

# How to Make Your Breasts Bigger

## "The Proven Formula"



By Kelly Liu

[www.HowtoGetBiggerBreastNaturally.org](http://www.HowtoGetBiggerBreastNaturally.org)

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## Introduction

Hi, my name is Kelly Liu and that's a photo of me on the right.



For many months, I've been researching on natural ways to get bigger breasts without any painful surgery.

Unfortunately, there weren't any information on how to get bigger boobs. In fact, I couldn't even find any books on natural breast enhancement in my National Library.

Worse, those free information on the internet didn't seem to work for anyone at all.

At that point, I made a decision that if I'm able to "break the code" to making my breasts grow naturally, then it's my duty to share it with other women.

After all, I know how frustrating it is to have small breasts and having to worry about the clothes I wear.

So after several weeks of constant searching, I finally stumbled upon [the guide](#) that changed my life (and my breast size) forever.

In just a 8 weeks, something miraculous happened...

**MY BREASTS GREW BY 2 CUPS... 100% NATURALLY!**

Out of excitement, I created my blog [HowToGetBiggerBreastNaturally.org](http://HowToGetBiggerBreastNaturally.org) to share my knowledge and story to inspire other women.

And because of the popularity of the blog, I decided to create a simple guide to document what worked especially well for me...

And this guide was borned.

I hope that this guide will help point you in the right direction so you too, can experience how it is like to not worry about the clothes you wear... and the way people think and look at you.

## The Proven Formula?

When I first researched on the internet for natural ways to grow my breasts, I realized that the biggest problem with them is that:

THEY DIDN'T SEEM TO WORK FOR ANYONE BEFORE.

And it's really tough to separate those that work from those that don't. So the only way is to try it out.

But there's another "problem".

Trying out a certain technique will take a full month before we can tell if it really works.

Why? Simply because our body needs TIME to create visible changes.

I mean, when was the last time you exercised and you immediately lost all that extra pounds?

It just doesn't happen that way – our body cannot create visible results immediately (unless you go for one of those 'quick fix' surgeries).

So I literally spent months testing out all the different methods to find out which are those that really works.

The result is a 3 part proven formula that worked like magic for me.

1. Do specific breast boosting exercises ...
2. Eat those natural breast enhancement foods ...
3. Do the simple breasts massage ...

Please allow me to share more information with you.

## Breast Boosting Exercises – How Do They Work?

If you're into the human body, you'd know that our breast consists of fatty tissues in lumps that are placed on top of muscles.

So if you want bigger breasts, you can either work on stimulating the growth of breast tissues... or the muscles beneath it.

And by working on the muscles beneath our breasts, they will lift our breasts upwards and outwards, making them look much bigger.

Breast massages are great for stimulating the growth of our breast tissues, while those chest exercises work on the muscles beneath it.

Here is an example of an exercise that worked for me:

### **THE BENCH PRESS.**

Now, most people think that bench presses only help men, but that's not true.

The truth is this exercise is effective in helping females -- make their breasts look bigger and firmer -- because it tightens the pectoral and chest muscles... pushing your breasts outwards.



In doing this exercise you need to make sure that you bring the bar down to your chest before pushing it back up.

The most effective way to do this is to push it further down to your nipples as you go. An exercise done in three sets of 7-12 reps is fine.

Just make sure that the weight is within the higher range of your comfort zone, so it doesn't strain you too much.

You can learn more exercises by [clicking here](#) and downloading the complete guide.

## Natural Breast Enhancement Foods

### HOW DO THEY WORK?

First of all, realize that the growth of our body is affected by our hormones levels.

And when it comes to breast growth, the hormones controlling it are:

- ✓ Estrogen
- ✓ Growth Hormone
- ✓ Prolactin
- ✓ Testosterone

So for breasts to grow naturally, we need to first control one thing - our hormones.

So how can we do that?

Simply through the different types of food we eat. And there's why there's a saying that "You are what you eat."

Fortunately, there are SOME specific foods that can naturally stimulate the growth of our breasts. They are known as...

### HERBS.

Herbs are special plants with medicinal properties and they are nature's best solution for almost everything - including small breasts.

Some people find it difficult to accept herbal medicines as a form of solution. And because of that, they were deprived from the benefits from nature's best solution for a long time.

But maybe it's time to realize that 90% of the medicines, supplements and medications we have today... are created from herbal extracts.

In fact, most of those off-the-shelf breast enhancement products contain herbal extracts too.

Here are some herbs that are well-known for their breast boosting capabilities:

### **1. Watercress Leaf**

This is one of the best sources of vitamin E which is critical to breast enlargement. Vitamin E promotes oxygen intake by our body which is important for healthy growth of breast tissues.

### **2. Dong Quai Root**

This herb aids the body in the efficient use of hormones. It is widely considered the "ultimate" female herb. It not only helps restore energy, heightens your resistance to disease, but Scientists also believe it promotes the production of progesterone in your body.

Progesterone is another hormone that helps stimulate your breasts to grow.

### **3. Hops Flower**

This herb is rich in flavonoids, which helps regulate the production of hormones in your body and stimulate natural tissue growth.

You can get more of these natural breast enhancement herbs by [clicking here](#) and downloading the complete guide.

## Breast Massages – Do They Really Work?

Breast massage is one of the best ways to help shape, tone and promote growth of the breast tissues.

Breast massage has been used in beauty parlors and massage parlors, especially in Asia to promote breasts growth and to stimulate healing and tissue regeneration for women who have undergone breast surgeries or cancer treatments.

Personally, massaging my breasts actually brings me closer to my femininity and it also helps me relax at the same time, just like how body massages work.

Here is a simple breast massage procedure:

**Step #1:** Warm your hands by rubbing them together.

**Step #2:** Push your nipples downwards gently using your first three fingers. Remember not to apply extreme pressure. Simply move your fingers slowly, do this in an elegant manner or sensual if you like. Repeat it a few times.

**Step #3:** Knead the breasts. This is done by holding your left breast like a bowl using your both hands and compressing them. Make sure you're comfortable and don't exert too much pressure so you won't feel any pain. Once done, repeat the process on your other breast.

**Step #4:** This involves the same process as kneading. However, the only difference is that the movement should be done in rotating motion. Do this using minimal but even pressure 10 times per breast.

**Step #5:** This makes your breasts firmer. You can do this by placing your palms in your breast without covering the nipples and pushing it downward -- making sure you don't cover the nipples.

**Continue rubbing the side of breast at least 10 times each.**

To get the best results, it is recommended that you do it with the help of a natural breast enhancement cream that you can easily create at the comfort of your own kitchen.

It doesn't take long and you can easily find the ingredients in any supermarkets.

You can get a video demonstration of the breast massage and the recipe of the homemade breast enhancement cream by [downloading the guide here](#).

## Conclusion

So there you have it, the 3-parts proven formula that has worked exceptionally well to increase my breast size.

To be honest with you, I wish I could give you more information on how to get bigger breasts from the complete guide. However, they are copyrighted so I hope you can understand.

If you're serious in getting bigger breasts, then click on the link below:

>> [Download The Complete Guide Now](#) <<

I hope you learned something valuable through this report and I thank you for taking your time to read this.

Thank you! 😊