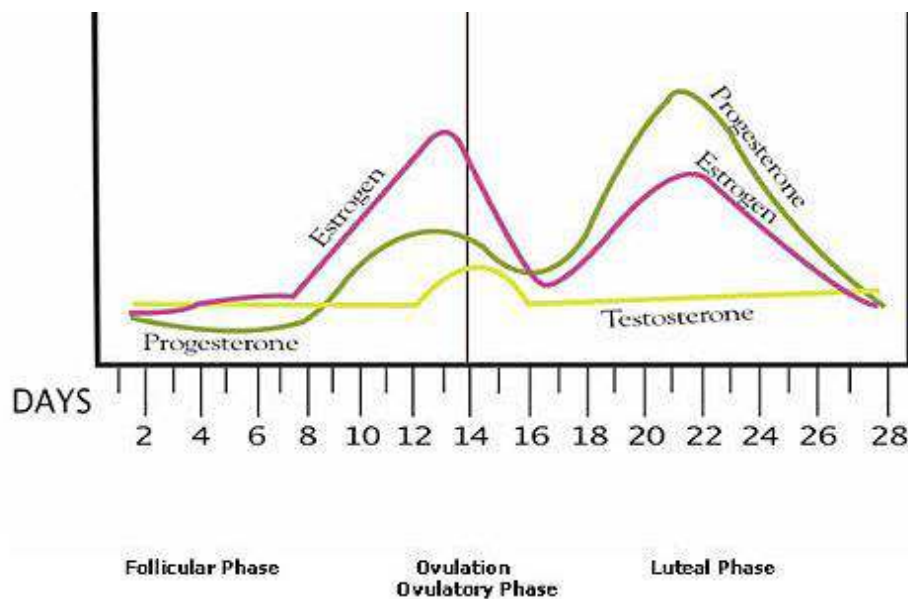
# STEP 1.

## KNOW HOW BREAST ENHANCEMENT WORKS

**Y**ou know by now hormones are key to breast growth and that it's not just about one hormone – our bodies are more sophisticated than that.

Successful breast growth depends on a *combination* of hormones and the way they interact together in the body. And once you know how these various hormones interact to enlarge your breasts – you hold the keys to transforming your curves.

To get started, let's take a look at what your hormones are doing all month.



As you can see, estrogen and progesterone levels fluctuate drastically throughout the menstrual cycle. Testosterone levels remain pretty steady, increasing only during the Ovulatory Phase. Prolactin levels (not shown on chart) also remain fairly steady, but are higher during the Ovulatory and Luteal phases.

To enlarge our breasts safely and successfully – we want to mirror our normal hormonal patterns

as closely as possible. And at the same time, we want to provide our bodies with the hormonal mix that causes the greatest growth.

To do this, we should first find out how hormones impact breast growth throughout your cycle.

## How hormones impact breast growth during the menstrual cycle

All the hormones we talked about in Part I are crucial for breast growth, but they sort of take turns in the breast-growing limelight throughout your menstrual cycle.

Here's what we mean...

During the Follicular Phase (Days 1 to 14), the greatest hormonal determinant for breast growth is neither estrogen nor progesterone – it's IGF-1, the growth hormones that your liver makes from HGH.

This is a huge reason why it's pretty ineffective to *only* supply your body with an abundance of estrogens all-month long – that's not even the hormone that's inducing breast growth during a whole half of your cycle!

When we come to the Luteal Phase (Days 15 to 28), however, pretty much the whole cast of breast-enhancing hormones are involved in bust enlargement.

During these days, your breasts grow best when there are high levels of both estrogen and progesterone as well as low levels of testosterone.

As you can see - to take full advantage of boob-growth potential throughout the entire month, we want to combine the most effective breast enhancement ingredients in ways that will raise the desired hormones and decrease the unnecessary hormones in the right balance at the right time.

We show you exactly how to do that using each of the most effective breast enhancement methods. You'll get an overall picture of how each one works in Step 4 and then an actionable guide on how to escalate growth on the method you choose in the Program Guide for each method.

But before we get to masterminding your hormones to promote growth, we should start with the most basic step. That is, you'll want to get an idea of where your current hormone levels are...

# STEP 2.

## FIND OUT YOUR UNIQUE HORMONAL PROFILE

**T**here's no doubt about it: hormones impact breast growth. This is why all the methods we'll be discussing are hormonal – they simply work.

