HOW TO GROW YOUR BREASTS

'The Natural Way'

PURAFEM PROGRAM handbook

BY

John B

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Introduction

It was often thought that only the rich and famous could change their looks; that it took a lot of money and cosmetic surgery to gain a fuller bust. Nowadays, with the help of nature and the power of one's own mind, women from all walks-of-life are able to achieve their desires of enhancing their breasts. If you are reading this book we applaud you for using nature as your tool to achieve that which you desire.

This e-book is an informational guide and workbook for you to use to create a healthy and beautiful body with naturally enhanced breasts.
Chapter 1: The Mind/Body Connection

The mind/body connection has been researched and studied for centuries by physicians and non-physicians alike. In the early years science didn't support the connection and along with religion the two parts were divided. After years of research and study; that connection has now been recognized. Research shows that our thoughts produce chemicals in our bodies called peptides. This peptide network goes beyond the brain and is the universal language used by our cells; every cell has peptide receptors which communicate and can change the state of the cell at its deepest level. Your thoughts, feelings and emotions are constantly changing the state of your cells. Your health and wellbeing depend a great deal on your thoughts and feelings.

There have been many documented cases of studies showing that what people thought and believed affected the outcome of their health and wellbeing. The placebo effect has been used for many years to show that if you believe something to be, then it can be. Patients in severe pain, in one study were told they were being given a potent pain killer; they were only given a sugar pill but their pain subsided nevertheless, because of their thoughts and what they believed, they reduced their own pain.

When you look in the mirror, what do you see? How do you feel? Take a moment to think about those 2 questions and answer them honestly. This is where it all begins, with a positive and happy state of mind. Your mind is a very powerful tool and learning how to use that power can help you achieve that which you desire. Know what you want
and be as specific as you can, know why you want it and make that as positive as you can. Outlined below are some basic steps to help you with using the power of your mind in an intentional way to achieve your goals and desires.

1. Belief- Believe that you can change, believe in yourself and believe in the products or tools that you have purchased or are using to help you achieve your goal. As research as already shown, your emotions and thoughts produce chemicals that change the state of your cells at their deepest level.

2. Focus- Focus on what you want, focus on why you want it, what you will achieve when you have obtained it and how it will make you feel. Visualize the end result as you want it, put as much positive passion and emotion into the visualization as you can; till it becomes a clear mental picture which gets you so excited it gives you goose bumps! There are some relaxation and visualization techniques given in a later chapter.

3. Get Support- Get support from those that love you, understand your needs, understand your dreams and desires and are positive about what you want to achieve. Positive input equals positive output and the more positive the support network around you the more positive you can be about achieving your goals.

There are many books on the subject of mind power and positive thinking, meditations and relaxation techniques, your local library is a good place to start should you decide you would like to pursue these subjects further.

Exercise 1: Your Mindset Today

As we said previously your mind is powerful and what you think of yourself today will determine where you are and what you get. This first exercise is to establish
where your mindset is today so that in the coming days and weeks you can assess your progress.

1. How do you see yourself today?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. What do you believe about your body?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3. How do you feel about your body?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. When you see yourself in a mirror what do you think?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

5. How do you think others see you?
Really consider the answers that you have put in for the questions above. You will probably note that many of your perceptions about yourself and your body shape actually come from other people and that if you were to assess yourself honestly from your own perspective you would be happy both with what you see now and your decision to enhance the size and fullness of your breast.
Chapter 2: Goal Setting

To make progress you need to have something to measure against. In the last exercise you established your mind-set today. Next we are going to establish exactly what size bust you want and why you want it. Goal setting is about focusing your thoughts on your ideal future and motivating you to turn that vision into a reality. Revisit and visualize your ideal bust size daily. This process will get the sub-conscious and conscious minds working toward the outcome for you. Establishing a positive mindset will also begin the process of replacing any negative self-talk you may have had. Be as specific as you can with these next set of questions and find as many positive ways to answer them as you can.

This will give you confirmation of where you are going, what you want and why.

