

## Natural Breast Enhancement – The Main Methods

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*Pills, herbs, creams, soap, dowsing, massage, pumps, hypnosis - can any of them change the shape and size of a woman's breasts effectively, safely and permanently?*

The claims are enticing: an increase of 1-3 cup sizes within 3-12 months. The side effects are said to be minimal and temporary: perhaps some breast tenderness and minor acne. It sounds wonderful – almost too good to be true. Is it?

Like many women, I wanted to have larger breasts. It seemed that surgery or massive weight gain were the only realistic options, and I wasn't happy about that. I wanted my breasts to be healthy and real – no weird, non-human materials with their unnatural look, feel and health risks. No, I wanted my breast to be made of me.

A friend of mine told me that hypnosis could be used for natural breast enhancement (NBE). He was a very skeptical person by nature, so I took the information seriously. My online research revealed that, wow, yes, he was right. Several studies in the 60s and 70s had great results. In 3-6 months, women had grown 1 or more cup sizes without weight gain. Often the women also reduced their waist size by an inch or two. Yet, hypnosis for NBE didn't become common knowledge or practice. Instead, the market had been flooded with more pills, creams, pumps, and even chewing gum.

It seemed that very few hypnotherapists offered NBE, but I couldn't afford to see a therapist weekly for months. I found several websites that were selling breast enhancement hypnosis CDs and MP3s for \$35- \$200, but when I listened to some of the free audio samples, I found the hypnotists' voices to be strangely off-putting. Also, the programs weren't the same as the ones that had been used in the successful studies, it seemed. There weren't many testimonials, either. Frustrating.

I was about to give up hope, but then I found 2 free online forums devoted to NBE: *The BE Board* and *Eve's Natural Breast Forum*. There were hundreds of women on the forums between 20 and 45 years of age, and most of them had purchased many different NBE products including some of the hypnosis MP3s (and had no success, I noted - they agreed that the hypnotists' voices were often very off-putting and didn't inspire relaxation). The money that some of them had spent on NBE was staggering - thousands of dollars over the years - and usually in vain, or their results were only temporary. They had learned the hard way that the NBE industry is filled with deceptive claims and out-and-out scams.

Few studies have been done on NBE, so these women (and some men) decided to do their own research and experiments. The amazing thing was that this paid off for some of them. They had pictures to prove it, and detailed outlines of their routines. Even so, success usually didn't come without a lot of struggle, expense, and time. It took most of these successful women at least 2 years to reach their goal. But I was fascinated - NBE was clearly possible. I felt very hopeful.

This was the beginning of my quest for all-natural, larger breasts. Now, after more than 3 years of research and personal experience, I offer this overview of the main methods for NBE. I hope that this will save you time, money, and, most importantly, your health and sanity!

## **Pills**

Whether they're composed of herbs, 'glandulars' like bovine ovary, or a combination of different ingredients, pills are a very popular option for NBE. Prices vary, but you can expect to pay at least \$200 for a 6-month supply.

There are many products to choose from. Several websites, such as the one below, offer product reviews:

[http://www.mdbreast.com/pill\\_reviews.htm](http://www.mdbreast.com/pill_reviews.htm).

The problem is that many of these review sites, including the one above, are designed by marketing companies. When you visit the products' websites, you often find that the ingredient lists are exactly the same, or very similar. Why? Often it *is* the same product with a slight change in formula at most. You may also notice that the same before-and-after photos are used for different products. Even more common is the use of 'stock' photos of breasts that have a 'perfect' rounded shape and very large size, rather like implants. Hmm!

### *Herbal pills*

Most of the NBE pills on the market contain a blend of herbs. Each company claims that their blend offers the right balance of herbs for safe, successful NBE. The main ingredients are usually high in *phytoestrogens*. Phytoestrogens are plant compounds that are believed to act like human estrogens (there are three forms of estrogen: estriol, estradiol and estrone). The claim is that phytoestrogens can safely alter hormones, primarily estrogens, similar to what happens in the female body during puberty. These herbs are often *galactogues*, too. Galactogues help to increase milk production (lactation) in nursing mothers, but don't produce this effect in non-nursing women. The herbs may also be *androgen blockers* or *progesterone blockers*. *Androgen blockers* work by blocking testosterone receptors. Women have circulating testosterone in their blood that normally converts to estrogens in breasts and other fatty tissue. However, in women who produce too much testosterone, or don't convert it to estrogens (if they have

polycystic ovarian syndrome or hypothyroidism, for example), androgen blockers can reduce excess body hair and acne and sometimes will enhance breast size. Progesterone blockers block progesterone receptors so more estrogens can circulate and help with breast growth.

