

Breast Enhancements:

Different Ways to Increase Your Breast Size

Most women would like to change the size and the shape of their breasts. And while the cosmetic changes are easy to achieve and reverse, if needed, breast augmentation surgery is not for everyone.

Surgical breast augmentation is a substantial investment of time and money, it has a lot of health consequences and the results can never be fully predictable. All together, these factors can make breast augmentation a last resort for those who want to change the size and shape of their breasts.

There are several alternatives that women can try to improve the shape of their breasts before resorting to surgery. These [breast enhancement techniques](#) range from breast enhancement creams and pills to easy breast enhancement exercises that tone all of your upper body.



Breast Enhancement Pills:

Breast enhancement pills usually offer a combination of several herbal ingredients. Most often, the formula includes fenugreek, saw palmetto, Mexican wild yam, fennel, Dong Quai, damiana, and blessed thistle.

The herbal components of breast enhancement pills start a reaction similar to those that occur during puberty, when women's breast tissue starts to grow. These herbs deliver plant estrogen, which stimulates the growth of the delicate breast tissue from inside by causing hormonal changes. Plant estrogen, as scary and medicinal as it sounds, is a natural product derived from plants and is quite mild.

It may take time to achieve the desired results with breast enhancement pills. Women

with small to medium cup size when taking breast enhancement pills usually achieve their optimum results within two months. Some women continue to take breast enhancement pills on an ongoing basis because they notice other positive changes in health.

Herbal remedies, including [breast enhancement pills](#), have many advantages over surgical breast augmentation, due to lower costs, less health risks and fewer side effects.

Breast Enhancement Creams and Lotions:

This type of breast enhancement is not the most effective when used on its own. When combined with pills and exercises, breast enhancement creams can yield substantial breast size increase.

Breast enhancement creams act in pretty much the same way that the breast enhancement pills do. Typically breast enhancement cream contains a mix of herbs along with mild chemicals that stimulate the growth of fat cells in the breast without growing fat cells on other parts of the body.

Breast enhancement creams have other cosmetic effects, as they make the breasts firmer and more smooth, enhancing the total look and feel of the breasts.

Breast Enhancement Exercises:

Breast enhancement exercises are perhaps the cheapest and most natural method for promoting breast growth although they require a dedicated approach to make them work.

The most popular breast enhancement exercise is a push-up. Here's the right way to do push-ups:

- 1) Lie facing down on your stomach on a flat surface
- 2) Bend your knees and cross your ankles.
- 3) Now start bending your elbows while keeping your palms in line with your shoulders.
- 4) Remaining balanced on your palms and elbows raise your body - keeping your ankles crossed. This way, you don't raise too much weight. Don't straighten your elbows when raising the body - it may cause damage to your joints.
- 5) Slowly lower your entire body, but don't lie down. You should decrease the angle only until your arms become in line with the floor.

You should try to repeat push-ups ten times, gradually increasing the repetitions as you

get stronger.

Breast enhancement exercises, like any form of exercise, should be performed in sportswear, on a comfortable flat surface. If done without caution, these exercises can strain the muscles, so speak to your doctor first if you have any concerns. Don't push yourself too hard, and stop immediately if you feel unwell, be it pain or tension. Performing these breast enhancement exercises daily, or at least two to three times a week should help you achieve more round "perky" breasts. Plus, it has the added benefit of strengthening your back muscles to help improve your posture, too.

Following an exercise regime that includes push-ups you can also use breast enhancement creams and pills. When all the breast enhancement techniques are used in conjunction with each other, you can achieve optimal results.

To read more on these topics, visit these pages below:

[Breast Enhancement Pills](#)

[Breast Enlargement Creams](#)

[Breast Enlargement Exercises](#)

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Surgical and Non Surgical Breast Enhancement:

What Are the Differences?



A number of women are undergoing breast enhancements these days. They either choose surgical or non surgical breast enhancement options to improve the size and look of their breasts. Many people simply call it vanity if a woman wants to enhance her bust size. But, there are other reasons as well why a woman might want to use such options. Tiny breast, unequal breast size and drooping breasts are just some of the reasons why women use either of the two [options to improve their breast size](#).

