

The Best Diet and Lifestyle for Natural Breast Enhancement

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Hereâs how to eat and live your way to effective and natural breast enhancement â how about you give these simple tips a try?

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Not all women are gifted with breasts that are big, full, and seemingly a rich source of confidence. But do you ever wonder what kind of foods, drinks, and way of living can help support breast enhancement? Breasts are said to be improved â or enlarged, to be more specific about it â through improving your diet, lifestyle, and overall physical, emotional, and mental health. Breasts are merely fatty tissue covered with skin, so there is, undoubtedly, a huge influence from the foods you eat and the life you live in the quality of your breast tissue and skin.

Foods that are rich in vitamins A, C, and E, for instance, work toward a healthy skin, thereby facilitating breast growth. Consuming lots of water, too, helps flush out toxins from your body and improves the overall condition of your breast tissue. Additionally, foods like fennel seeds and saw palmetto encouraging changes in the balance of hormones in your system. This leads to the release of greater estrogen levels, which therefore stimulates breast growth.

Will caressing and sucking the breasts also encourage breast augmentation? This belief practically takes off from the old wisdom of some African societies. Traditionally, it is believed that if a male partner regularly caresses or sucks the breasts of his partner (or if the woman is highly sexually active), the breasts may grow bigger and fuller. In short, it is believed that if a man uses his lips, tongue, and hands constantly working on his lady loveâs breasts, they just might grow bigger.

Almost the same principle applies to breast massage, where regularly massaging the said areas is believed to encourage breast growth. Breast massage is targeted not only to incite breast enhancement over time, but also to detect potential changes in the breasts that may signal breast cancer. Massage is also employed in the case of women who have recently undergone mastectomies, surgery, and related procedures.

Other than diet and lifestyle, there are other â naturalâ methods of breast enhancement that are often applied, and these include breast augmentation pills and creams. These products usually contain natural herbal ingredients, such as fennel seed, blessed thistle, fenugreek extract, and many more. There are even plants from as far as Thailand and Myanmar that are said to have estrogenic properties to encourage breast tissue growth.

In conclusion, you have to be really careful in whatever decision you make regarding actively working toward breast augmentation. If you want to choose breast implants, do so if you have good information and you are prepared to do it and pay for it. If you want to take the natural route, make sure youâre always on the side of safety, and that the products you intend to purchase are backed by a reputable manufacturer.

Remember, too, that what works for other women may not readily work for you, so you have to consider your own genetic makeup, biochemistry, and other personal circumstances. Breast enhancement products, for instance, may take weeks to a couple of months to effectively increase your cup size, although your size may return to the previous one if you discontinue using the product.

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