

Can you get fuller breasts from natural breast enhancement supplements?

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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!

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By Danna Schneider

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There have, in very recent years, been a flood of breast enhancement and breast enlargement supplements put on the market. All of them make the same claims of being an effective and safe alternative to breast augmentation surgery. For many women, small or unattractively shaped and sized breasts are a major source of genuine insecurity and emotional distress. As trivial as this may sound to some, a women's perception of her breasts can have a real impact on her self esteem.

With the increasing popularity and prevalence of cosmetic surgery, and especially breast implant surgery, we see increasing numbers of women who seem paradoxically blessed with size 2 waists, and buxom bosoms. It's easy to say you should be happy with what you were born with, but the fact is you can't change how you feel about certain things, and if your breasts are a source of negative body image or low self esteem, you've probably looked into ways to change your bustline, maybe even considered cosmetic surgery to achieve your desired results.

If you've done your homework, you've probably noticed there are now several breast enhancement supplements on the market. These products really can be effective when used correctly and over a period of several months, as long as the product chosen is of a concentrated potency and high quality. We are going to examine the common ingredients found in all of these natural breast augmentation supplements and what their effects have been when used in traditional herbal and naturopathic medicine. Most of the common herbs and compounds discussed here started to gain attention with the publication of "The Green Pharmacy" in which Dr. James Duke discussed their hormone-balancing properties.

One of the primary ingredients is Saw Palmetto, prescribed by naturopathic doctors as a means to increase breast size, a hormonal regulator, sexual stimulation, urinary tract infections, and weight regulation. Second, we find Damiana, traditionally used for treating depression, anxiety and nervousness. It has been widely held to promote a sense of well being and is a traditional herbal prescription for hormone imbalances, poor mammary gland (breast tissue) development, decreased

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sex drive, menopause, infertility and PMS.

Dong Quai is another herb found in these supplements which is primarily used to treat an array of female problems related to hormonal imbalances and lack of estrogen production. Blessed Thistle, another common ingredient, has an extensive history of use as a restorative herb that supports the female reproductive organs. Also, because it is considered to be an excellent heart tonic and blood purifier, it allows the other herbs to absorb and work more effectively.

Wild Yam is the most widely used herbal remedy for female health. Wild Yam contains diosgenin, a producer of progesterone (a female hormone), which makes it popular for treating PMS. It is widely used as a female breast enhancer and a sexual stimulant. Fenugreek, a product of American folk medicine, was considered a very effective menstruation promoter. Modern scientists have confirmed that Fenugreek contains the chemicals diosgenin and isoflavones, very similar to the female sex

hormone estrogen. Its properties mimic the effect of estrogen in the female body. This herb provides a mastogenic effect resulting in the swelling and growth of healthy breast tissue.

Fennel Seed is another compound commonly used. Its estrogen-mimicking properties are second only to Fenugreek. In addition, Fennel works as an appetite suppressant and stabilizes the nervous system. It also helps move waste out of the body. Lastly, there are Hops and Avena Sativa (Wild Oats). Hops are commonly used to treat anxiety and other stress-related symptoms. Hops has a relaxing effect on the uterus, hence its utilization as a menstrual cramping treatment. Avena Sativa, or Wild Oats, is another common remedy for stress and anxiety. It is also used as an aphrodisiac and anti-addiction treatment.

There you have it. Those are the primary ingredients you will find in most herbal breast enlargement pills on the market today. The key to finding the best supplements is to know which companies use the purest grade of these herbs, allowing for maximum potency and optimal bodily absorption. The higher the potency and quality of each ingredient, the better your results will be with these products so choose wisely. For more information on this subject and for where to find the highest quality suppliers and the most effective products see <http://www.cosmeticsgalore.com/best-cosmetics-online-reviews.html>. Don't base your choice solely on price or name, as you could be cutting yourself short on attaining the best results. Look for products that show before and after photos and give multiple testimonials. Also, you should only go with a product that offers a money back guarantee.

