

Herbs for Breast Enlargement

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You probably already know that most of the natural enlargement pills and creams are made of certain herbs. Here is the list of the most popular breast enlarging botanicals, their use in medicine and how they affect your body. Fenugreek (*Trigonella Foenum*) Most of the breast enlargement pills you find have Fenugreek, either at the top of list of ingredients or anywhere else in the formula. When Fenugreek is listed at the top – it means this is the active ingredient – the one that takes most of responsibility for your breast increase. Why fenugreek? Because it was proved by scientists that fenugreek has certain phyto-estrogens that are very similar to the hormone estrogen produced by female body. Estrogen is the main female sex hormone that is responsible for woman's young and healthy skin, shiny hair and breast size. Fenugreek gives extra estrogen to female's body and that results in natural and healthy growth of breast tissue. In ancient times fenugreek seeds and oil from these seeds were used by breast feeding women to increase the amount of milk, as well as develop larger bust. Other benefits of fenugreek are relief from painful menstruation, libido increase and improvement of digestion. Fenugreek is contained in the following products: Breast Success pills, Breast Actives pills, Perfect Woman cream, Zoft Breast Gum

Saw Palmetto This is another popular ingredient. Saw palmetto has been long known as a tonic that builds and restores body tissues. In homeopathy it is also given for breasts that become small and shrunken due to a hormonal imbalance, because of its estrogenic action. Also, studies have shown Saw Palmetto to successfully reverse atrophy of the mammary gland. Saw palmetto is also known to treat urinary tract infection, increase libido and restore hormonal balance. Saw Palmetto is the main ingredient in: Mammorex pills

Fennel Fennel is another estrogenic herb that has been used for centuries to promote milk production. It has long been praised for its abundance of flavonoids. These compounds exert mild estrogenic effects and are completely harmless and non-toxic.

Pueraria Mirifica Pueraria Mirifica (White Kwao Krua) is a native herbal plant found in deep forests of the northern region of Thailand. It has been well known to local people for many years due to its distinguished properties and efficacy, as well as regarded as the national identity of traditional medicine. The phyto-estrogens in the Pueraria Mirifica are more concentrated than in any other herbs. It also has anti-aging and rejuvenating properties, helping to battle wrinkled skin and memory loss.

Wild Yam Wild Yam is thought to have a chemical called diosgenin, which can be used to create progesterone and estrogen for the body, leading to similar effects described above. The herb is widely used in many medicines, specifically those that help to treat various illnesses in women, like yeast infections, premenstrual symptoms, breast tenderness, and a tendency to form cysts in the breasts, ovaries or both. These ingredients are usually present in all herbal breast enlargement pills, but in different doses. Therefore, the effects of different pills can vary, depending on the unique combination of active chemicals and other supportive ingredients in their formulas.