You will find a list of the most commonly used NBE herbs in the section, “Custom Programs.’

### *Glandular pills*

Bovine Ovary (BO) pills are based on ‘glandular therapy’. In glandular therapy, extracts of a specific animal gland are used to strengthen the corresponding human gland. BO is made from specially prepared, freeze-dried ovaries of female cows and sometimes cow pituitary extract is included. The claim is that BO can affect human ovaries and the pituitary gland to start the hormonal process needed for breast growth. A high protein diet is also recommended when taking BO for best results. Women who don’t have success with herbs, or react badly to them, are advised to try BO, and vice versa.

What I learned is that success is rare with pills. This didn’t surprise me, but I *was* surprised that high quality PM and BO products could, in fact, produce results in some women. However, using these products is not without risk, which I will detail throughout this report.

Most pills don’t work at all, or the results are temporary due to water retention. Even when there is growth, it will often disappear after a woman stops taking the pills. Why? Some companies are simply scamming you, but even when they aren’t wilfully doing so, NBE Pills are not one size fits all. Every woman is different. There can be a huge difference in what a woman’s body is doing hormonally at any given time, depending on her age, diet, stress levels, etc. NBE substances often raise the level of estrogens, but some women start off with normal levels of estrogens, some high, some low, or other hormones, like progesterone, may be normal, high or low. A woman with low estrogens *might* see a size increase if she ups her levels with pills, but when her levels fall again after she stops using the pills, her breasts often return to their previous size. The same problems can occur with birth control pills. So why not take pills forever? It isn’t so simple. The body does not handle chronically high estrogen levels well, or hormonal imbalance overall. Plant estrogens compete with human estrogens and can even lower levels due to a process known as ‘competitive inhibition’. There is also a great risk of having serious health problems, such as thyroid disease, from such chronically high estrogen levels. The respected Dr. John Lee coined the term “estrogen dominance” for this condition [www.johnleemd.com](http://www.johnleemd.com). I advise women to research estrogen dominance because it’s fairly common in modern times, even if you don’t embark on NBE.

Herbs and glandulars are said to be more ‘natural’ and ‘safe’ than Rx drugs. This may be true in some cases, but it’s important to remember that breast growth during puberty

is due to human hormones and processes, not NBE supplements. There is a sad lack of scientific study about the safety and effectiveness of NBE substances. NBE product manufacturers sometimes quote studies that they have conducted to prove that their products are safe, but they aren't formal studies. It's hard to know if such information can be trusted. This is the same problem with the research behind many Rx drugs. Caution is wise.

## Custom Programs

With a custom program, you can tweak your doses and what you take for NBE based on how your body responds, not on generic rules given by NBE marketers. You also purchase your herbs or other substances separately, perhaps in bulk, which can save money.

In general, it's advised that you start with one or two NBE herbs/substances, see how you respond, then add different herbs/substances or increase the doses until you have growth sensations (tingles, aches, and/or itching in the breasts). The process of increasing doses is called 'ramping up.' If growth sensations disappear, you either 'ramp down' your doses, or take a break so your hormone 'receptors' clear and you are receptive to the herbs again. After a few months of NBE, a liver cleanse with an herb such as milk thistle is usually recommended. This is said to keep the body healthy and responsive - in essence, to avoid the problems caused by competitive inhibition and estrogen dominance.

The women on the forums with the best results had created their own program. There were several 'famous' cases of truly amazing success. It was so exciting and inspiring to read about the women who had gone from an A to a D cup. Everyone who joined the forum hoped that they would be just as fortunate. Some of the successful women had science backgrounds and thus some understanding of hormones, which they shared with us, but it was still a mysterious process in many ways. Sometimes their routine had included brand-name *Pueraria Mirifica* or *Bovine Ovary* products (more information on both follows), but it was never a one-pill/herb deal - it was always a blend of many different things, and thus very individual.