If you want to enhance your breasts, you must be well informed about the option you choose to improve breast size.

What is surgical breast enhancement?

As the name suggests, surgical breast enhancement is a surgical procedure that improves the size of your breasts. It's also known as breast augmentation and the medical name for this procedure is augmentation mammoplasty. It is used not only to improve the breast size but to also give a nice shape to the breasts. It involves the placement of silicone gel

implants in the woman's breast to augment their size. The implants can either be placed behind the breast tissue or under the chest muscle to make the breasts appear fuller and shapelier. In order to place these implants, the surgeon has to make an incision; there are various types of incisions that can be used and a patient needs to choose the kind of incision she is comfortable with. Of primary importance in a breast enhancement surgery is the discreet placement of the incision.

What is non surgical breast enhancement?

[Non surgical breast enhancement](#) involves the use of various gels, creams and devices to help you improve the size of your breast without any surgical intervention. There are various types of breast enlargement devices that work directly on your breasts to improve blood circulation and stimulate the cells of your breasts. Such devices emit a low frequency vibration to help stimulate the regeneration process of your cells and gradually increase breast size. Breast enlargement creams on the other hand need to be applied on the breasts and work by improving the elasticity of the skin and increasing blood circulation.

Benefits of surgical and non surgical methods

The results of a breast enlargement surgery are immediate. Within an hour or two, you are the proud owner of great looking bust line. If you have chosen the right surgeon and quality breast implants you are going to enjoy the benefits of such a surgical procedure for a long time to come. In the case of non surgical methods, the primary benefit is the non invasive nature of these methods. There is no incision or convalescence time required and this also reduces the risk associated with using such products. Both options help you improve breast size and appearance, which in turn improves your levels of self confidence.

Risks of surgical and non surgical methods

One of the biggest risks of surgical breast enhancement is the complication that can result from such a procedure. Rupture, infections and a condition known as capsular contraction (disfigurement of breast implants) are some of the common risks linked to surgical breast enhancement. Some women can suffer from extreme pain or even ballooning of the breast/s, post surgery. On the other hand, risks associated with non surgical methods revolve around using the wrong products for breast enhancement. Skin infections are a risk that you are vulnerable to if you use creams and gels that you know nothing about. Also, if you don't follow the instructions while using breast enlargement device, you can injure your breasts.

Conclusion

Whether you want to go for surgical or non surgical options of breast enhancement, it's completely your choice. But, you need to make an informed decision while you are making your choice. If you are interested in the surgical option, talk to an expert and know more about the

procedure, its risks and various aspects before actually going through with it. If non surgical methods that interest you, research the market for products that have a good safety profile and choose the ones that you can trust to produce good results.

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Natural Breast Enhancement

Natural breast enhancement is a wonderful way to boost the self-esteem of women without undergoing painful and expensive surgery. Women want to feel their best. They want to feel beautiful. Women compare themselves to other women all the time and breast size is at the top of the list. Natural breast enhancement can make women envy you, men admire you and most importantly of all, you feel great about your body again.

[Natural breast enhancement is an excellent idea](#) for women with small breasts. Natural breast enhancement is also great for women who have had implants removed, women who have lost a lot of weight, and women post-pregnancy. All of these situations can cause the breasts to lose elasticity and sag. Even the toll of time can cause the breast to sag. Gravity is not always our friend. Gravity can be defied with natural breast enhancement. Natural breast enhancement can help to firm the breast and create a beautiful bust line.



Natural breast enhancement should not be considered alternative medicine. What is the alternative to natural breast enhancement? Women can either do nothing or they can undergo surgery. Natural breast enhancement is the safest way to increase breast size and should be considered first, not as an alternative. Surgery can lead to complications as well as women being dissatisfied with the size and shape of their breasts. Natural breast enhancement does exactly as the name implies; it enhances the breast naturally. There is no scarring with natural breast enhancement. There is no recovery time with natural breast enhancement. There is no surgery with natural breast enhancement.

