

BIGGER BUSTS IN WEEKS

Gain **2 Cup Sizes**
In 8 *WEEKS*...
Without Any
Surgery!



Bernice Burns

Bigger Busts In Weeks

Gain 2 Cup Sizes In 8 Weeks ... Without Any Surgery!

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Books Also by Bernice:

Bigger Busts Exercise Plans & Recipes

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Acknowledgements

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To Shawn Burns, my loving husband, who has supported me in sharing the information in this book despite the many challenges I've faced along the way.

To all the women whom I have had the privilege to share my knowledge with – all of you have given me a deeper sense of purpose in sharing.

Thank you all.

Legal & Disclaimer

The information contained in this book is not designed to replace or take the place of any form of medicine or professional medical advice. The information in this book has been provided for educational and entertainment purposes only.

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Your Breasts Control Your Future

Did you know? A recent study found out that it only takes an average man (who is looking for a partner) 3 seconds to decide if he is interested in a certain woman.

Yes, it's true. And it was also concluded that in those 3 short seconds, the focus is primarily on the woman's **breast size, hair, skin complexion, and facial characteristics**.

So you see...

You've just made the wise choice to invest in this guide to increase your breast size and improve your quality of life. Congratulations!

What I'm going to share with you in this book includes the research and study I've done in the last 2 years on how many women successfully increased their breast size – sometimes even when starting from basically nothing (or what is known as “a flat chest”).

But before that, I want to share some success principles that are **CRITICAL** for your success if you're truly serious in growing your breasts. Be sure to read them carefully before moving on...

I Understand How You Might Be Feeling

First of all, I understand exactly how you might be feeling right now. I know how difficult and uncomfortable life can be when your feminine assets are not as big and voluptuous as it could be ... especially in today's culture where "first impression" and "looks" more or less determine how other people treat you.

It's a depressing feeling to not have the big, voluptuous breasts that every woman (and man) desires.

Meet Kelly – a 25-year-old accountant working in Los Angeles.

When she was in school, she was one of the "unlucky" girls who weren't gifted with great, beautiful breasts. She was one of those who were often being made fun of, and she did not feel attractive at all.

To make herself feel better, she never left the house without wearing padded bras. But even that didn't seem to help – at all. In school, she was often being made fun of as the "flat chested girl".

It was then when she quickly realized that having big breasts was not just about getting noticed or getting that special guy to notice you, but they play an important role in telling us who we are – as females.

Her friends often made fun of her knowing she was wearing padded bra, and things did not get any better when she grew up.

Somehow people think that it's okay to poke fun at you just because you are "missing" something they have. For years she had been carrying that sense of hurt with her wherever she went until she finally overcame the biggest obstacle in her life a few months ago.

And today, you can begin to overcome yours as well.

If She Can Do It, So Can You

Look: Your body is built for growing.

In fact, it's always growing new cells and hair to replace the dying ones. If you don't know that's true, read just about any college science textbook or go do some research on the internet.

You'll soon realize the statement I've made is actually FACT.

Your body is like a machine that will not stop growing. In reality, it CANNOT stop growing because if it stops growing and repairing itself, you'll DIE.

So here's the thing...

If your body is constantly growing every day, why can't your breasts?

The answer is, "YES, they CAN!"

All it takes is the right exercises, the right nutritional intake, and proper massaging techniques to stimulate your breast tissues to grow.

Thousands of women have proven this to be true time and time again even when they are well past puberty.

So what does it mean to you?

Look – if thousands of women around the world can harness the growing potential of their bodies and redirect it towards growing breast tissues ... so can you!

The only thing that's stopping you is ... What? Can you guess the answer?

The answer is ... YOU.

You Determine Your Results

Have you ever wondered why students sitting in the same class can get very different grades?

Is it because they are smarter? Is it because they have extra lessons at home? Maybe, but what made the biggest difference is not any of those reasons.

Think about this ... you can give children extra academic lessons, but if they don't have the hunger to succeed academically ... if they are not willing to do whatever it takes ... the extra edge they might have gained is practically useless.

My point is this: you have in your hands a formula that has helped thousands of women all over the world. But if you are not willing to apply the techniques in this book, or if you don't believe they will work for you ... they probably won't.

On the other hand, if you believe in them, and you're willing to test out the techniques yourself, it just might work wonders for you!