I began by purchasing an E-book written by a former member who had great success. I followed the routine, including breast massage (an important part of successful NBE programs, but more on massage later). I felt tired and sick on the program and had no growth sensations or results, and I wasn't alone. I later found out that the author had grown using a slightly different program, not the one detailed in her book. I then asked for advice from an 'expert' on one of the forums - a man who had helped his wife to grow on a similar program. I followed his directions but encountered the same problems. To complicate things, I didn't digest herbs very well, so I switched to tinctures because they were supposed to be good for people with digestive issues (no fibre for my body to try to break down). However, soon it was clear to me that trial-and-error was very frustrating - I wasn't really getting anywhere. I also could see that

the number of women with success was actually rather small, though far better statistically than the number of successes with purchased pills, it seemed.

The more I read and researched, the more I realised that even the most successful women had suffered a lot from side-effects, including weight gain on their lower body, hypoglycemia, an increase in cellulite, blood clots in two women who were using PM (one of the known risks of estrogen dominance) and bad mood swings (imagine having PMS for months!). It also had taken the women a long time to figure out what worked for them personally. It was a full time job, really. Yet, NBE was possible. It definitely was. So, how could I narrow things down to know what was right for me and not waste spend more time and money than necessary? I could have my hormones tested, I later learned, but even when women were tested, it didn't mean that they knew exactly what to do for the best results.

My NBE quest wasn't over, as you'll see, but before I go on, here is a list of the most common herbs found in NBE pills and custom programs:

FENUGREEK SEEDS have been used as a galactogue since ancient times. Fenugreek contains high levels of *diosgenin*, a compound that is similar to human estrogen. Fenugreek is therefore a powerful phytoestrogen, and may influence the size of breasts, at least temporarily, in some women. It can also lower blood sugar, particularly when consumed in the high doses found in most NBE pills. Light-headedness and an increase in hunger (often resulting in overeating and weight gain) are common side effects. Low blood sugar can lead to a very serious disorder known as hypoglycaemia, so be very cautious when considering using fenugreek for medicinal purposes. Also, it's important to know that in high doses, or even low doses, fenugreek gives the body a very noticeable maple syrup-like smell. Some women doing NBE try to mask the smell with mint-scented lotion, but it's hard to fully conceal it. On the forums, women complained quite bitterly about fenugreek because of these unpleasant side effects. I personally hated it.

FENNEL SEED, like fenugreek, is a known galactogue. The seeds are also used to help with digestion, as a diuretic, and to suppress appetite. For breast enhancement, fennel is sometimes used in place of fenugreek because it doesn't lower blood sugar. Some pills contain a blend of both. For a time I did a program that used mostly fennel.

*Fenugreek and fennel in combination were at one point believed to be a 'magic combo', but in the end, as always, it was only a small number of women who had success.*

RED CLOVER FLOWERS contain compounds that seem to act as progesterone blockers. Like fenugreek, red clover is notorious for causing weight gain in areas other than the breasts. Most of the women on the forums learned to avoid red clover for this reason.

SAW PALMETTO is said to an effective NBE herb for some women because it's an androgen blocker, For many women, however, it's notorious for promoting weight gain and an increase in cellulite. Nettle is sometimes used instead of saw palmetto because it

seems to have the same effect but doesn't promote weight gain. Spearmint tea has also been cited as an androgen blocker.

DAMIANA is also believed to be a progesterone blocker. Most women on the forums didn't use it because it didn't seem to do anything at all.

WILD YAM is primarily used for progesterone replacement, usually in the form of a cream.

Studies are not clear about whether this is effective or not. Wild yam may also be a progesterone blocker, allowing estrogens to work on breast tissue. Also, keep in mind that the "yams" sold in North America are usually sweet potatoes. True yams contain diosgenin, which is converted in a laboratory - but not your body – into progesterone.

GOAT'S RUE is a powerful galactogue.