1. What size bust do you want?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. Why do you want it?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
3. How will it make you feel when you have achieved your desired size?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. What will others think of you when you have achieved your desired size?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

5. How will you see yourself?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

6. How will you think of yourself?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Now you are feeling more positive with your decision you will notice that your responses to the questions in this second exercise are probably more optimistic and positive than they were in chapter one. If they are not, then perhaps you would like to revisit the questions and your responses in chapter one before redoing these questions again.
In this exercise you are projecting a positive outlook for yourself and your body image. This is a crucial element in this overall natural process and you will be thrilled to see once your mind has joined forces with the use of natural supplements which we will mention later in the book, that your progress towards the breast size that you desire for yourself will be much faster.
Chapter 3: Relaxation and Visualization

Relaxation and visualization techniques have been around for thousands of years and practiced and used by people all over the world, in more recent years these techniques have been adopted by those in the field of medicine and by athletes and business people alike.

Relaxing and relieving stress and tension is good for the whole body and mind. Use this time to visualize your larger bust size, enjoy and be excited about the end result. There are also many other associated health benefits of practicing relaxation regularly;

- Releasing of muscle tension
- Lowering of blood pressure
- Slowing of the heart and breath rates
- Increased energy
- Sleeping better
- Increased concentration
- Strengthening of the immune system

Visualization or guided imagery goes hand in hand with relaxation and is the language in which the mind uses to communicate with your body. When we talk about visualizing it does not mean that you have to see a picture. Imagery could be certain sounds or tastes, smells or even feelings. Make the association and image a positive one and try to visualize your larger, fuller bust at least two or three times a day; morning, midday and evening, the more the better. Tensing and releasing your muscles is a good method to use to begin with, you can feel the difference and this will help you relax totally, use the relaxation technique below until you are familiar with the difference between your muscles being tense.
and relaxed, there are many websites on the internet that have free relaxation techniques available; you may like to go and read some of them at a later stage.

For now we will go through the tensing and releasing technique.

Make yourself comfortable; either in a chair or lying down. Close your eyes and take a deep breath, as you let it out, feel yourself letting go of all your worries. Take another deep breath........this time breath out with a sigh.....breath in again....pause and breath out. As you take in these long slow breaths feel your body relaxing, becoming calmer and more peaceful.

Starting at your toes, stretch them out as far as they will go count to 5 and release, feeling all the tension leaving your toes and bottom of your feet........tense the muscles in your lower legs.....hold and let go.....feeling all the tension leaving your lower legs.....tense the muscles in your upper legs.....hold and let go.....feeling all the tension releasing and leaving your upper legs.....tense the muscles in your stomach and lower back.....hold and let go.....feeling all the tension leaving your stomach and lower back.....tense the muscles in your chest and upper back.....hold and let go.....feeling all the tension leaving your chest and upper back.....tense the muscles in your shoulders and upper arms.....hold and let go.....feeling all the tension leaving your shoulders and upper arms.....tense the muscles in your lower arms.....hold and let go.....feeling all the tension leaving your lower arms.....tense the muscles in your hands and fingers.....hold and let go.....feeling all the tension leaving your hands and fingers.....tense the muscles in your neck and face now, close your eyes tight.....hold and let go.....feeling all the tension leaving your neck and face.....tense the muscles in the top of your head.....hold and let go.....feeling all the tension leaving the top of your head.
Notice all of the muscles in your body now.....notice how relaxed they feel, allow any last remaining tension to drain away and enjoy being completely relaxed.....notice your breathing and how calm and relaxed it is.....enjoy the relaxation for a few minutes and then slowly awaken your body. Wiggle your toes and fingers and stretch gently.....come back to your normal state of alertness feeling peaceful, relaxed and refreshed.

Here is a visualization you may use with the above relaxation:

Imagine lying on a warm sandy beach, you are totally relaxed and enjoy the feeling of the sun shining on your body. You now notice the sounds and smells that surround you.....the gently sound of the waves lapping on the sand.....a gull in the distance.....you feel a gentle breeze on your face and smell the salt in the air.....as you breath in all the sounds and smells make you feel even more relaxed, comfortable and safe.....you can feel the sun warming your body.....warming your breasts.....you feel so comfortable and calm.....at peace with yourself and your surroundings.....the suns warmth penetrates deep within you......to your very tissues and cells.....you feel your blood circulating.....you feel your breasts expanding, enlarging and getting fuller.....you enjoy the feeling of your healthy breast tissue growing.....your cells responding to you.....the warmth of the sun beating down on you and filling you with energy and growth.....you stay here for a few more moments, relaxed, at peace and safe.....now imagine you have a full length mirror in front of you.....you can see how firm and large your breasts are, you look absolutely wonderful.....feel the excitement of this wonderful looking you.....give thanks and appreciate your great new shape and your healthy
body…..hear your family and friends compliment you on your amazing new figure and the confidence you have acquired in achieving your goal.....bathe in that confidence and feel the excitement about the compliments and as you return to your normal state of alertness bring with you some of that confidence, know that each time you do these exercises your cells will be responding by building healthy breast tissue, bringing your desire ever closer.