I know it may sound a little "hokey", but our mind is a powerful "self-fulfilling prophecy" machine. Whatever we believe TENDS to become reality.

For example, have you had the experience where your parents believed you were lazy? You could be hard working and get a hundred things done, but they only remember the couple of times when you were lazy.

"See? I knew you were lazy!" some parents might say.

So here's a challenge for you ...

Whenever you're reading this guide and your "little voice" says something like, "I don't think this will work", I want you to think or say, "STOP!", and go ahead testing the technique anyhow.

Look, only YOU have the power to stop yourself from achieving the bigger bust size you are looking for.

Results Takes Time

Have you ever studied how a plant grows? Do they grow overnight?



No ... they certainly don't. That's the same thing with everything in nature, isn't it? I mean if you wanted to grow longer hair, what would you expect? For it to take anywhere from weeks to months, right?

You wouldn't expect your hair to grow by 10 inches overnight, would you? That's ridiculous.

The same is true for your breasts.

You need to realize that the techniques covered in this book are 100% natural. They rely entirely on your own body to grow breast tissues. It's not like one of those dangerous "quick fix" boob jobs that would increase your bust instantly overnight.

Listen ... I understand that you want bigger boobs right now. What women wouldn't want that? But in reality, you must give your body and the recommended techniques some time to work before you will see significant results from your efforts.

Pushing your body too hard and expecting results too soon will only sabotage your success.

What You'll Learn ...

As you read this book, you will be learning the easy-to-follow techniques that can help you grow your breasts naturally. I will guide you with a specific process I've used to help countless other women to achieve bigger breasts.

And by the time you finish this book, you'll master:

- The science behind breasts and how you can make them grow even after puberty.
- The truth about natural breast enlargement and the "silly" ideas based on myths or hype.
- How to regulate your breast growth so you can see permanent results.
- Which breast enlargement techniques and potential side effects to avoid.
- Steps to stop breast sagging and increase firmness.
- Proven techniques to make sure your breasts stay round and large – *Permanently*.

And just so you know, this information is based on what has worked for thousands of women around the world. Follow the steps with an open mind combined with determination and perseverance.

Remember – **you determine your results!**

- Bernice Burns

Special Bonus

I'm really grateful you are giving me a chance to help you, so I've specially prepared a Bonus Resource Handbook to help you get the most out of my program.

In this handbook, you will get ...

- **The top 3 breast enhancement products** with proven results that have worked for hundreds (if not thousands) of women worldwide. Never waste your money on "off the shelf" products that don't work.
- **A cheat sheet summary for every chapter** which highlights the most important points covered so you can refer to them anytime you like without having to spend time going through the entire book again.

This Handbook is absolutely free for you.

All you have to do is to register your email at the URL below so I know where to send you the download link:

<http://expertsfeatured.com/special/bernice-handbook/>

The Science Behind Breasts: How Do They Grow?

Most girls are excited and anxious at the same time when their breasts begin to grow.

They ask questions like, "Will my breasts grow bigger?", "How big will they get?" or "Will I have those sexy curves?"

Some of us even compare breasts, and we often wonder if there's something wrong with ours.

The most important fact to remember is that **breast growth can be stimulated by optimizing these 3 factors:**

- Hormones (the natural chemicals produced by our body)
- Diet
- Size of Chest Muscles

Let's start with the hormone factor ...

Chapter 1 – Influencing Your Hormone Levels

There are a lot of hormones produced by our bodies, and primarily 4 of those hormones determine the growth of the breasts:

- Estrogen
- Growth Hormone
- Prolactin
- Testosterone

The trouble is that after puberty the levels of these hormones tend to be regulated downwards so the body is a less conducive environment for the growth of breast tissues.

In order to overcome that, if we can somehow re-create the same hormonal condition of our bodies during our primary growth stage (puberty), we can actually "fool" the body to think that it needs to grow breasts again.

This is precisely what we'll learn in this section. But first, let's take a look at how these hormones actually contribute to the growth of breasts.

Hormones That Influence Breast Size

Estrogen

Estrogen, commonly referred to as the "female hormone", is the main contributing factor that makes us women (hence the nickname).

It is one of the most studied hormones in the female body, and it's responsible for a lot of "female things" including menstruation and pregnancy.