PUERARIA MIRIFICA (PM) is the most potent phytoestrogen product on the market for NBE. PM seems to be a close chemical match to estradiol. Estradiol is the form of estrogen in the human body that is responsible for breast growth. In Asia, PM is used by menopausal women for natural hormone replacement therapy (HRT). There is only one company - located in Thailand- that seems to have a respectable track record with PM for NBE. However, it turns out that the company adds a tiny bit of progesterone to their product to boost effectiveness. Pure PM does not produce the same results, apparently. PM isn't combined with other NBE supplements because it's so potent. Women are advised to drink milk or take calcium supplements to ensure success when using PM.

## **Dowsing**

*Dowsing* is the act of using a pendulum, rod, or a part of your body to find things, answer yes or no questions, or to test food, herbs or medicines to see if they are okay for your body depending on your goals. It's believed that dowsing works because it helps you tap into energy fields -human, animal and geological. Dowsing with a rod for water or even dead human bodies has some validity, it seems (yes, spooky!) but overall it's controversial. Dowsing is also known as 'reading biofields' and a form of dowsing called 'muscle testing' is sometimes used by alternative health practitioners to determine the needs of their patients.

Dismayed by my lack of progress with a custom routine, I was amazed when an answer to my problems seemed to appear. Yes, there was a way to find out exactly what my body needed for NBE, eliminating most of the trial and error!

I started to read reports of stunning success by someone who had struggled for years with NBE, trying everything, pretty much, until she learned how to dowse and then she grew very, very well. Other women on the forum who had switched to dowsing seemed to be experiencing more growth sensations than the non-dowsers, too.

Normally I would be skeptical of such things, but I had already seen that hypnosis had worked in the past and NBE was possible, so why not dowsing? The women who were dowsing were very supportive of one another, it seemed. I definitely needed support because NBE can be a very emotional process and also a bit scary (so many unknowns, not to mention hormonal madness!). I plunged in with many questions, and when I was satisfied with the answers, I purchased an inexpensive E-book and learned how to dowse. I started with a pendulum, but that didn't work for me, so it was determined (by the dowsing efforts of one of the members) that 'body dowsing' was a better fit. I then started to dowse by using specific hand movements.

With help, oftne, I would dowse about the herbs and substances I needed, where to order them from, the exact doses to the gram (I had a small digital scale), timing, etc. It was very complicated and frustrating at times, but now I had a list of 'ingredient's that made sense to me - very personalized. Every day, all I had to do was go into a relaxed state, ask the appropriate questions, and then wait for my hands to move in a particular way to indicate yes or no. I truly would let go and my hands seem to move on their own, without my conscious awareness. So, this is how I figured out what my body needed for the 'fastest, safest, healthiest NBE possible' (it was important that we said this kind of phrase when dowsing, we were told, so our answers would be appropriate). I usually dowsed every 1 to 3 days because things could shift and change in the body frequently. This was one of the 'advantages' of dowsing, we were told - you could monitor yourself frequently, and that made your program more accurate.

Soon, I had some minor growth sensations in the form of shooting pains in my breasts. Finally something seemed to be working! But sometimes I couldn't dowse at all. My hands literally wouldn't move. It's hard to explain, but I can liken it to writer's block. There were all kinds of fixes and solutions for such issues, it turned out (developed by the most successful dowser on the forum). I pressed on, but it was tough. Questions had to be worded so carefully, and the answers were increasingly strange, complex and, well, kind of nutty.

I kept this up for many months, convinced that it was the missing piece of my NBE puzzle. It truly *seemed* like the dowsing women were having more growth pains and growth than the non-dowsers. I dowsed about the best diet, exercise, etc for NBE, too. My breasts would swell before my period, as they often had before NBE, but that's it. I noticed that most of the other dowsers had the same problem: growth sensations sometimes, but little or no NBE progress other than swelling. It was the same story as ever, the classic NBE struggle. Despite all of my care, I started to gain weight in my lower body and suddenly had an issue with cellulite, which I had never had before even when I had been the same weight in the recent past. I didn't know about estrogen dominance at that time, but even so I thought I was taking care of things by regularly taking milk thistle so my liver wouldn't get overloaded.

