

## **Breast Enhancement Facts**

While many of us may not be happy with the appearance of our breasts, it is good to know that we come in all sizes and shapes, and we can actually improve their appearance - whether it be increasing their size, enhancing the shape and contour, or adding to the firmness and beauty of the female form. If we are not happy with our current breast size and appearance, we now have the knowledge and resources to do something about it.

The development of small amounts of breast tissue is usually the first sign of puberty in girls. Some girls notice breast growth and substantial breast size increase as early as 8 years old, while others don't start maturing until age 13 or 14 or later. The timing is determined by the individual's biological "clock" that tells your body to start producing high levels of the female hormones estrogen and other hormones such as progesterone and other estrogens. Breasts go through about 5 stages of maturity over the next five to six years, until they reach their full growth potential by age 17 or 18. If, for some reason the breast growth cycle is never fully completed, there are natural breast size increasing options that are both a realistic and safe option to surgical breast augmentation.

While breast size is mostly determined by genetics and hormonal levels in the individual during puberty and even various stages of life such as pregnancy, there are also some environmental, or outside, factors that have been hypothesized to play a role in the size of a full grown women's breasts.

### **Increasing Breast Size Naturally - What Are Your Options for Working with What You Have?**

Women who may have been malnourished, exercised obsessively, or dieted a lot in their teen years may have experienced stunted breast growth, or an incomplete cycle of full breast maturity, leaving them with a smaller sized bust than they may have had on a healthy and balanced diet in the formative breast growth stages. This is all conjecture, but it does make sense if you think about it. The breasts are - in essence - "extra" tissue that the body does not really need to sustain itself, rather they serve the biological purposes of motherhood. See why we know you can increase your breast size naturally. It's worked for many women already.

This is why the first thing most women (most, not all) say they notice shrinks and loses size and volume when they lose weight, is their breasts. For some, this may be a blessing, for others, they want to hold on to all of the fullness in their breasts they can, as breasts are viewed in our society as an object of sexual allure and femininity, and most women want to increase their breast size rather than decrease the size.

Even if your breasts did reach full maturity, but you are still unhappy with their size, breast supplements may work for you! There are many different formulas offered, and some correct the under-development of breasts during the teen years, where as others focus on stimulating new mammarial tissue growth, which is the same process which makes your breasts grow when you are pregnant.

The UPLIFT breast product is a perfect product for women concerned about increasing breast size while not gaining any weight or even losing weight, as it allows the breasts to grow naturally while not putting any additional weight on in any other areas of the body