Estrogen is released prior to puberty which usually begins between the ages of 8 to 13. It is produced by the ovaries after the body has accumulated enough fat cells to trigger it to go into puberty.

It is then continually released until the start of the menstrual cycle which starts at the end of puberty and the beginning of the development of breasts.

Estrogen is an important hormone especially when it comes to breast size because one of its main functions is to develop the growth of breasts. Because of that, some women think that by increasing estrogen levels in the body will also increase breast size.

Big mistake.

The body can only utilize so much estrogen at a time. By increasing the level of estrogen in the body, it just means that more of it will go to waste. After a while, the body will just return estrogen levels back to normal levels.

So the key is not to have higher levels of estrogen, but instead to have a more balanced level. In fact, studies show that women who have rising and falling levels of estrogen actually prevent the full development of their potential breast size.

Beware of Fake Estrogen

Have you ever heard of "Xeno-Estrogens"?

These substances appear like estrogen to the body and mislead it into thinking that you have higher levels of estrogen than you actually have.

However, the truth is that these pseudo-estrogens do not produce the same effects as the natural estrogens we have in our body, and they do not actually help our body grow. In fact, they are regarded as "serious environmental hazards that have hormone disruptive effects on both wildlife and humans".

If they are present in the body, they will artificially inflate levels of estrogen in the body, fooling it to believe that there is more estrogen than there really is.

As a result, the body will not be stimulated to produce natural estrogen, and it will instead inhibit the body from absorbing real estrogen that is needed for the healthy development of both body and breasts.

Unfortunately, many of the everyday products we are exposed to contain traces of these xeno-estrogens, so there is no way to avoid them totally. We can only minimize our exposure to them.

Here's how:

- Reduce the use of insecticides, pesticides, and chemical lawn-care products.
- Reduce intake of processed foods that contain BHA (butylated hydroxyanisole).
- Consider switching to organic meat. Some xeno-estrogens are frequently used to help turkeys, pigs, chickens, and cows grow fatter much quicker.
- Eliminate lotions containing Paraben from your daily routine.

Growth Hormones

Growth hormones help control our height and the growth of our bones. Not only that, they also play an important role in the development of breasts.

In fact, the relationship between "growth hormones" and "breast development" can be summarized like this:

The more growth hormones you have, the more your breasts are stimulated to grow larger.

To increase the growth hormones in the body, some people resort to taking artificial (human growth hormone) hGH pills or injections.

However, this usually leads to complications and disastrous side effects like visible water retention and ear infections.

So how can we increase the production and release of growth hormone in our body naturally?

Here are some tips:

- Get At Least 8 Hours of Sleep a Night.

During sleep, human growth hormone is naturally secreted to trigger our body to do its own repair and growth.

- Exercise.

Research shows that HGH levels in the blood will increase with even light exercises. And if you don't eat for at least two hours before the exercising, more HGH is actually produced when you exercise.

- Have Healthy Levels of Stress.

Believe it or not, healthy levels of physical or mental stress can actually increase the production of human growth hormone that is secreted by the body.

- Eat Less Carbohydrate-Rich Foods.

Research has proven that insulin (the hormone produced by the body to digest carbohydrates when we eat carb-rich foods) actually suppresses the production of HGH.

Here are some carbohydrate-rich foods you to avoid:

- Potatoes
- Pasta
- Rice
- Bread

Prolactin

Prolactin helps regulate the level of estrogen in the body, and it also promotes fat storage and growth of the breasts.

Prolactin is normally only produced during puberty and pregnancy. However, the good news is that you can easily stimulate your body to produce more of it by eating some specific foods that are high in natural estrogen.

Why? Simply because its production is triggered by a higher level of estrogen.

You can also consider taking more soya and yam roots (but in moderation!). These foods are naturally high in estrogen.

Testosterone

Testosterone is the main hormone that makes men – well ... male. It is the reason why males have leaner bodies with more developed muscles and a deeper voice.

That said, testosterone is important to females as well. Generally, more testosterone increases a female's sex drive, but too much of it actually DESTROYS your dreams of big, voluptuous breasts.

That is why it is important to make sure our testosterone hormones are maintained at a low level.

The trouble is some of us have large amounts of testosterone, so how can you reduce the levels of testosterone in your body?