You may feel a little self-conscious about doing these types of exercises at first but you will find them easier to do with practice. These exercises have an added benefit in that they will not only help you increase your breast size, but they will also help you feel generally more alert, confident and relaxed about your life in general.
Chapter 4: Nutrition and Supplements

In today’s fast paced lifestyle we often neglect the most basic things. There are some nutritional supplements that can under the correct circumstances, aid the development of larger breasts. As well as supplements, our body needs the right combination of foods and water in order to perform at its peak. I’m sure you have heard many times the advice about drinking 8 glasses of water a day; this is because water does so much for our bodies; from transporting nutrients and oxygen to carrying our waste products to the kidneys for disposal. Water also aids in the improvement of the skin; there is not enough that can be said about drinking plenty of water and if you are going to embark on any new diet or supplementation; then make sure you are taking in adequate amounts of water to help.

Fresh fruits and vegetables, whole grains and soy; again these are full of antioxidants and very important for breast health as is the way in which you prepare your food; overcooking can deplete the food of its natural vitamins and minerals. Protein is another necessity for the body, proteins contain amino acids. There are 20 amino acids required by the body for growth, the body can manufacture 11 of these; the rest must be supplied by your food. Foods high in protein include vegetables, legumes, grains, beans, chicken and turkey breasts, fish, shellfish, egg whites, low fat dairy products and lean red meats. If you are not already doing so, incorporate as many of these foods into your diet as possible and cut out as much fat as you can. Keeping your body healthy with diet, water and exercise is going to give you the best opportunity to
achieve your goal of increasing your bust size and create the necessary environment for healthy cell growth.

Our bodies also need vitamins to maintain health and wellness, Vitamin E, A, C and B6 can assist with healthy skin, formation of antibodies, red blood cells, lowering cholesterol, maintaining a healthy brain and heart. A good multi-vitamin may be a beneficial addition to your diet.

There are also herbs that can assist greatly with breast enlargement; one touted as the 'miracle herb' is Pueraria Mirifica. Pueraria Mirifica, also known as white kwao krua is an indigenous herb of Thailand, found in the forests in the North West and Northeast. It has been used by the Thai people for generations as an anti-aging and rejuvenating aid, more recently it has come to the attention of the outside world and research shows that it has the highest level of phytoestrogens of any natural source. The active source of this plant is found in its tuberous root. Not only does Pueraria Mirifica assist with breast enlargement and firmness but it has also been found to assist with improved skin tone, firmer muscles, stress reduction, an anti-aging agent, improved circulation, reducing menopausal and prostate problems, revitalizing cells, darkening and increasing hair growth and supporting strong bones.

How do herbs work to increase breast size? Those that have natural phytoestrogen properties encourage healthy tissue growth and mammary gland development. Purafem products use Pueraria Mirifica as its main active ingredients because of its high levels of Phytoestrogens, so not only will you get the larger breast size you desire but you will also benefit from all the other
health giving properties of this wonder herb. Purafem is also the only natural Breast enhancement program that includes a nanotechnology serum as well as potent premium grade capsules and an extract cream. First stages of breast enlargement has been reported and seen within just 30-60 days of following the Purafem program.

Other herbs that have been used for breast enlargement include Fenugreek, Saw Palmetto, Wild Yam and Fennel. They all contain plant phytoestrogens and have other health related benefits however Pueraria Mirifica is the herb that contains more natural phytoestrogens than any other natural source. Something else you should know about Pueraria Mirifica, depending on the quality of the root the levels of phytoestrogens vary. A low priced Pueraria Mirifica product may contain Pueraria Mirifica but of a lesser quality with less active ingredient than a premium Pueraria Mirifica product. The quality of the herb directly relates to the amount of active ingredient. Don’t settle for a product containing inferior herbs!