In order for you to get the most growth – and stay healthy – you need to make sure you maintain a proper hormonal balance. Finding out exactly what your hormone levels are helps you do that by determining which breast enhancement ingredients are going to suit you and which to avoid. For example, if you find that you have excessive estrogen levels and deficient progesterone levels, you will not include any estrogenic ingredients in your breast enhancement plan but add something to boost your progesterone.

The most accurate way to find out your hormone levels is by getting a hormone test. You can do this in one of two ways:

**Blood test:** If your insurance covers it – this is a no-brainer. Tell your doctor you suspect a hormone imbalance and ask for a test.

**Saliva test:** If you don't have insurance, no worries – you can do an at-home saliva test, which you do at home and then mail to a lab for analysis.



Note: Blood sample are generally best taken in the first half of the cycle (Days 1 to 14 of the Follicular Phase) because normal and abnormal hormone levels are more clearly separated. However, the best time to measure progesterone is mid-Luteal Phase (7 days after ovulation or 7 days before your period starts).

If you absolutely cannot do either of the above, you can take a symptoms checklist hormone test online. It is not going to be anywhere near as accurate as getting an actual hormone test done, but it is free and fast. You can do that here.

# STEP 3.

## DETOX FOR A CLEAN START

**W**hile you're waiting for your hormone results to come in, you can use your time wisely by detoxifying your body.



This is a super important step in breast growth because in today's world, we're exposed to xenoestrogens (fake estrogen) on a daily basis.

They're found in the plastics we drink from (BPA), foods we eat (dyes and preservatives), the skincare and makeup products we use (parabens), as well as the pesticides and car exhaust that we come into contact with in our environment.

These fake estrogens build up in the body and affect the hormone receptors in your breasts, causing them to lose their receptivity. Think of it like this – your breasts have reserved parking spaces for estrogen and when real estrogen comes in, it can park there and do its part in stimulating breast growth. But if xenoestrogens posing as estrogen swoop in to steal the parking spots – there's no room left for real estrogen to park.

We want to get rid of these imposters so that your body will be open and receptive to the breast-enhancing estrogen we're going to give it.

Take at least a week (or two) to detox your body with a milk thistle extract, which will detox your liver to clear your body of excess estrogen so you can start with a clean slate.



It's also a good idea to drink warm lemon water (mixed with a tablespoon of apple cider vinegar is even better) first thing in the morning. Adding in cruciferous veggies like cabbage, broccoli and fruther also boosts your liver's ability to break down excess estrogen in your system.

Oh, and did you know Epsom salt baths help to both detox your body and trans-dermally supply you with progesterone-level-boosting magnesium?

Well, now you have one more reason to take long, luxurious (and detoxifying) baths!



# STEP 4.

## SELECT YOUR VEHICLE TO POWER BREAST GROWTH

Every body is unique so it's a mighty good thing that you have options when it comes to growing bigger breasts.

We're going to discuss the 3 most effective methods here. Think of these methods as vehicles you take to reach your destination of bigger breasts quickly and effectively. All 3 of these methods are hormonal – if you'd like to avoid anything hormonal, you can still get breast growth by following the rest of the steps outlined here and focusing strongly on Steps 5, 6, and 7.

But to be honest, the non-hormonal way is like walking along the path to bigger breasts when you could be taking a car. It'll take more time and effort so please keep that in mind.

Okay, let's go over the 3 main vehicles you can take on your journey to bigger breasts and their pros, cons, and who each is best suited for.

This is a general overview to give you an idea of the best vehicle to *choose*. Once you've made your choice, you'll want to get the detailed Program Guide for your specific method. It will outline exactly how to best boost breast growth using that unique method and take you step-by-step through essentials like what to take, how to take it, when to take it as well as tips and troubleshooting guides so you get the most benefits while staying clear of potential side effects. Plus, it'll make the day-to-day a whole lot easier and the whole method more effective.

Let's find out more about the methods you can choose from!

# Herbs



Herbal breast enhancement has been around for a mighty long time – centuries, some might say.

It's an effective method because herbs possess various hormonal properties. Some act as estrogens, some stimulate the production of progesterone or prolactin, and some serve the useful purpose of keeping your testosterone levels down.

**Pros of herbs:** The best thing about herbs is that they're suitable for pretty much anyone and everyone. Because there are so many herbs – all with varying hormonal properties – you can pick and choose the ones that suit your unique hormonal needs to promote growth and balance your hormones.