Simply by eating a lot less sugar and refined carbohydrates (foods which have been processed by machinery)!

Refined carbohydrates include white rice, pasta made with white flour, and white bread.

The reason this works is that excess sugar and refined carbohydrates increases the level of blood sugars. This in turn triggers the natural production of insulin in the body which then stimulates the ovaries to make androgens (male hormones).

By getting blood sugar and insulin levels under control, the testosterone levels will generally go down.

Alternatively, you can also try natural herbs for the same effect.

You Can Use Natural Herbs To Influence Your Hormone Levels!

Herbs are special plants with medicinal properties, and they are nature's best solution for almost everything – including increasing breast sizes.

Some people find it difficult to accept herbal medicines as a form of a realistic solution. But they should realize that as much as 80% of the supplements and medications we have today are created with the help of herbal extracts.

Just like medicine, different herbs bring about different effects to our body. Let's look at the top 3 herbs that can stimulate the growth of breast tissue by influencing hormone levels.

They are:

1. Red Clover
2. Fenugreek
3. Saw Palmetto

Let me share with you how each of these herbs work:

Red Clover



This herb primarily helps by increasing the estrogen level in the body. The best thing about this herb is that it acts as a two-in-one herb – it not only

raises estrogen levels, but it also indirectly blocks higher levels of testosterone.

The amount to be used should not be more than 3,000 milligrams per day. It's usually available in 400-500 milligram capsules.

If you are taking other phytoestrogens (plant estrogens), this recommended dosage must be reduced.

That being said, you will notice later on that this intake level is similar (and must be kept that way) to saw palmetto intake levels – one of the other herbs I'll be introducing you to later.

That's because both of these herbs work hand-in-hand with each other. Their dosages should be 1,000 milligrams, 3 times a day – for each of the herbs. These should be taken either prior to meals or on an empty stomach.

Possible side effects include swelling, soreness, and/or itching in the breast area.

Fenugreek



Fenugreek is usually used for the seeds and sprouts, and this is one of the key ingredients in Lydia Pinkham's Vegetable Compound, which has been popular in providing relief to menstrual and menopausal symptoms.

And because of its breast enhancing properties, fenugreek is one of the active ingredients commonly used in commercially available breast enhancement products.

If you are wondering how it works, let me explain ...

This herb contains diosgenin - a chemical that forms a semi-synthetic form of estrogen which naturally increases bust size.

It is not only good for helping you increase your breast size, fenugreek can also be used as a topical agent to get rid of skin inflammation, boils, and eczema.

But instead of just consuming this herb in the typical methods, when using it for any skin issues, you need to apply fenugreek directly to your skin topically.

Here's how ...

First, place a spoonful of fenugreek into a grinder or blender and pulverize it until it turns to powder. Next, mix the fenugreek powder with a spoonful of warm water then take a small, clean piece of cloth and soak it in the mixture. Finally, just put the moistened cloth over the affected skin and hold it there for a few minutes.

Utilizing fenugreek as an herbal topical agent applied to the skin is proven useful by the research of two natural product pharmacists (also known as pharmacognosists). They discovered that 68 of 255 plants that are used as traditional galactagogues (a substance that promotes the flow and secretion of breast milk) should be applied as topical agent.

They have published this in their book entitled Higher Plants as Potential Sources of Galactagogues that you can read for additional information if desired.

Saw Palmetto



While saw palmetto does not directly increase levels of estrogen, it helps by reducing the level and effects of testosterone, which inhibits the growth of breast tissue.

To reduce your testosterone levels, you may want to consider taking saw palmetto up to the maximum dosage recommended which is 4,000 to 5,000 milligrams per day while you are attempting to increase your bust size.

This herb usually comes in 400-500 milligram capsules, and you might want to try taking it slowly at first and then work your way up to taking the maximum dosage once you are sure your body is responding appropriately to saw palmetto. You might also want to take it without other herbs for a few weeks and then add in the other phytoestrogen only if you do not experience any discomfort after the trial period.

Safety Precautions When Using Herbs

Herbal medications have been used for centuries for healing and medicinal purposes. However, just like any other substance, you do not want to take them in excessive amounts.

And although herbs do not usually cause adverse effects, there are some things to consider before using them.