Overall, dowsing was no more reliable than the trial-and-erroring of custom programs.

## Massage, Creams, Soap

Light, daily breast massage is often recommended for overall breast health. Breast massage helps to stimulate blood flow, removes excess lymph fluid, and allows a woman to feel any changes in her breasts that might be a health concern. Some people believed that more vigorous forms of massage, done daily, could also enhance the shape, size and overall attractiveness of breasts.

Most companies that sell NBE pills also sell an NBE cream or oil that contain the same ingredients. They state that both products should be used for best results. A tube of cream or oil can be as low as \$20 for a month's supply, or as high as several hundred. Massage often requires a considerable commitment of time (ideally more than 20 minutes a day).

Massage is believed to help with NBE because it stimulates the production of the hormone *prolactin*. Clinically studies show that prolactin reduces the amount of an enzyme called lipoprotein lipase in the lower body, while increasing it in the breasts. LPL is the enzyme that shuttles fatty acids out of the bloodstream and into fat cells and tissues.

By massaging with a cream or oil, NBE substances can supposedly penetrate the skin, targeting the breasts directly. Some people feel that this might be a safer way to do NBE, and a way to avoid the common weight gain problem caused by estrogens flowing into all parts of the body when taken in the form of pills, herbs, etc.

No one on the forum grew well without daily breast massage. Massage seemed to be a vital part of NBE success, but not when used alone, with one exception, which I will describe below. Some of the Asian members on the forums reported that they grew, albeit slowly, by massaging in specific ways then immediately eating exotic 'booby-friendly' foods like homemade chicken feet soup or green papaya instead of taking herbs or pills.

Pueraria Mirifica (PM) is a popular massage cream ingredient. It's also available in a soap called Blossom-S. After reading positive comments about Blossom-S (better results than with PM creams), I purchased a few bars. I'd soap up my breasts and leave the lather on for 30 minutes or more twice daily. Within 2 weeks, I had lots of tingles in my breasts (wow, finally) and had some growth, it seemed, much like the other women were reporting. I was impressed. I had given up on dowsing by that time and had switched to a more 'scientific focus', researching PM as carefully as possible. It had a good track record in Asia for HRT, and for NBE too. PM pills were recommended, but I felt that it was too risky to take 'internals' like pills, focusing on massage instead.

My growth didn't continue, despite the care that I took to apply the soap daily. Instead, I developed skin rashes and my cellulite increased. PM can also bleach skin/nipples. My nipples were definitely looking a bit anaemic. Fortunately, my nipples returned to their usual pinkness about a month after I stopped using the soap and cream. I wasn't the only one who had issues, but some people seemed to grow well on PM products, but



not without side effects that were often hard to tolerate. Two women suddenly developed blood clots, which may or may not have been from PM, but it was a risk of estrogen dominance so that was scary.

I was starting to feel increasingly scared by the side effects from NBE substances in general. There were too many reports of problems that were serious and not temporary. Hormonal issues due to phytoestrogens competing with natural estrogen were a huge risk. As I have explained before, women often did liver cleanses or took other substances to try to prevent this, but it was tricky to figure out. For example, during puberty, breast tenderness is common when breasts are growing, yet breast tenderness can also be a symptom of estrogen dominance, so it's hard to tease such things apart. The damage could happen so quickly – or gradually enough that by the time someone realised what was going on, they had serious problems that were hard to treat. Some of the women on the forums agreed that NBE could be quite dangerous, but most of them wanted to believe that anyone who suffered badly was an anomaly and had simply done something wrong.

I decided to stop using phytoestrogens for good.

At some point, another option presented itself online – a program called Grow Yours (GY).

<http://www.growyours.com/>

The GY creators weren't exaggerating their claims about rapid size increases. Many women have good results, but only *if* they have been pregnant and breast-fed before. GY involves massaging breasts in a very specific way – a hard, slow massaging of all of the lobes in the breast, then a bit of nipple stimulation, for an hour and a half every day (2 sessions of 45 minutes, basically). Within a few days or weeks, a woman's breasts are almost at the point of lactation. Women who have breast fed before can gain quickly – their bodies seem to have a memory for the process - growing 1-3 cup sizes. The increase is not fat, it's simply milk, and some leaking can occur. Also, once you stop, you lose the size. The creator claims that GY is safe and mimics what women would go through traditionally (pregnant and nursing for most of their lives). For women who have never been pregnant or breast fed, results are slow or almost non-existent. It's also quite painful to do the massages. I gave it a shot, but I didn't get anywhere (I have never been pregnant before), I wasn't keen on being filled with milk, anyway, so I moved on.

