

Can what you eat really affect your breast size?

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Can what you eat really affect your breast size?

By Julie Walker

Besides breast enlargement herbs, you might even wonder if what you consume might even affect

your breast size by enlarging them. Can what you eat really affect your breast size? In order to answer that question, let us go back to basic biology. As mentioned in my previous article [Herbs That Can Enhance Your Breasts](#), estrogen level is the highest when a girl goes through puberty. Estrogens are actually female hormones that cause the breast to grow. And when one outgrows puberty, the estrogen level in the body will then normalize and your breasts will then stop growing (maintain the same size it has grown during puberty).

Consider estrogen as a natural breast enhancer. Can food consumed by us containing plant estrogen perform the same function as the estrogen in our body? Can these food really increase your breast size? The estrogens found in food are called phytoestrogens. Phytoestrogens are similar to the estrogens produced in our body, except the fact that it is weaker. But the good news is, both estrogens and phytoestrogens are known to stimulate the growth of breast tissue, tested by reknown professors in this field.

Phytoestrogens can be found in foods such as soybeans, dried beans, tofu, lentils, tempeh, rice, soy beverages, alfalfa, linseed, mung beans, sesame seeds, apples, wheat, carrots, wheat germ, berries, oats, rice bran and barley.

So, can phytoestrogen food increase one's breast size? Most likely not!! That is if only the required quantities of phytoestrogen food are consumed in a normal diet.

In order to achieve results, one is expected to increase the level of phytoestrogens provided by a quality dietary supplement. Such supplements can also be thought of as [breast food](#); as it contains concentrated herbal sources of phytoestrogens. In order to select a suitable dietary supplement good enough to enlarge your breasts, You need to search for a type which contains the types of food mentioned above and the different types of herbs mentioned in the article [Herbs That Can Enlarge Your Breasts](#).

What Makes Pueraria Mirifica The Best Phytoestrogen?

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"Miroestrol and Deoxymiroestrol " is very different from other phytoestrogen, as it posses highest estrogenic activity among the known phyto-estrogens due to structural similarity to estradiol, (Estradiol is the main human estrogen which can be found in all women who are at the stage of nursing baby (Lactating); as you may notice that all women who are in this stage, their breast will enlarge and gain firmness for feeding purpose.

Miroestrol and Deoxymiroestrol Can Only Be Found In Pueraria Mirifica!

But not every Pueraria Mirifica are created equal, they varies from species to species and the growing conditions.

There are more than 13 species of Pueraria Mirifica and most of them are called "Pueraria Mirifica" or "Kwao Krua Kao" but this doesn't mean that they are the same, they

may look same in the appearance but they produce different results.

The only way to differentiate their difference is to measure the amount of Miroestrol and Deoxymiroestrol contain inside the roots of Pueraria Mirifica. An elaborate and expensive test need to be carry out in specialized laboratory to certify the actual amount of Miroestrol and Deoxymiroestrol found in any specific type of Pueraria Mirifica. And not many company would sent their Pueraria Mirifica for such stringent test. Majority of the Pueraria Mirifica products found in the market are made from roots collected from villagers in the forests. And these villagers will be the ones that do the peeling, grinding, and the drying in their homes. Nobody can assure the sanitation, the quality and the amount of Miroestrol found in these Pueraria Mirifica powder.

Many foreign companies who have long settled in Thailand even open small shops to purchase the plant from villagers. If such practices is not stop, it would soon result in extinction of the plant because villagers would think of nothing but money.

The above Pueraria Mirifica information is found in Ms Yvonne Lee, internationally acclaimed book "To All Women Who Want To Enhance Their Breasts Naturally, But Don't Know How To Start". It describes and details the most important breast enhancement techniques from every corner of the world. Author Yvonne Lee, provides an unbiased pro-and-con analysis of each technique, in addition to practical information such as how and where to get it, cost, and potential impact on insurance coverage.

The ebook version of the book is now available at:

<http://www.breastenhancementbook.com/ebook/>

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Breast Cancer And Pregnancy

By Will Hanke

Although it is rare for breast cancer to strike younger women, the fact remains that all women are at risk. And for those of childbearing age, the first sign and symptoms of breast cancer leading to a diagnosis can not only be upsetting and unexpected, but complicated as well.

Developing breast cancer at a younger age—in a woman's 40s, 30s, even 20s—will mean making important and difficult decisions about one's life and future perhaps much sooner than originally expected.

One concern is developing breast cancer during pregnancy, which although rare, can still occur. In this case, the treatment chosen will not only affect the patient and her body, but the growing baby inside her as well. It will depend on what stage of pregnancy she is in (first, second or third trimester) and what stage her cancer is in—such as whether or not it's advanced.

Most pregnant women can have treatment for their breast cancer without affecting the baby. But some might be advised by their obstetrician or health-care practitioner—or even decide themselves—to terminate the pregnancy, more so if the pregnancy is in its earlier stages, in order to receive certain treatments that would be too risky otherwise. But it is essential to remember that it is a woman's own decision—it is not medically necessary to terminate a pregnancy if the expectant mother is diagnosed with breast cancer. All it does is limit treatment options. Breast cancer itself will not affect the fetus—only certain tests and treatments will.

Generally speaking, tamoxifen, chemotherapy, radiation, and other drug-related therapies are avoided if the woman is pregnant because of their associated risks with birth defects. Tamoxifen, especially, is considered very unsafe because it is a hormonal therapy and is never recommended if the woman is pregnant or planning on conceiving.

Surgery—either a lumpectomy or mastectomy—is the most common and preferred method of treatment for breast cancer in pregnant women.

Another concern is whether or not breast cancer survivors can or should go on to have children after

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treatment and recovery. It's a very controversial issue with firm advocates on both sides of the debate.

There are two main questions here, for both the medical and health community and breast cancer survivors wanting their own children: 1) Do certain breast cancer treatments affect fertility?; and 2) Is it actually considered safe to conceive and carry a baby to term following breast cancer and breast cancer treatments?

As far as fertility goes, there is no definite answer here. For chemotherapy, it depends on the age and what specific drug was used—some affect fertility more than others. And taking tamoxifen after chemotherapy to prevent recurrence is not recommended if the woman desires to become pregnant right away. Although tamoxifen is sometimes used as a fertility treatment, there is evidence to suggest that it damages developing embryos, and therefore is not considered safe to use.

Many doctors caution these women to wait several years to ensure receiving the best breast cancer treatment possible and to go past the point of the biggest threat of breast cancer recurrence. But some women decide to go ahead and have babies anyway, since it's so important to them.

Make sure you're protected from the risks and symptoms of breast cancer by visiting

<http://8008135.info>

– The information resource for breast cancer



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