- The first and the most important thing to do when you plan on taking any medication – natural herbs or otherwise – is to **check with your physician** first, especially if you have any underlying health condition such as diabetes, pregnancy, mental illness, etc.
- **Do not take more than the recommended amounts.** Some people believe that since something is a natural or herbal remedy, it will be safe to take in whatever amount or quantity desired. But this is not true. Any substance used to treat medical issues may have adverse effects if more than the suggested amount is taken.
- **Check if you are allergic to any herb you are considering.** Sometimes people face different allergy problems, so if you are allergic to any plants or natural substances, it's best to check with your physician first in order to determine if it's safe for you to consider taking.

Chapter 2 – Massage Your Breasts To Encourage Tissue Growth!

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

They have been used in beauty and massage parlors (especially in Asia) to promote breast growth and to stimulate healing and tissue regeneration for women who have undergone breast surgeries or cancer treatments.

Many women have commented that massaging their breasts not only brings them closer to their femininity, it also helps them relax at the same time.

In this chapter, I'd like to share some tips on breast massage techniques.

Are you ready? Here we go ...

How To Do Breast Massages Effectively

Massaging your breasts is a simple procedure, and it only requires a couple of minutes at a time.

To avoid damaging the skin from too much rubbing, make sure to warm your hands first by rubbing them together rapidly BEFORE starting the massage.

The Ultimate Breast Massage

Step #1: Gently push your nipples downwards using your first three fingers. Remember not to apply extreme pressure. Simply move your fingers slowly, and you can do this in graceful or sensual manner if you like. Repeat a few times.

Step #2: Knead your breasts. This is done by holding your left breast like a bowl using your both hands and then compressing your hands. Make sure you're comfortable and don't exert too much pressure. You shouldn't feel any pain. Once done with the left breast, repeat the process on your right breast.

Step #3: This involves the same process as kneading, however the difference is that this time the movement of your hands should be done in rotating motions. Do this using minimal but even and sustained pressure for 10 times each breast.

Step #4: Firm up your breasts by placing your hands over each of your breasts without covering the nipples and then push downward -- make sure you don't cover the nipples. **Continue rubbing the side of breast at least 10 times each.**

Still unsure? Watch this demonstration video (if instructions vary, follow mine):

<http://www.clicktoghre.com/breast-massage/>

You'll need to verify you are above 18 years of age to watch this because it involves nudity, but rest assured, this clip does NOT contain material of an explicit adult nature.

Have You Heard of Progesterone (USP) Cream?

For best results, you might want to supplement your breast massage with progesterone cream.

This cream is available in all major pharmacies, stores, and even online markets. However, make sure you buy a USP (United States Pharmacopeia) certified product, and check to ensure the seal and packaging is completely intact before opening. This certification makes sure the product is progesterone found in the human body.

Looking for USP certified Progesterone cream may be challenging for people outside the United States.

Fortunately there's another product that works like progesterone cream, and it is an herb product by the name of milk thistle.

Milk Thistle

Milk thistle is not produced as a cream. It is usually sold in stores in capsule form. However, it is as effective for breast enhancement as progesterone cream. It works by improving hormonal absorption and balancing hormone levels.

Compared to progesterone cream, milk thistle is readily available worldwide and can also be purchased from leading pharmacies.

A Faster & More Reliable Solution?

Well, I don't know about you, but I've always been skeptical of breast enhancement pills ... and for good reason.

You see ...

About a year ago I noticed some "unethical" companies using fake "before" and "after" photos and testimonials to deceive women and trick them into buying their products.

And what's even worse ...

Some even had "professionals" wearing doctor's gowns and pretending to give "medical advice".

This was just plain DISGUSTING, and I remembered telling myself that all bust enhancement pills are just a scam.

But guess what? Recently ... I realized I was wrong.

It all started when I accidentally stumbled upon this website:

<http://www.biggerbustsnow.com/breastsuccess/>

I saw and heard the piles of audio and written testimonials received from happy, satisfied customers. (You can visit the website and listen to them yourself. They are AMAZING!)

It's even been featured in women-focused magazines like *Cosmopolitan*, *Shape*, *Self*, *Allure* and *Glamour*.

But that's not all ...

In June of 2011, over 500 women volunteered to test out the effectiveness of the pill.

The results?