For example, if you are estrogen dominant, you can choose a herb that boosts progesterone and prolactin levels as well as ones that reduce your testosterone and estrogen levels. Herbs would also be equally suitable if you have high androgen levels, since there are various herbs that block testosterone while increasing estrogen and/or progesterone.

Herbs are simply the most customizable, which makes them perfect for someone who would like a lot of control with their breast enhancement method. You can choose whether you'll take strong estrogenic herbs or weak ones or not take them at all – it all comes down to you. We also provide a huge list of herbs and all their hormonal properties to make the choosing easier.

Another huge herbal perk is that they're the least intimidating – they provide the breast-enhancing benefits of estrogen in a less potent form than PM and they don't come with the permanent feminizing effects that BO has on biological male.

Herbs are also super easy to get your hands on and when you use our DIY method for pills and creams instead of buying “name-brand” breast enhancement products, they're really, really cheap.

**Cons of herbs:** Herbs are team players – unlike pueraria mirifica or bovine ovary, you’ll rarely see growth from just one herb alone. You will definitely need more than one herb in your arsenal, which is what makes herbs a bit more complicated than all the other options.

The fact that there’s more than one also increases the risk of your body not jiving with one of them. This potential for unpleasantness can mostly be avoided by choosing just a small handful of herbs to start out with, but it doesn’t change the fact that you are going to be popping more pills (or squeezing more liquid extracts) than you’d have to with the other methods.

The last real “con” for herbs, IMHO, is the little things – like the curry-maple-syrup-y way you start to smell when using fenugreek or the bloated feeling you can get from some of the estrogenic herbs.

## Pueraria Mirifica (aka PM)



Pueraria mirifica is the most potent phytoestrogenic option. Unlike the weaker phytoestrogens found in herbs, PM contains miroestrol and deoxymiroestrol, which possess the highest estrogenic activity due to their structural similarity to estradiol, the estrogen hormone responsible for developing breasts and a curvy bum.

Example - the phytoestrogens found in PM are 3,000 times stronger than the ones in soy isoflavones and at least 1,000 times stronger than the ones in red clover.

**Pros of PM:** The biggest thing going for Pueraria Mirifica is that the phytoestrogens present in the plant are potent enough to take alone, and still see tangible physical benefits like bigger breasts, rounder hips, softer skin, healthier hair, and even fuller lips. This makes PM the “least-pill” option out of all the methods.

**Cons of PM:** PM is *potent* and while that’s a benefit, it’s also a drawback – if you take too much of it, it can mess with your monthly menstrual cycle, causing not-so-fun side effects like missed

periods and mid-cycle spotting. To avoid this (and aid growth), you'll want to cycle PM – we give exact directions on the best way to do this, but since you have to take it some days and not on others, it can be more complicated than some would prefer.

PM, again, contains very strong phytoestrogens and is not recommended for people who're estrogen dominant, which rules out a good many of us. The only time there is an exception with estrogen dominance is if you are estrogen dominant *and* estrogen deficient (i.e. you have low levels of both estrogen and progesterone but your estrogen levels are slightly higher). This is why you should really get a hormone test before you start so that you know exactly what you are working with.

If your estrogen levels are not excessively high, PM can be a good choice for you if you think you can handle the potency of PM.

## Bovine Ovary (aka BO)



Bovine ovary differs from both the methods above in a few ways. First of all, yes – “bovine” does indeed mean “cow.”

These supplements are an animal part that's taken from the specially-prepared and freeze-dried ovaries of a female cow. Not likely to be a vegetarian boobie-grower's first choice.

Unlike the above methods, bovine ovary does not contain hormones. Instead, it works by stimulating your ovaries – which produce sex hormones – to increase the production of both estrogen and progesterone. Combined with pituitary glandulars, which boost HGH production, bovine ovary works by effectively inducing a sort of second puberty to spur growth.

**Pros of BO:** Because BO stimulates your body to produce its own natural hormones, you don't need to worry about whether you're taking too much estrogen and not enough progesterone or vice versa. You also don't need to both with cycling the BO, making it the most straight-forward, most simple option.

And as an extra bonus, you get the benefit of having an increase in your *own* hormones which are obviously stronger than any plant hormones you can give your body. Oh, this last one is anecdotal, but bovine ovary also seems to work the fastest, with many users seeing actual growth within the first few months.