You should know that taking these supplements can yield some additional benefits after a few weeks. Reported side effects in clinical trials, testimonials and commentary, have shown the following:

- * Elevated mood
- * Fuller lips (from increased levels of estrogen while on product)
- * Clearer skin (some women report brief breakouts at the start, but then unusually clear skin afterwards)
- * Diminished PMS symptoms
- * Increased regularity and decreased severity of menstrual cycles

These side effects actually make sense when you look at the hormone balancing properties of most of

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the herbs and compounds that make up these concoctions. So, if you're thinking about trying one of these products, go ahead. Most of the better ones come with a satisfaction and money back guarantee, so there's really nothing to lose. Just make sure you stick to the recommended dosage for AT LEAST 3 MONTHS if not more. You must allow your body time to adapt to, absorb, and respond to the compounds in the treatment in order for it to have any type of effect on your breast size. Another word of advice – if you're looking for double D cups and you have A cups currently, don't waste your money or time on a breast pill as you will only be let down. This type of growth is extremely rare and you will be disappointed. But, if you're looking for a more modest increase in bust size, like 1/2 to 2 cup sizes, increased firmness, volume and contour, go for it! There really is nothing to lose.

Danna Schneider is the webmaster of the beauty and cosmetic product review and advice website [CosmeticsGalore.com](http://www.cosmeticsgalore.com) <http://www.cosmeticsgalore.com> . She is a cosmetics and beauty product researcher and enthusiast.

Information For Breast Enhancement

By Valipat Munpan

Would you like to find out what those–in–the–know have to say about Breast Enhancement Information? The information in the article below comes straight from well–informed experts with special knowledge about Breast Enhancement Information.

If you are considering breast implants, it is necessary to read and review as much breast enhancement information as possible. The first place to start looking for breast enhancement information is online. Since its invention, the Internet has become a treasure chest of up–to–date information, and breast enhancement topics are no exception.

Many people start searching for breast enhancement information by using one of many search engines that are available. These search engines have visited almost all of the thousands of breast enhancement information websites, and catalogued this information. The only thing you have to do is browse the database of the search engine to retrieve the breast enhancement information you require.

Those of you not familiar with the latest on Breast Enhancement Information now have at least a basic understanding. But there's more to come.

One of the first steps in finding breast enhancement information is deciding on what exactly you would like to search for. Breast enhancement is a vast topic and narrowing down this topic into sections can help. For example, you can search for topics such as the breast enhancement procedure, or search for cosmetic surgeons performing breast enhancements in your area.

However, information read on the Internet should not be fully accepted until "cross–checked" by a doctor. This is recommended for everyone who does research on the Internet for information for medical procedures. The Internet is there to provide guidelines and explain breast enhancement more,

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but any questions or concerns should be told to your cosmetic surgeon, you would better explain how the breast enhancement information would be applied to your situation.

It is also recommended that when searching the Internet, it is a good idea to find reputable websites. The breast enhancement information from a reputable website will be from credible cosmetic surgeons or from sites listing verifiable contact information. This information is available free on the Internet and there is no need to pay for breast enhancement information.

Pueraplus is a premium grade Thai traditional herbal formula derived mainly from White Kwao Krua (Pueraria Mirifica) which contains Phytoestrogens (Natural Plant Estrogen). After many years of research from Thailand, the studies indicated that this herb shows estrogenic and rejuvenate effects to the female body especially at the breast, hip, facial skin, body skin, hair and vaginal epithelium. Thus elevate the appearance of the female secondary sexual characteristics and also the skin beauty.

ALL Natural Dietary Supplement

High Phytoestrogen (especially isoflavonoid):

- * Increases sensitivity and vitality
- * Promotes silky shiny hair
- * Enhances breast and skin appearance
- * Serves as an anti-wrinkle agent
- * Enhances physical and mental ability
- * Serves as a fountain of youth

Now you can be a confident expert on Breast Enhancement Information. OK, maybe not an expert. But you should have something to bring to the table next time you join a discussion on Breast Enhancement Information.

To Free Natural breast enhancement BREAST SPRAY \$40 at

Valipat Muenpan is the webmaster of the

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