All these herbs have been in use for hundreds of years and there are no health warnings to consider whilst using them but as a precaution; women who are pregnant, nursing or have been diagnosed with tumors should consult their physician before starting on any herbal supplement program.
Chapter 5: Aromatherapy and Essential Oils

Another gift from nature; Essential Oils have been used worldwide for centuries, dating back as far as 3500BC; for healing and for their fragrance. Essential oils enter and leave the body with such efficiency that they leave no toxins in the body and the most effective way to use them is by inhaling or external application. Essential oils are extracts taken from certain varieties of shrubs, trees, flowers, herbs and some grasses, the oil is extracted from different parts of the plants depending on where the highest concentration is.

The most common method for extracting the oil is the steam distillation method; although there are other ways and new methods are being researched all the time. The fragrant chemicals found in essential oils come from Phenylpropane; these are the precursors of amino-acids which make up the proteins the human body uses as building blocks, they also have another chemical which aids in the production of hormones and vitamins. Most essential oils are non-invasive and non-toxic to the human body and they have a positive effect on blood circulation.

Essential oils can be expensive to buy as it takes a lot of plant product to produce a small amount of oil so when purchasing any oil, buy those that are pure. Be weary of price, lower priced oils could mean they have been mixed.
with another liquid and therefore are not pure and may not have the desired effects; there are also those that try to over-price them because of this.

Essential oils can help enlarge and firm the breasts along with exercise and cold water-ice treatments, the cold/ice contracts the tissues. Splash the water or apply the ice in an outward, circular motion around the breast and follow with massage oil. Essential oils to help increase and firm the breasts are: Fennel, Clary-sage, Sage, Angelica, Lemongrass, Geranium, Cypress, Carrot, Hop, Parsley and Spearmint. The best base oils to use are Grapeseed or Almond. To make the massage oils use 1 drop of essential oil to 1ml of base oil.

To treat; Dilute 3 drops of cypress oil into 1 tsp of witch hazel, add this to a bowl of cold water and splash the breasts alternately for at least 10 times each. Then massage in an outward circular movement with the following blend.

Clary-sage      3 drops
Geranium        5 drops
Fennel          12 drops
Lemongrass 10 drops

Dilute in 30ml of base oil, this firming treatment should be done every day.

Another treatment:

Run yourself a warm bath and while you are having it use the ice over the breasts in an outward, circular motion. Massage afterwards with the following blend.

Lemongrass 10 drops
Cypress    10 drops
Spearmint 8 drops

Black pepper 2 drops

Again dilute in 30mls of base oil

If you would rather not use the ice try cold water from your shower.
Chapter 6: Exercise Your Way To Firmer Breasts.

Exercise may not make the breasts grow larger but it will appear to make them bigger and firmer by working the pectoral muscles, which are the main chest muscles. Do 8-15 reps of each set, 3 times with a 20-25 second rest in between each set, and try to do this 2-3 times a week. As with any exercise program you need to start out slowly and build up this gives your muscles a chance to rest and the cells a chance to rebuild.

The first two exercises below do not need weights, the next ones do, if you have not used weights before start out with light ones and work your way up to the heavier ones. With no weights at all try and do 15 reps of each exercise, with light weights-12 reps, medium weights-10 reps and heavy weights-8 reps. Do not over-exert yourself as this could lead to strains and pains and may delay your intended outcome, it can also put people off exercising. Remember to always keep the back flat, the abdominals tight and use smooth movements.

Exercise 1-The Push Up

On your hands and knees, with your ankles crossed, bend your elbows; your palms should be a bit to the side and in front of your shoulders. Straighten your arms and lift your body so that you're balanced on your palms and knees. Tuck your chin down toward your chest so your forehead is parallel to the floor and then pull in your abdominal muscles.

Now bend your elbows and lower your entire body toward the floor all at once. Move as close as is comfortable for you to start with toward the floor, and then push back up. When you reach the starting position don't lock your elbows and keep your head still and forehead facing the floor, rather than dipping your head toward the floor without moving any other part of your body.
Exercise 2- Standing wall press

Stand facing a wall about 2 feet away. With your back straight and abdominals tight, place your hands against the wall at chest level height, lean slowly into the wall, when your nose is just touching the wall push back to your starting position using just your arm and chest muscles.

For the next set of exercises you will want some weights- start out light and work your way up if you are not used to using them.