**Cons of BO:** The main drawback to BO is that it's not suitable for everyone – you need proper thyroid function and a body temperature of over 98.2 in order for it to work for you. If you don't, it simply won't be very effective. As such, it's not an option for many of us with thyroid conditions, although you can find ways to boost your thyroid function in BO's program guide.

Also, keep in mind that BO is an animal product and the only non-vegetarian option – obviously making it not a good choice for vegans and vegetarians.

This applies to biological males only, but BO's feminizing effects are huge and permanent. You'll experience reduced sexual function as well as "shrunken" parts just within a few months of use and with continued use, it can lead to permanent sterility. This is something you'll definitely want to think about before proceeding with if you are a male.



# STEP 5.

## RECRUIT THE BEST SIDEKICKS

**N**ow that you've chosen the best breast enhancement vehicle for you – all you need are its sidekicks.

Sidekicks are often ignored but they're of super duper importance. In fact, I'd go as far as to say that any breast enhancement method is not as effective without the right sidekicks to support it.

After all, where would Batman be without Robin? Would Harry Potter have won his war with Voldemort without Hermione's smarts and Ron's constant support? And you and I both know Frodo Baggins would be lying in a ditch somewhere if he hadn't had Samwise Gamgee.



Like the famous sidekicks of fiction (and non-fiction) - there are things that work beautifully together with each and every method to encourage maximum breast growth.

These things include nutrients and superfoods that work to enhance the effectiveness of your

chosen breast enhancement method (the “star”).

I’m not going to go into detail about all the sidekicks because they differ depending on which method you’re using. You’ll find detailed information about the best sidekicks for each method in the Program Guides.

But there are some sidekicks that are super helpful no matter what method you’re using and are recommended for anyone and everyone on their breast enhancement journey.

## Key Nutrients & Compounds

**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.

The thing is that collagen production decreases as we get older – by the time we hit 40, we produce only half as much collagen as we did during adolescence. To top it off, our bodies don’t use most of the collagen it produces for our breasts – it goes to more important functions like strengthening bones, ligaments, and tendons. Only what’s leftover gets used for our skin and tissues.

Numerous studies have shown that taking 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?

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). The best is OptiMSM.

## Growth Hormone Boosters

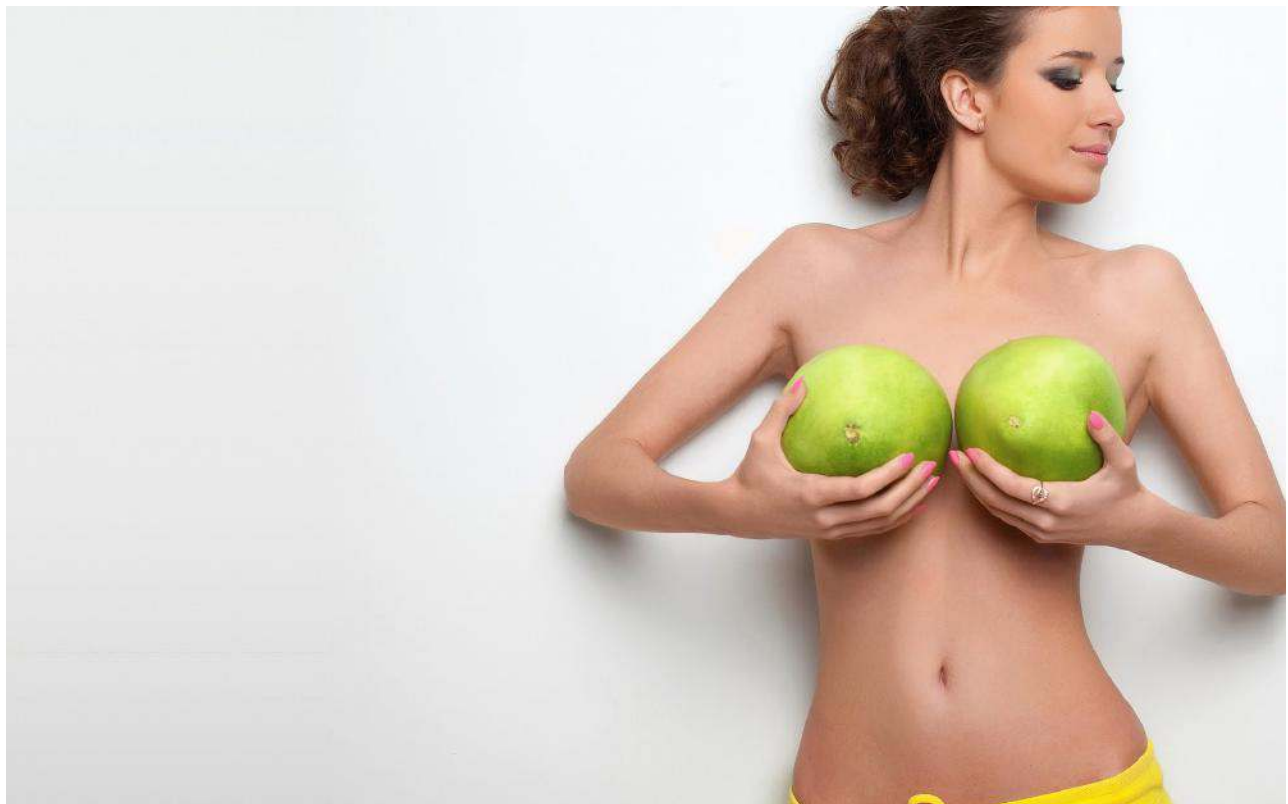
**Deer Antler Velvet:** This sounds gross, but it's one of the easiest ways to boost your growth hormone levels 'cause elk antler velvet contains growth proteins including Insulin-like Growth Factor-1 (IGF-1). But it's helpfulness goes beyond that – both estrone and estradiol has been found in the velvet 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.