92% reported SIGNIFICANT gains in the size of their bust line.

Finally ... there is a single breast enhancement pill that seems to be WORKING! And it produces even faster than relying on milk thistle.

So if you are serious in getting those big, beautiful breasts, then click on the link below right now simply because it WORKS:

<http://clicktogohere.com/breastsuccess/>

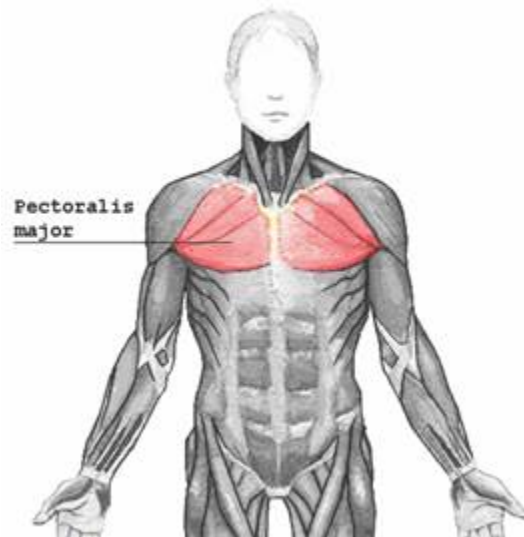
You will be glad you did!

Chapter 3 – Breast-Boosting Exercises

A lot of women have been asking me for a specific exercise that will help increase the size of their breasts. But what most people don't realize is that there are SEVERAL exercises that can easily make the breasts appear both larger and firmer.

So how do they work?

The answers lie in the human anatomy.



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via Wikimedia Commons*

Based on human anatomy, the breast consists of fatty tissues placed on top of chest muscles.

By exercising and strengthening the chest muscles, you will naturally lift the breasts upwards making them appear firmer and larger.

The truth is there are MANY "bra-busting" exercises. But to keep you from feeling overwhelmed with too much information, I've only listed one of them here.

And whenever you feel that you are ready to learn more, you can get your hands on the rest of the exercises in the in the Bigger Busts Exercise Plans & Recipes, available in the Amazon Kindle store. You can either search it or visit the URL here:

<http://amzn.to/livAboi>

Bench Press



Most people think that bench presses are for men, but that is simply not true.

The truth is this exercise is the most effective one for tightening the pectoral and chest muscles which then pushes your breasts outwards.

When doing this exercise you need to make sure that you bring the bar all the way 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. Doing this exercise in three sets of 7-12 reps works well.

Just make sure the weight of the bar is in the higher range of your comfort zone but also doesn't strain your back and other muscles too much.

Chapter 4 – Making the Results "Stick"

Now that you have already learned the different techniques to increase the size of your breasts, the next question might be "How can you keep your breast size larger once they grow?"

In general, it only involves 3 things:

1. Accomplishing the recommended breast massaging ...
2. Eating natural breast enhancement foods like Soya and yam roots while avoiding processed foods at the same time ...
3. Completing the suggested chest exercises ...

You Don't Need To Sacrifice Taste for Results

It is important to maintain and keep your hormone levels balanced even after finishing this program.

The best and most effective way to do so is by controlling your diet. And one of the biggest misconceptions floating around about dieting is that you need to sacrifice taste for results.

But that's not true at all.

All I can say is ... Thank goodness you can learn how to keep hormone levels balanced with some easy-to-prepare recipes I discovered a few years ago!

With these recipes you no longer have to worry about sabotaging your own bust growth, and more importantly, you'll still get to enjoy all the delicious tasting foods that you like!

And what's even more phenomenal is that these meals consist of food you can easily grab in the grocery store so they are amazingly easy to prepare.

A couple of months ago Scarlet stumbled upon the recipes we share in the ***Bigger Busts Exercise Plans & Recipes*** guide.

Recently we received call from her saying, "They are so simple to prepare, and they taste really good. But I made a mistake being lazy, and I only followed your recipe every other day. However, I'm already a cup size bigger! So I'm going to follow your recipe every day from now on in order to get results faster."

(Good work, Scarlet!)

Here's one of the recipes that I usually share in the recipes guide:

Palomino Chicken

This meal is easy to prepare plus it's tasty and pleasant to the eyes as well. It also has a very high protein content. The best thing about this meal is that you can cook it in many ways including broiled, baked, grilled, or even sautéed.

