

Breast Enhancement Routine

BREAST ENHANCEMENT ROUTINE

My Personal Routine For
Making Your Breasts Bigger



BY Shirley Smith

THIS IS A FREE REPORT



This Ebook is personally created by me in which you will discover my secret breast Enlargement Routine that will help you in increasing your breast size by up to 2 cup sizes

This is just the small part of my success if you are looking for complete program then I recommend you Jenny Bolton's BoostYourBust

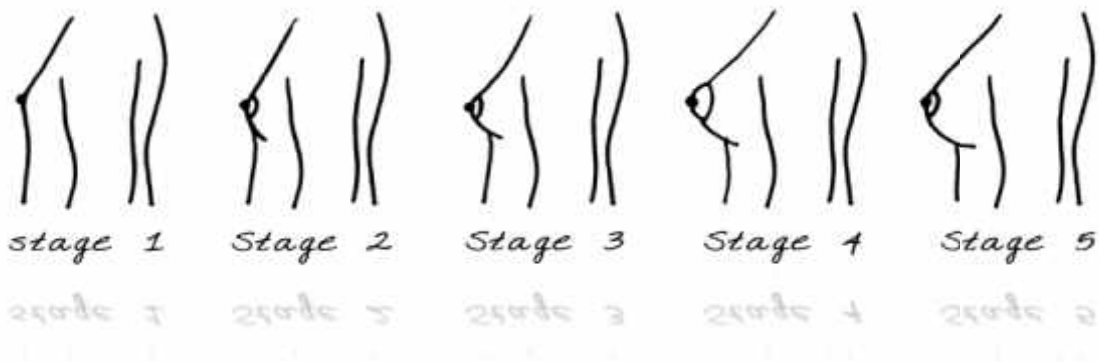
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Before Sharing My Breast Enlargement Routine it is important to know about stages of breast enlargement

STAGES OF BREAST GROWTH

It's important to realize that breast enlargement takes time. Breast development during puberty takes years and it's no different now. While you can expect to see changes within one or two months, it takes most males six months to two years to reach their full potential.

You will go through many stages as your breasts develop. These stages are medically defined as "Tanner's Five Stages":



STAGE 1: The Undeveloped Breast

Before beginning natural breast enlargement, the undeveloped breast consists of a small elevated nipple with no significant underlying breast tissue.

STAGE 2: The Breast Bud Stage

After 6-8 weeks, milk ducts within the breast begin to grow. The breast and nipple form a small mound, which may be sore to the touch. The areolas begin to enlarge.

STAGE 3: Gland Development

After 6 months to one year, there is further enlargement and elevation of the breast and nipple as milk glands begin to grow. The areola may darken in color.

STAGE 4: The Secondary Mound

After one year, the nipple and areola may project to form a secondary mound on top of the breast.

STAGE 5: The Mature Breast

After one to two years, the breast is fully developed. The nipple still projects, but the areola has receded into the general breast contour.

POSSIBLE SIDE EFFECTS OF NATURAL BREAST ENLARGEMENT

I would be lying if I said natural breast enlargement didn't come with a few possible side effects. Fortunately, these side effects are not harmful just a little annoying and usually disappear when your body adjusts to the herbs. For most people, larger breasts far outweigh a few inconvenient side effects.



- 1. Mood swings.** Welcome to womanhood! Being a woman is all about being emotional and you may notice your moods going haywire as your hormones adjust. Anxiety, sensitivity, and irritability are fairly common, though much less extreme than if you were on synthetic hormones. Call a friend or punch a pillow just remember that the feelings will pass and you'll soon have a great set of breasts to make it all worthwhile!

2. Tiredness. A few of my readers have complained of feeling tired or lethargic while using certain herbs. Fenugreek is the most common culprit, since it has the effect of lowering blood sugar levels. If you find yourself feeling sluggish, I suggest either lowering your dose of fenugreek or substituting this herb with something else.

3. Lactation. While this is an uncommon side effect, increased prolactin does increase the possibility of milk production. If this is bothersome, you may want to lower your dose of fenugreek, since this herb is most effective at stimulating milk production.

LET'S GO SHOPPING!

You can't enlarge your breasts without the right tools, so a trip to the local health food store should be your first order of business.

How much is this going to set you back? When you average everything out, this Breast Enlargement Program runs about \$50 per month. If that seems steep, I'd like to remind you that synthetic hormone and breast implants aren't exactly economical. Most people find the cost of herbs and supplements to be a small price to pay for bigger breasts.



The following list includes everything you'll need to get started:

1. 100 red clover capsules: *350-375 mg. per capsule* (Be sure the capsules contain red clover “blossoms” only.)
2. 100 fenugreek capsules: *600-620 mg. per capsule*
3. 100 saw palmetto capsules: *540-600 mg. per capsule*
4. Liquid fenugreek extract: *1-2 ounces*
5. Liquid wild yam extract: *1-2 ounces*
6. Progesterone USP cream: *2-4 ounces*
7. IF YOU ARE OVER AGE 30: 100 GABA capsules: *500-750 mg. per capsule* OR *100 grams powder*

When choosing your herbs, remember to look for quality. The effectiveness of this program depends upon high quality ingredients.

There are some items that may be hard to locate outside of the United States, particularly progesterone USP cream and GABA. If you can't find these ingredients, do your best to follow the rest of the routine without them. It is still possible to get good results.

You'll also need some body lotion and, if you don't already have them, some pill divider cases to make your life a little easier.

MONTH ONE

Timing plays an important role in the effectiveness of the This Breast Enlargement Routine. Due to the menstrual cycle, a genetic woman's hormones are constantly rising and falling. You will be mimicking these fluctuations through the use of progesterone cream.

