

Bigger Breasts Naturally

by Kenneth G. Dockins, CPT, LWMC

Do you want bigger breasts? Do you think exercise might give them to you? If so, here's a true story that might interest you. (Of course, we asked permission to print this story for you, and the names are changed to protect privacy).

A young lady asked me this, regarding exercise and fitness personal training. Her question was "If I train with you, will my breasts get bigger? Will they lift themselves up, become firmer and fuller like they used to be when I was younger? Truthfully, I hesitated momentarily, before answering this one. Yes, I really wanted to motivate her, as well as gain her service as a new fitness client. And, I also wanted to stimulate her existing desire to re-ignite her fire and passion for exercise. My greatest personal satisfaction comes from seeing other people improve themselves, especially when their benefits come from advice, education, suggestions, and/or training techniques that I have brought to them.

However, my ethics are much stronger than my desire for profit. Ethics in the diet, exercise, and personal fitness training industry are an extremely valuable commodity. They denote character and intent to provide quality service. Therefore, I smartly hesitated before answering the young lady's question. I could see the look in her eyes. She may have wanted me, as a trainer, to say, "Yes, of course your breasts will become larger, firmer, and fuller, just like they used to be. All you have to do is exercise." The truth, however, is quite surprising and perhaps contrary to your probable expectations.

As I began to research the subject, "natural breast enhancement," many truths became obvious, almost instantly. Of course, you find your most immediate replies from Internet sources. Members of the general public, many of whom have no accreditation, formal education, or long-term training expertise, are free to create such highly opinionated responses. Although these individuals (and some small businesses, too) may mean well, they simply lack accuracy, especially in the art and science of conducting skilled research.

Now, let me tell you what I noticed right away. Upon my first query on natural breast enhancement, several web sites displayed conflicting information. For example, one site said that herbs, minerals, and vitamins would cause a woman's breasts to enlarge. The next site said that "exercise" would boost breast size by at least one "letter." A third said that "nothing" would help because genetics alone determined breast sizes. A fourth claimed that wearing pressure clamps all day long would increase breasts by at least two cup-sizes.

As you might already see, the offerings, replies, and suggestions included various alternatives, methods, and techniques. There were suction and pressure devices, creams, encapsulated hormone products, immune system "enhancers," nutrient supplements, etc. A few sites even boasted about "special secret exercises." (Of course, you had to pay first before they told you what these unique, new "special secret exercises" were, if any.) The exercise science industry says nothing about "special breast enhancement exercises." This type of information is only hype. Don't buy into it. Stick with

science. Stick with accredited information sources. Maintain your knowledge through licensed, formally trained professionals. Especially, deal only with specialists who maintain high "ethical" standards.

You may be interested to know this. Here is the basic outcome of a comparison between the various natural ingredients associated with "breast health." These ingredients were different from those that claimed to increase "breast size." If you are a candidate for such products, you must be meticulous about the phrasing of such descriptions. There's a saying on the Internet that, "You have to already know what you want, before you can find it." In other words, asking for "breast health" gives you different results than "breast enhancement" or "breast enlargement," or even "natural breasts."

For example, properties of nutrients claimed to exert "anti-cancer" functions. Still, others were reportedly claiming to make the breast expand (or, at least "appear" to) swell in size. Certainly, you could rationalize the following. Some nutrients do indeed tend to protect your cells from deterioration. At least, there are some that may offset the formation of cancerous cells. This, however, does not automatically mean that the tissue will appear larger and/or grow bigger. When you refine your "purpose," you are more likely to find something that can provide you with a satisfactory solution.

Do You Want the Bottom Line on "Natural" Breast Enlargement?

There really is "nothing" available and practical that will give you such results. The only thing that possibly comes close to achieving this for you is the "pressure clamp" concept. That is, you wear pressure clamps all day long for about 20 to 30 days non-stop. Surely, you can see how many people cannot arrange the time for such an activity. Convenience is certainly a factor that affects you. And, can you withstand the discomfort of this type of breast enlargement technique? At least, this idea has some merit, but it's still not your most practical and achievable solution. Now, consider the following.

In a "natural" way, nothing exists that will actually make your breasts firmer, fuller, or larger. You can, however, protect the "natural health" of your breasts. Additionally, with exercise, you can naturally increase the size and strength of the MUSCLE layers BENEATH your breasts. These muscle layers (called "pectorals") can give you a slightly more firm appearance. This is true only because the muscles themselves become more firm, NOT your mammary glands. In reality, breasts consist of fat tissue, not muscle. Fat can seldom be "firm" to the touch, and fat is hardly likely to give you a firm, solid appearance.

Now, "think outside of the box" for just a moment. Returning to our original story line, the ironic thing is that the woman you read about already possessed very large breasts. Thousands of "decent-sized" ladies would "kill" to have what she already has. However, the feeling that your breasts may not be nice enough also comes from other facts. Your surrounding body parts can also lack THEIR proper shape and symmetry. Your overall fitness (including body fat ratio, flexibility, strength and endurance) may be poor or below average.

So, here's a breast enlargement/enhancement/health solution that you can count on, virtually, forever. BECOME TOTALLY FIT. For example, with the woman you read about above, reducing waist size would conversely increase breast size appearance. Do you understand how this works? In exercise science, there is something called a "waist-to-hip" ratio. It measures your cardiovascular risk as well.

However, with an excellent waist-to-hip ratio, your body "looks" good, too. In other words, reduce your waistline to enhance your upper body stature, appearance, and appeal.

Next, there is your "body composition." This is an approximated measurement of the amount of fat you carry in your subcutaneous tissue layers (immediately below your skin's outer surface). This is a ratio of the fat to muscle your body carries. Via practically any combination of aerobic, bodybuilding, endurance, toning, or strength workout activities, you can remarkably enhance your body composition. This, in turn, enhances the size of your waist, plus the shape of your torso, and consequently, the appearance of your breasts. Therein lies your "breast enlargement," the "natural way."

It's time to train your way into a more pleasing appearance, and a higher level of stamina comes with it. It's a win-win situation for you, without medical complications, and with no negative side effects. Help "nature" take its course by helping your body do what it is supposed to do - that is, to PERFORM. Call your trainer or weight management specialist and get more information. Then, step into higher gear with enjoyable and effective diet, exercise, and fitness physical activities. Your breasts will say, "Thank You."

About the author:

Kenneth G. Dockins, owner of [Better-Body](#), is an American Council On Exercise Certified Personal Trainer, also an ACE Certified Lifestyle & Weight Management Consultant, possessing over 15 years experience in diet, exercise, fitness, health, nutrition, and weight management. Specialty: aerobic endurance exercise program design and weight loss achievement. Temple University Kinesiology graduate. American Heart Association AED a