The meal normally uses six chicken breasts, but if you have a small family you can cut out half of the chicken. You would not believe that I have taken this recipe from a can of cranberry juice!

Tip: Use kitchen shears for cutting apricots since dicing them could become challenging and frustrating.

Ingredients

- 6 boneless, skinless chicken breasts
- 8 ounces of whole berry cranberry sauce
- 1 plum tomato, seeded and chopped
- 1/4 cup diced, dried apricot
- 1 1/4 teaspoons cinnamon
- 1 teaspoon dried cilantro
- 1 teaspoon hot pepper sauce
- 1/2 teaspoon ground ginger
- 1/2 teaspoon black pepper

Directions

You can either sauté, broil, bake, or grill the chicken and then top each piece with cranberry salsa.

To create the salsa, combine the other ingredients in a medium saucepan and cook everything until heated clear through and presto! Your dish is done. Serve warm and enjoy!

Go ahead and prepare this dish, and you'll soon realize that it is totally possible to eat great-tasting food without sabotaging your breast growth.

And whenever you feel that you are ready to learn more, you can get your hands on the rest of the recipes in the in the ***Bigger Busts Exercise Plans & Recipes***, available in the Amazon Kindle store. You can either search it or visit the URL here:

<http://amzn.to/livAboi>

Chapter 5 – Secrets for INSTANT Breast Enlargement

From the countless women I've come in contact with, all of them tell me the same thing:

"Having smaller breasts makes me feel insecure and bad about myself, so I tend to keep to myself. I'm very hesitant to make my opinions heard."

If that is what you are feeling right now, I can understand.

I know you want to see fuller and bigger breasts right now – and you want to feel more confident about your body. But like I said, your body needs time to produce these visible results.

That being said, it does NOT mean that you cannot feel confident about yourself.

The good news is that besides exercising, there are a few practical ways to make your breasts look bigger – and soon!

While you are working on getting long-term results through exercises, breast massages, and eating the right foods, you can definitely use these tricks to make your breasts *appear* larger in the meantime.

Ready to learn how? Okay ... let's get in depth with each trick right now...

Practical Tips

The clothes we wear play an important role in forming our image and impression. In fact, this is so important that interviewers in reputable companies actually give scores on candidates based on their choice of clothes during an interview!

And in even better news, selecting suitable clothing not only changes how people perceive us, but it can also create an illusion that our breasts are larger than they really are.

It's true! Some clothes actually make breasts look bigger while other clothing can make them appear smaller.

Here are some of my clothing and accessories tips:

Wear Big Ornaments

Ornaments like jewelry can create an additional "hook" to your looks. So try wearing big, stunning, and eye-catching necklaces, etc.

You can also start wearing bright-colored or revealing clothing without any worries because a bold necklace will draw attention away from your breast size.

Wear Small Accessories

As opposed to wearing ornaments, wearing small accessories can make your breast look bigger instead of drawing attention away from them.

Wearing a small necklace or broach enhances the cleavage and makes the breasts appear to be larger than they really are.



Create Cleavage With Makeup

Makeup can be amazing. If you have seen shows on applying makeup, then you have probably seen how using makeup can make your eyes look far more attractive and larger than they truly are.

The same goes with your breasts.

There are different colors of foundation available, and if you have a foundation that is a little bit darker than your face, you can use that one to create cleavage – even if you don't have much cleavage in reality yet!

It is true, and it actually works! Just brush that powder on your chest a little over the top of your breasts to create a "V-shape".

By the way, did you know that this is the most common thing that female models and celebrities have their makeup artists do before they get in front of the camera or on stage?

Wear Clothing with Stripes

Choosing clothes with stripes can actually make your breasts look bigger. However, just make sure these clothes are with horizontal stripes. If possible, 2-4 stripes should cover the breasts. Try it, and the results will be stunning!

Select Clothes That Enhance Your Body Shape

The best tops are those tight tops that actually make your breast look firmer and larger. It's all about the visual effect so pick a few clothing choices and

then go into the fitting room and test out the options looking for the best top that brings out your curves.

Choose Thick and Tight Materials

Wearing thick materials such as wool gives an additional layer to your bust.

However, make sure that the clothes are tight so it will have a form and curve into your body.

