

# Hypnosis for Breast Enlargement

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You may wonder what does hypnosis has to do with breast enlargement and how can it possibly help? You may think it is impossible to change your body without affecting it physically somehow. And yet, hypnosis is a good option for breast enlargement. Scientists have proved that it is possible to increase your cup size by using special hypnotherapy. How is it done and why does it work? Maybe you have noticed how much your life is affected by your thoughts. Well, so is your body. Our physical shapes are greatly influenced by how we imagine ourselves to look like, by our fears and general psychological traits. The idea of the hypnotherapy aimed at enlarging your bust is to bring you back in time when you only started developing your breasts and recreate that sensation of growth in your chest. It also helps you concentrate on your future and imagine the breasts exactly the way you want them to be. This can make body remember the long-forgotten functions it had during puberty and start growing new tissues again. Sounds too unreal? Then check scientific studies:

1. Peter H.C. Mutke, M.D. (UCLA) performed the first study. He presented his results as a research paper to the Department of Neuropsychiatry, University of California, Los Angeles, February 28, 1971. As of 1994, Dr Mutke was still with UCLA and has been active in the American Council of Hypnotist Examiners.
2. Williams, J.E., Stimulation of breast growth by hypnosis. "Journal of Sex Research," 1974, 10:316-326. His thirteen volunteers averaged 2.11 inch increase in the circumference of their breasts (2 cup sizes).
3. Staib, A.R., and Logan, D.R., Hypnotic Stimulation of Breast Growth. "The American Journal of Clinical Hypnosis," 1977, 4:201-208. They repeated Dr. Williams' results with similar results. They also found women's waist size decreased by 1.4 inches. Their follow up study showed that 81 % of the breast enlargement was retained several months after the women stopped their visual imagery.
4. Willard, R. D., Breast enlargement through visual imagery and hypnosis. "The American Journal of Clinical Hypnosis," 1977, 4:195-200. Dr Willard used a different technique than Dr. Williams (who used age regression and age progression) and achieved an average 1.44 inch increase in breast size for his 22 volunteers. Every woman had an increase in their breast circumference.
5. Wilson, Donald L. MD, "Natural Bust Enlargement With Total Mind Power" How to use the other 90% of your brain to increase the size of your breasts. 1979 Book. Has the scripts and a great bibliography. Dr Wilson ran a clinic in California with great success. This book (a small hardback) is available thru Hypnosis Institute of Texas for US\$12.95 plus \$4.95 shipping and handling.
6. Beran, Roy (a neurologist at Adelaide Children's Hospital, England) presented the results of his study to the February 1979 National Convention of Hypnotherapists in Adelaide. Dr. Beran showed that the breast volume (he measured the breast's cubic displacement of water) more than doubled during the three month hypnosis program. Excerpt of the RESULTS section of the Willard study:

At the end of 12 weeks, 28% had reached the goal they had set at the beginning of the program and desired no further enlargement. There were 85% who could tell a significant enlargement in their breasts had been accomplished, and 46% found it necessary to buy a larger brassiere. Forty-two percent had a loss in weight of greater than 4 pounds and still had enlargement of their breasts. The average increase in circumference was 1.37 inches; the average increase in the vertical measurement was 0.67 inches and the average increase in horizontal measurement was 1.01 inches.... [note: the study was continued past 12 weeks to let those who hadn't reach their goals to do so.]

In this study, 63% of the subjects had had children and complained of pendulous breasts. These subjects expressed a desire to reclaim the fullness and contour of the breasts which they had before the pregnancies. All of these subjects reported they were very pleased with the increase in fullness and firmness of their breasts at the end of the study....

The only two subjects who subjectively felt there had been no significant increase, did have a measurable increase in size. Both subjects had difficulty obtaining the visualizations. All of the subjects reported an increase in firmness of their breasts. All of the subjects who began the study with one breast smaller than the other found them to be equal in size at the end of the twelve weeks. Still not convinced? Here is one of many testimonials from a person who tried it:

"Before trying your tapes for Breast Enlargement, I was using some herbal capsules. And they worked, to a point. Unfortunately, there was a side-effect - it seemed that for every inch I grew my bust, I gained 5 pounds. And if I stopped taking the supplements, my bust shrunk, too. Now, I've solved the problem with hypnosis. My bust increased two cup sizes, and my waist is back to normal. Thank you. -E. G. (U.S.)" Check the testimonials of people who used hypnosis not only for breast enlargement, but for many other issues, and see yourself how it changed their lives. You may also wonder if there is a guarantee that it will work for you. Many people believe that they are not able to be hypnotised. In most cases this is not true. As many as 95% of all people are hypnotisable. Also, remember that the effect of hypnosis depends on your willingness to get hypnotised. The more accepting you are &ndash; the faster it will work for you. Consider the following benefits of hypnosis for breast enlargement. No physical intervention &ndash; no scars, possibility of weight gain or indigestion. One-time purchase &ndash; you purchase the hypnosis CD only once and can use it for the rest of your life, because it doesn't expire or run out. Therefore, you save money, but your chances to see the results in some time stay the same. Possibility to share with others &ndash; you can purchase one CD and use it together with your friends or relatives. So, why not give it a try? It's a safe natural method that was tested and recommended by many people. After all, if it worked for them, why wouldn't it work for you? Find out more about hypnosis for breast enlargement, or click below to see what other problems can be solved by hypnosis.