Natural breast enhancement is as easy as swallowing a pill and following a simple exercise plan. There are also creams that will help to keep the breast firm. Natural breast enhancement is certainly the easiest way for a woman to feel better about herself. Women with beautiful breasts feel more womanly and act more confident. Natural breast enhancement will

make women want to look in the mirror and step out into the public where everyone can see her.

Is natural breast enhancement safe? The key word here is "natural." All products claiming to be natural are generally made from common herbs. These herbs are the basis for any natural breast enhancement. It is always a good idea to check out the ingredients listed on any pill offering natural breast enhancement. Then, check and make sure that those ingredients are safe. It is a small amount of time that will offer peace of mind when it comes to feeling safe about natural breast enhancement.

Women deserve to feel good about themselves. When a woman feels good about how she looks, she feels empowered. Natural breast enhancement can help women to achieve this. Women with natural breast enhancement enjoy shopping for new clothes now that plunging necklines are a must. Women with natural breast enhancement don't need to compare their breasts to anyone else's anymore. Women with natural breast enhancement can feel secure in their bodies, because their bodies are beautiful!

Hi everyone. My name is Dr. Jim Schwartz, I have been in the natural health supplement business for over 14 years and I have seen a lot of weight loss and diet fads come and go. I'd like to use this platform to get the plain facts out.

All the natural health supplements I recommend actually work and are completely safe to use and with no nasty side effects.

My goal in this business has always been to make people feel better about themselves - both inside and out!

So I hope you find my articles of interest and I wish you the very best of health :-)

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Beauty Tips:

Tips for Using Breast Enhancers



One of the many concerns of women nowadays is on their looks or physical appearance. As most of them want to look beyond the 'pleasing' or 'okay' appearance, they won't really mind spending their hard-earned money or even to go through some risks at some point to enhance or maintain that youthful appearance that their career often demands or to just simply feel good about themselves when they look in the mirror. In fact, some of them can really go as far as planning to get [breast enhancement procedures](#) done just to look nearly as perfect as possible. While breast augmentation is something that's already existed for many years already, women can already opt for new procedures and programs that don't carry as much risks as getting breast surgery or implants.

Indeed, with today's technology, a woman doesn't have to go through under the knife to enhance the size and appearance of her breasts if she really doesn't want to. Having been made aware that surgery and implants can be quite risky, isn't it a good idea to learn that there are other safer options available to get better-looking breasts?

Here are some tips and ideas to enhance or improve the look of a woman's breasts without having to go through cosmetic surgery:

1. Choice of Clothes. Choosing the right clothes that will not highlight the chest part is a practical idea. A woman can also go for darker colors and styles of clothes that are deemed as

natural breast enhancers. Wearing dresses with plunging designs, for example, can do the trick.

2. Choice of Bra. A woman can make her small breasts appear bigger with a padded bra, a water bra, or a push-up bra. Then again, just like the first idea, this can only get her as far as creating that illusion of having a 'big' asset that she really doesn't have.

3. Use of Breast Creams and Breast Enhancement Pills. For many women, breast creams and breast enhancement pills are better alternatives to getting surgery and implants as there are practically no wounds to heal and scars to conceal. Not all breast creams and breast pills are safe to use, though. Women still has to carefully choose even the ones that use only natural or herbal ingredients to avoid getting unwanted side effects later. As with any other products with herbal or natural ingredients, it is still wise to consult a doctor before trying them out first especially when a woman is pregnant or is taking other medications to avoid the possibility of experiencing unpleasant results.

4. Improve Sagging Breasts With Some Breast Lifting Exercises. In terms of results, women benefit much from breast creams and enhancement pills when they are also incorporating some exercise programs that are also known to help give breasts a much firmer look. These exercises are also especially helpful for women who have lost their breasts' fullness of shape after having a child or two.

Safety is one important factor to always consider or remember before deciding to use [breast enhancers to look beautiful](#). After all, what is beauty if it is just temporary or if you are going to lose it one day due to an illness as a consequence of a poor choice of product or procedure?

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