Women naturally have a higher progesterone level during the second half of the menstrual cycle, after an egg has been released to be fertilized. You can duplicate this process by using progesterone cream for one week out of each month.

This allows your body to get the progesterone it needs for gland development **WITHOUT** getting so much progesterone that the effects of estrogen are inhibited.

To get started, follow the Basic Breast Enlargement Routine outlined below for a period of four weeks. Later, I'll show you how to tweak things if you aren't getting the results you need.



THE BASIC BREAST ENLARGEMENT ROUTINE

Morning

- 1 capsule red clover
- 1 capsule fenugreek
- 2 capsules saw palmetto
- Cleavage Cream with 1 dropper wild yam extract
- 360 Massage rotations

Afternoon

- 1 capsule red clover
- 1 capsule fenugreek
- 2 capsules saw palmetto



Before Bed

- 1 capsule red clover
- 1 capsule fenugreek
- 2 capsules saw palmetto
- Cleavage Cream with 1 dropper fenugreek extract
- 360 Massage rotations
- IF YOU ARE OVER AGE 30: 1-2 grams GABA

Week 4

- ½ tsp. Progesterone cream twice daily in addition to your regular routine.

If the herbs you bought come in different dosages, you may need to adjust the number of capsules you take. The recommended daily dose for each herb is:

- Red clover *1,050-1,125 mg./day*
- Fenugreek *1,800-1,860 mg./day*
- Saw palmetto *3,240-3,600 mg./day*

At this point, you're probably dying to dive into things, but let's take it slow. By easing herbs into your system over the course of a few days, you allow your body to adjust to its new routine. This also makes it easier to determine if a particular herb is creating problems for you. Here's how to get started with the Basic Breast Enlargement Routine:

Days 1 and 2

1. Start with red clover. Take one capsule three times daily: in the morning, afternoon, and before bed.
2. Do 360 Massage rotations with Cleavage Cream twice daily: in the morning and before bed. Use wild yam extract in the morning and fenugreek extract before bed.
3. IF YOU ARE OVER AGE 30: Take 1,000-2,000 mg of GABA once daily: before bed on an empty stomach.

Days 3 and 4

1. Continue with the routine you established on Days 1 and 2.
2. Add fenugreek. Take one capsule three times daily: in the morning, afternoon, and before bed.

Day 5 and Beyond

1. Continue with the routine you established on Days 3 and 4.
2. Add saw palmetto. Take two capsules three times daily: in the morning, afternoon, and before bed.

Week 4

After three full weeks, it's time to add progesterone cream. Continuing with your regular routine of herbs and massages, apply ½ teaspoon of progesterone cream to your inner thighs or wrists twice daily. Do NOT apply it to your breasts some people have done this and claimed it made their breasts shrink! Stop using the cream after seven days.

If you find that one of the herbs doesn't agree with you or if you just can't find a particular herb in your area

you can substitute it with something else. While saw palmetto is extremely user-friendly, a few people experience bloating or moodiness with phytoestrogenic herbs like red clover or fenugreek. These symptoms are generally mild and should not disrupt your routine, but feel free to try one of these substitutions if necessary:

- Instead of red clover, try hops, kudzu, or wild yam.
- Instead of fenugreek, try fennel or licorice. (Just be sure to take a month long break after using licorice for four weeks.)

Once you get started with the Basic Routine, you'll need to stick with it for the duration of Month 1. No adding herbs or popping extra pills! It won't help. You have to be patient and let the herbs kick in before they can start producing results. Most people experience tingles, growing



pains, and soreness within two to three weeks and notice their breasts feeling firmer and looking fuller within a month.

Here are some basic guidelines that can help you get the most from breast enlargement:

HERB GUIDELINES

1. Take your herbs every eight hours or so. The idea here is to have a steady stream of herbs in your system, so allow about eight hours between dosages. Take your first dose in the morning, on an empty stomach, and your last dose at night, right before bed. Find a good time right in the middle of the day for your second dose.

2. Take your herbs on an empty stomach. This

seems to aid in the absorption of the active ingredients. For the best results, take your herbs either half an hour before, or two hours after, any meals. If the herbs upset your stomach, take them with food.

3. Avoid taking your herbs with carbonated Drinks. You don't have to give up your Starbucks fix; just let an hour or two pass before you indulge, so there isn't any interference with the herbs.



4. Organize your herbs and supplements. In order to make your life a little easier, I recommend that you use pill divider cases to store your herbs and supplements. Opening up all of those pill bottles three times per day might increase your wrist muscles, but we're looking for a different type of growth here! Save precious boob building time by using a large divider to store a week's worth of herbs and supplements and a smaller divider to store your herbs for each day.

CONSISTENCY IS KEY

Needless to say, you're not going to get very good results if you constantly forget to take the herbs or skip massages. While this program doesn't take much time, it does require consistency. For this reason, I don't advise you to get started during a hectic time like final exams or a job switch. Clear the decks on your schedule to be sure you can commit to a daily routine for the next six months or more.

WHAT IF ONE BREAST IS GROWING FASTER THAN THE OTHER?

If you notice one breast growing faster than the other, you can even out the size difference by concentrate your massage efforts on the "little girl." Depending how much smaller it is, I'd suggest you do an additional 25-100 rotations on that breast each time you do the Massage. This should help it catch up quickly.

If the larger breast continues too fast in proportion to the smaller one, reduce the number of rotations on that side. You can slow things down even more by changing the direction of the Massage rotations on the bigger breast; instead of rotating that breast in an inward direction, rotate it outwards as shown below. This technique is traditionally used to decrease the size of the breasts.

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