# STEP 6.

## EAT BOOB-FRIENDLY FOODS

**E**ating the right foods is key to breast growth. Boob-friendly foods give your body the building blocks it needs to grow breasts while simultaneously supplying all the nutrition your organs and glands need to perform all the bodily functions that support breast growth, like detoxing toxins and excess hormones out of your body and helping chemical reactions happen a lot faster.



A boob-friendly diet is especially essential if you're trying to lose weight while gaining breasts – yes, this is possible.

Starving yourself or simply eating less to lose weight is counterproductive to breast growth – remember that breasts are 80% fat. If you deprive your body of good, wholesome nutrition, you might lose weight but some of it will definitely come off your breasts.

On the other hand, if you eat the best, boob-friendly foods – you get all the valuable nutrition your breasts need to grow *and* reduce your caloric intake without ever needing to starve yourself. It's all about getting the best bang for your caloric buck.

You'll also notice less food cravings go away and effortlessly trim your waistline. I'm going to show you how to do it and why it works.

Everything is in the EAT YOUR WAY TO BIGGER BOOBS guide that you got with this book. Refer to it to find out the best breast-friendly foods to eat and get some yummy recipes to get you started!

# STEP 7.

## SYNERGIZE TO ACCELERATE GROWTH

So far, it's been all about growing your boobs from the inside – but why stop there when you can synergize to accelerate your growth?

Synergy comes from the Greek word *synergia*, meaning “working together,” and basically describes the creation of a whole that is *greater than* the simple *sum* of its *parts*.

In the context of natural breast enhancement – when you synergize by using both internal *and* external methods, you get results that are much greater than what you'll get from either of those alone.

So amp up your growth by adding in the most effective external ways of gaining boobage! These add-on methods can and should be used with any program.

Here are the best external growth stimulators!

## Massage



Massaging your breasts is always a good idea – it stimulates breast growth by promoting blood flow to your breasts, which allows natural hormones and estrogens from the diet to reach the breast tissue more effectively.

Studies have also shown that the receptors in breast tissue will respond better to estrogen after massage.

Other benefits of breast massages? Doing it regularly can also help in detecting lumps or lymph nodes in the breast, alleviate dreaded PMS, stimulate prolactin production, and even flush out toxins from your body.

No matter what method of breast enhancement you're using – you should also be massaging your breasts.

## Breast Enlargement Pumps



Pumps enlarge breasts through a process called Tension Induced Tissue Growth, which works like this: a sustained, steady suction gently stretches the breast tissue, which causes the breast cells to respond by replicating.

Over time, the increase in the production of new breast tissue cells causes breast tissue to grow, resulting in larger, fuller breasts.

With pumps, you'll see results pretty immediately – there's visible swelling after pumping – but it will disappointingly go away in a few hours. Building up permanent growth takes a little longer – at least 2 months.