## **Pumps**

When tissue in the body is exercised, blood flows into the area causing the area to expand. This is how a simple breast pump works - the 'exercise' in this case is from the suction caused by the pumping action.

Fancier pumps, such as *Brava*, are often based on a process called 'tension induced tissue growth.' Apparently, tension induced tissue growth has been used by the medical profession for more than 30 years for several procedures including limb lengthening. It's believed that if tension in the breasts is sustained for long enough (many hours a day for many days), the tissue expansion may cause cells to replicate and produce new breast tissue.

With both types of pumps, breasts will be larger in size for a few hours after pumping, and then will gradually deflate until the next session. Over time, more of the 'growth' is retained until the goal size is reached.

Based on 'tension induced tissue growth', *Brava* is the most expensive option, running at \$2000 from Brava, but far less if purchased on Ebay from former users. Brava must be worn for at least 10 hours a day for 10-16 weeks to gain 100 cc of breast tissue. In recent times, Brava has advised women to use the device 12-14 hours a day. The Brava system consists of two semi-rigid domes with silicone gel rims and a minicomputer called a SmartBox. The SmartBox creates and regulates the tension within the domes. As a cheaper alternative, some women purchase a set of domes separately on Ebay, a Botticelli Airlock system to replace the Smartbox, and a large sports bra.

Brava is clunky, obvious under clothes, and it limits mobility so much that most women choose to sleep in it. It's very uncomfortable to wear (chafed skin is common, so zinc ointments are sometimes used to protect the skin) and 100 cc is actually not much - not even a cup size by implant standards. The studies that Brava cites are their own studies and didn't involve many women. Overall, the results are not promising for the majority of the women who have tried Brava. There are several sites on the Internet warning about the fraudulent claims that the company has made about the product. Some women have grown, but the number is surprisingly small. Women seem to have done better with the improvised dome + airlock combination.

There are less expensive pump options, and some of them may produce better results, but not the permanent growth that Brava promises. Women have been pleased with *Bosom Beauty 2012* (close to \$200) and *Noogleberry* (under \$70). *Bosom Beauty* is an electric pump, and *Noogleberry* is manual. *Bosom Beauty's* suction is more powerful than Brava's, and can be quite painful to use, often causing skin discoloration due to ruptured blood vessels. Unlike Brava, up to 1 hour a day of pumping is usually needed for both *Bosom Beauty* and *Noogleberry*. *Noogleberry* is a manual pump and is less painful to use because the suction isn't as strong. The company that makes *Noogleberry* is also wonderfully responsive to suggestions for improvement on their user forum. Pumping with *Bosom Beauty* or *Noogleberry* may not produce true growth, but once you reach your goal (after a few months) you can do occasional maintenance - pumping only once or twice week to "top up". Many *Bosom Beauty* users have kept their results for over a year and it may be the same for *Noogleberry*. Time will tell. Both products have strong followings and free online support groups with great suggestions about how to minimize comfort and maximize results.

I purchased a Noogleberry and was very happy with the price, service and honesty of the company overall. My breasts hurt when I pumped, but it was bearable. I expanded about ¼ cup in 2 months. But my skin was very sensitive overall, even to creams that other users recommended. Then one day clear fluid started to leak out of my breasts. Clearly something odd was going on hormonally for me, so it wasn't my best option, but it was a good product so I am glad that I gave it a try.

## **Hypnosis/Hypnotherapy**

Ranging from \$10 to several hundred, NBE hypnosis CDs and MP3s are fairly easy to find on the Internet.

