

Foods that enlarge breasts

Last Updated Tuesday, 08 April 2008

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You may wonder how anything that you eat can alter your breast size without making you gain weight. The answer is simple. While eating certain foods alone will not guarantee you any bust enlargement, it may really help you getting faster results if you use any other methods, like creams and pills. This is because some food contains a good amount of phyto-estrogens – chemicals that are close to your own estrogen hormone. And since estrogen is responsible for your feminine curves, a slight increase of that hormone in your body can help you to achieve fuller breasts. The foods that are most known for their high estrogen content are soybeans, wheat, barley and rye (gluten grains), as well as dairy products. Obviously, you are not expected to eat only bread and cheese and drink soy milk, even though this will increase your breast size along with all the other parts of your body. The idea is to include some of these foods in small quantities in to your everyday life, without overdoing it. Another important tip is eating food that is high in bromine and manganese. These two chemicals are needed because they stimulate the production of our own sex hormones in the body. They also increase the sensitivity of receptors in the breast tissues, making them more receptive to estrogen. Bromine can be found in many fruits and nuts like apples, pears, grapes, almonds, and walnuts. Manganese is contained in seafood like prawns and mussels, and also in wholegrain rice, corn and spices (i.e. ginger, cloves). You can get these chemicals in a good amount by trying out the following salads. Salad 1

1 medium sized melon, 1 banana, 1 apple, juice of 1 lemon, 1 peach, 2 apricots, 250gr of green grapes, 125gr of cherries, 125gr of strawberries, 125gr of raspberries, 4Tbsp of sugar and 1 cup of wine or Madera. Cut off the top of the melon and remove the insides carefully. Remove the seeds and cut the pulp in cubes. Peel and cut banana, and sprinkle it a little bit with lemon juice. Do the same for the apple. Put the peach in the hot water for a couple of seconds and then peel off the skin and cut in cubes as well. Cut apricots. Wash the cherries and remove the stones. Mix the sugar with wine. Add the fruits and leave for about 1 hour. Salad 2

500gr of prawns, 350gr green beans, 4 tomatoes, 4 cucumbers, 1 lemon, 2 Tbsp olive oil, spring onion, fresh oregano, 1Tbsp sweat mustard, 1/2tsp sugar, 100gr cheese Boil prawns in salty water and put aside. Boil the green beans in a little bit of water. Mix prawns, green beans and fresh vegetables. For sauce mix 3tsp of lemon juice, lemon peel, olive oil, spring onions, mustard, sugar and add some pepper and salt. Pour the sauce over prawns and vegetables and decorate with cheese.