But this is a good thing. Because the breast growth occurs gradually, your skin is given time to expand. The stretching stimulates cellular activity that leads to cell growth as well as the formation of new cells and increased collagen synthesis so that your skin can accommodate the breast growth without developing stretch marks.

Another huge perk of breast enlargement pumps is that they do something no internal breast enhancement method can – they shape and firm your breasts. This makes them the perfect tool if you're looking to get that perfect breast shape of round, full boobs. They're great for deflated breasts as well as tubular breasts, since they help fill out and add volume, especially on the tops of your breast.

There are several pumps on the market, but we only recommend a handful. You can find out all about them and how they stack up against each other here.

# STEP 8.

## KEEP YOUR GIRLS BEAUTIFUL

It'd be great if the natural breast enhancement journey was lined with healthy eating, a bit of enjoyable exercise, very low stress and of course – much bigger breasts.

But it's not all glowing skin and C-cups on this journey to bigger, fuller breasts. There are hiccups and downsides, too. Like, for example...stretch marks.



Stretch marks happen when your skin has to quickly stretch itself in order to accommodate new underlying tissue. On one hand, that's awesome 'cause it means your boobies are getting bigger and fuller but on the other hand, it sucks 'cause now you have stretch marks to show for it.

When your breast growth is coming in rapid spurts, your skin doesn't have the time to grow as fast as the tissue beneath it. So the skin becomes over-stretched, breaking its collagen fibers. It is these broken fibers that eventually develop into the scars that we know as stretch marks.

When it comes to stretch marks, an ounce of prevention is worth a pound of cure.

It's pretty challenging to get rid of stretch marks once they develop – 'though not impossible – so you want to take all the necessary precautions early on in your breast enhancement journey to



make sure stretch marks don't happen in the first place.

One of the easiest ways to do this is to give your skin a whole lotta TLC. Healthy skin stands up better to stretch marks and the general health of your skin is the first indicator of your chances of developing stretch marks.

Here's how to do it:

- **Drink plenty of water.** Yes, everyone and their doctors keep advising you to do this and that's 'cause hydration is damn important in maintaining the elasticity of your skin. And by water – we mean good ole' H<sub>2</sub>O. Skip the soda and store-bought “natural fruit” juices – they are anything but natural and their immense sugar content does neither your body nor your breasts any good.
- **Moisturize like it's going out of style.** There is no “too much” when it comes to keeping your girls moisturized. Especially in dryer, colder climates – skip mineral oils and opt for deeply nourishing all-natural oils like avocado oil, coconut oil or emu oil (amazing for stretch marks, by the way). Rich body butters like cocoa, shea or mango butters are great too.
- **Take it Slow and Easy with the Pump.** Breast enlargement pumps are highly effective so be sure to take it easy, especially for the first few months. Remember that you're also prompting growth on the inside with potent ingredients – you don't want your breasts to expand too quickly as that is a surefire way to get stretch marks. Also make sure you're gentle with the pressure. If you're pumping 'til you can't feel your breasts – you're overdoing it.

# STEP 9.

## STICK WITH IT

**Y**our breasts won't grow overnight. So once you've chosen a method - plan to stick to it for at least 3 to 6 months. If you've read through your options and taken the time to choose the best method for you, there is no reason to quit before your body has even had time to adjust to your breast enhancement regimen.

Remember when you were a teenager going through the changes of puberty? In retrospect, it might feel like a lot of the changes took place overnight but the reality is that bodily changes happen slowly and gradually. Give your body time to grow.

Being proactive will help the time go by 'til your breasts start growing. Whenever you find yourself becoming impatient, give your boobs a quick massage or sneak in an extra session with your breast enlargement pump.

And keep in mind that the first growth spurts typically takes the longest - especially if you're starting with very little. It's like rolling a snowball downhill - it takes a while to fatten up, but once it starts growing, it build up quickly.

The only time I would recommend quitting a method before 3 months is when you keep experiencing side effects that don't go away. All of the methods discussed on this website are natural BUT natural does not mean it's side-effect-free.

These methods are potent - how else could they induce breast growth? On one hand, they can have wonderful side effects like healthier hair and glowing skin but they can also have crappy side effects like making you feel depressed, nauseous, or dizzy. Side effects really differ from person to person so remember to always start with low doses and work your way up while listening to your body and obeying what it is and isn't okay with.

Good luck and as always - happy growing!