*Hypnosis*, or a 'hypnotic state', is a relaxed state of mind that people enter naturally fairly frequently. It can be experienced when daydreaming, staring off into space, or whenever one goes inward and becomes less aware of their surroundings. Hypnosis has been used successfully for many things, including weight loss, addictions, sleep problems, phobias and, as you read at the beginning of this article, changing breast size. But how does it work?

It's believed that if a person can enter into deep levels of mental relaxation, they can have direct contact with their *subconscious mind*. The subconscious mind is a part of the mind that can be compared to a computer - it doesn't know the difference between right or wrong, good or bad - it just runs programs. The 'programs' in this case are behaviours, beliefs and attitudes, and they come from many sources, including experiences in early childhood. The subconscious mind is a place where thoughts and imagery can be suggested and then accepted as real.

Neuroscientists have found that the functioning of the ordinary brain and the hypnotically induced brain are quite different. Hypnosis seems to make learning new things far easier because ideas flow directly to the learning centres of the mind. It's believed that this is why hypnosis can be effective for changing or controlling behaviours, emotions, health and the body - it's a way to reprogram yourself.

My first experience with how the mind might be able to affect breast size happened *before* I started to take any NBE supplements. I was thinking about NBE a lot. I had also purchased a DD bra so I would be ready for my new breasts. Oh yes, I was confident that my NBE efforts would be a success. A few days before my menstrual cycle began, I started to retain water. Normally during that part of my cycle I would have a very small, temporary increase in breast size, at most. This time, my breasts ballooned by at least 2 cup sizes! That had *never* happened to me before. People definitely noticed. In fact, my breasts were so big and firm that they thought I was wearing a padded bra. I had to tell one person twice that, no, I actually wasn't wearing support of any kind! The rest of my body was rather puffy too, but it was amazing to see my breasts so big and close to the 'ideal' that I had been envisioning.

Later on, when I was in the dowsing phase of my NBE quest, it was determined that for a time I should do visualization exercises instead of taking herbs. During that time, my breasts increased a little – more than they had when taking supplements. Then dowsing told me to take supplements again, so I obeyed. I still used visualization at times, but I was experiencing a lot of stress and found it hard to focus. However, I later learned that visualization is actually a key part of NBE hypnosis.

When new people joined the NBE forums, they often asked about hypnosis. Each time, I hoped that someone would post about a comprehensive program – one with believable testimonials, or any testimonials at all. One woman found a hypnotherapist in her city and worked directly with them for NBE. Her breasts were growing as a result. It was clear that the therapeutic part of the process was key – there were many important issues to cover that affect breast size. Most of the programs online did not adequately address this. My attempts to find a therapist in my area were unsuccessful. It seemed to be a rare thing for hypnotherapists to offer NBE, aside from MP3s online.

For a time, someone had a link to a ‘free’ MP3 to try because she wanted to conduct a study on hypnosis and NBE. I felt very happy and immediately downloaded the track. The MP3, by a hypnotherapist in New Zealand, was one of the better ones, it seemed. Several women experienced growth sensations while listening to it. The background music was very unusual, but seemed to provide the right ambiance for relaxation. One woman created her own imagery to override some of the less effective and distracting sounds in the MP3. She started to grow very quickly, and soon she had no need to post on the forum any more. No one else grew, but it still gave me hope.

It turned out that the woman who had offered the MP3 was not affiliated with the hypnotist who had produced it. She disappeared, and we were left wondering what the results of her study were. That was strange, but not uncommon in the world of NBE. I then purchased a custom program from another online source and listened to it daily. Sadly, I didn’t have any sensations or results. I wasn’t alone. Few women had success with the online MP3s, yet hypnotherapy had better scientific backing and success than the other NBE methods. I purchased an old book detailing the methods used in one of the studies, but I really needed guidance to be able to enter into the right state. I doubted that I could find anyone who would work with me in an affordable way. I had no luck before, after all. But my quest continued. I wasn’t going to give up.

### *Conclusion*

Based on what I have learned about NBE, there are very few methods that are effective, safe and without risk, no matter what the manufacturers claim. Mind power, in contrast to many NBE methods, has been studied and shown to be effective and safe. While no NBE method is as quick or dramatic as surgery when it comes to potential size increase, a comprehensive hypnosis program such as the ones used in the successful studies could become a strong competitor.