Select Black Clothing

Wearing black adds to the emphasis of your body curves whether it's your hips or your bust line. The color black is also a color that represents sexiness and elegance.

Just a tip: Wear black clothes especially if you are working in closed spaces like offices or well-lit areas.

Adopt a Good Posture

Women with small breasts often lose confidence and tend to slouch with their posture expressing their low self-esteem and making things look worse than they really are.

And if that's not bad enough, slouching actually makes breasts look even smaller and much more saggy than they really are.

Now what most women do not know is that adopting the right posture aids in making the bust look both bigger AND firmer.

All it takes is a single step of **lifting your shoulders and pushing them back**.

Try it and you will see for yourself!



You see? Some of it's almost effortless, and you can do it in no time.

Your focus is to push your shoulders backwards so they form something almost like a straight line. And even if your breasts don't appear bigger, your self-confidence will – and it will help make you feel better about yourself as you work towards your goals.

Are You Ready To Accelerate Your Results?

As you probably already know, I am blessed to have been able to impact thousands of women through my website, newsletters, and programs. From my heart to yours, I invite you to take on my *Bigger Busts Exercise Plans & Recipes*.

This program will bring you an entirely new season of life with its breast-enhancing results.

It will show you the exact recipes which can help women like Scarlet to experience fuller, firmer breasts (even though she got lazy and only followed it every other day).

It will also show you the top 4 bra-busting exercises that will help in balancing your hormone levels so you don't such a high risk of sabotaging your own success.

Not only that, you will walk away with better blood circulation, a more radiant glow on your face and skin, a better complexion, and more energy.

In addition, the *Bigger Busts Exercise Plans & Recipes* will also show you how to save hundreds of dollars by making your own breast massage cream.

It's fun, it's exciting and it's packed with practical steps to accelerate your breast growth. And whenever you feel that you are ready to learn more, you can get your hands on the *Bigger Busts Exercise Plans & Recipes* available in the Amazon Kindle store. You can either search it or visit the URL here:

<http://amzn.to/livAboi>

-- **Bernice Burns**

Additional Beauty Resources

Bigger Butt Now - How to Get a Bigger Butt Quickly!

<http://amzn.to/TiTBQO>

Double Chin No More - How to Get Rid of A Double Chin! (Natural Beauty)

<http://amzn.to/1wx6h5B>

Ten Years Younger NOW - "How to Look Younger" Secrets Revealed! (Beauty Tips)

<http://amzn.to/1pNO5Cu>

High Protein Low Carb Diet – Lose Weight Effortlessly & Permanently

<http://amzn.to/1qJ05qB>

About The Author

Bernice Burns was born in Oregon Bay, Oregon in the United States in 1981. Over the last few years she has guided thousands of women around the world with her natural breast enhancement techniques which she now humbly shares in this book.

After all, she used to struggle emotionally in life because of her small breasts so she knows how it feels.

Not being blessed with big and round breasts after puberty, Bernice used to feel unattractive and extremely self-conscious. She found herself relying on padded bras and feeling less like a woman because of her small bust size.

Fast-forward to adulthood and Bernice continued to feel that way -- that something was missing -- even though she had a career and many people who have told her just how beautiful she is.

Unsatisfied with her life, she decided to look for natural ways to increase her breast size. After going through the countless breast enlargement scams, she finally stumbled upon the natural methods that truly helped her increase her bust size from an "A" to a "C" in just a matter of weeks.

When news spread, her colleagues and friends wanted to learn her secrets. With so many demands for the information, she had to find a way to handle them without losing control of her time. That's when Ms. Burns had the idea of writing a book.

Finally, after months of deliberation and help from her friends and her now husband, she has documented everything she has learned with her [Bigger Busts In Weeks](#) book.

Today, she stands proud of her figure, and she has become the "go to person" for anyone who wants bigger, rounder breasts.

Recently she has published her second book titled, [Bigger Busts Exercise Plans & Recipes](#) which reveals the exact recipes, exercises, and DIY breast massage cream and techniques she used to gain 2 extra cup sizes within weeks.

Look inside ↴

BIGGER BUSTS EXERCISE PLANS & RECIPES



Practical Guide
to Grow Bigger
Breasts After
Puberty...



Bernice Burns

kindle edition