Dumbbell Variation

Stand with knees soft and slightly bent, abdominals tight, with dumbbells in hand, start with arms out in front, elbows slightly bent, using your chest muscles push arms out to the side without locking your elbows and parallel to the shoulders, now using your chest muscles bring your hands back to the starting position. This exercise can also be done without using weights.

Dumbbell Press

Lie on a bench with knees bent, with a dumbbell in each hand face your palms outward, starting at just above chest height lift the dumbbells straight until your arms are fully extended but do not lock your elbows, then return to starting position. Do 8-15 reps, 3 times with a 20-25 second rest in between. When you have finished just take a moment to rest.
Chapter 7: Healthy Breasts with Massage

Breasts are made up of adipose fat and tissue. Massaging helps to tone these tissues and firm them up, which in turn makes them healthier, look larger and more natural. The breast tissue is quite delicate so care needs to be taken when using pressure on and around the breast. Massaging is quite safe and can bring a woman to a better understanding of her breasts and how they feel; this will better equip her to knowing if there are ever any irregularities which need to be seen by her doctor.

Breast massage is also a great way to combine application of a nano breast serum or cream. To view a video of a well practiced breast massage technique click here.

Ayurveda is an ancient form of herbal medicine that originated in India and is well respected in both Eastern and Western cultures alike. In its teachings it has mentioned the importance of massage and notes that massaging over and around the breast tissue improves and helps maintain the health of the female reproductive tissue as well as hormonal balance. Breast massage can be done by a woman herself or if she chooses she may have someone else perform the massage. The massage can be performed either lying down or sitting up, whichever happens to be more comfortable. The use of massage oil or some form of lubrication on the skin is required so as not to damage or hurt the breast.

Apply the oil in a circular motion going from the centre of the chest out toward the sides of the body; use only light pressure. When the breast is fully covered in oil, lift it gently from the chest and gently knead it with both hands, do this for 5-10 minutes. Next gently twist and wring each breast, again do this for 5-10 minutes. After this and using the flat part of the fingertip, stroke the breast in a clockwise direction with mild to medium pressure, starting at the armpits as if you were
trying to scoop the fibers and as a final step, stroke and smooth the flesh of the breast going from the centre out toward the sides. When all these steps have been completed, repeat on the other side. Make sure you have plenty of water to drink. Being aware of what to do and what to look for is the beginning of healthy breast maintenance. If for any reason you feel things may not be right, consult with your physician before attempting any massage treatment.

Lymph drainage is another excellent way of keeping the breasts healthy. There are lymph nodes in the underarm that run down the arm and up alongside the breast; unsuitable bras, stress, lack of enough vitamins and minerals in the diet and inactivity can cause a build up of toxins in these areas and they can become blocked and congested. Keeping these areas free from toxins with massage will improve health in the breasts; an appointment with a trained professional in the art of lymphatic drainage would be ideal as you would gain a better understanding of the amount of pressure to use and the types of strokes and sequences; but if this is not possible then use the massage techniques given previously but end each stroke or series of strokes in an upward sweep toward the armpit. See the next page for diagrams on the best way to do this.
Chapter 8: Your Posture

People who may be feeling depressed, or those with low self-esteem and confidence usually have poor posture. Do you feel at times like you are slumping, maybe on days when you are feeling over-whelmed or sad? When you are feeling happy and have a smile on your face, when you are standing tall and your posture is great, do you not feel differently; more confident, more attractive?

Good posture is healthy; both for the mind and body as our organs are not restricted and the muscles that protect them stay firm and tight. Good posture is also necessary for healthy firm back muscles, with poor posture and loose weak muscles in the front, our back muscles begin to strain and this can lead to chronic back pain and stress being placed on the spinal column. With good posture you will also find your bust line improves and you look slimmer. With years of slouching as we in the Western world are prone to do, regaining our good posture may take some practice but with time and patience it can be achieved.

Here are some tips for regaining your posture:

- Get some exercise and focus on upper body and your core muscles.
- Try not to wear high heels too often as this is the biggest cause of sway back in women.
- When carrying bags or backpacks, make sure you have the weight evenly dispersed or if you only have one bag; that you don't have too much weight in it to make you unbalanced.
- When sitting make sure your lower back is supported and your knees are hip level.
• Your work station, tables etc should be at elbow height and comfortable.
• Make sure the pillow you are using keeps your head in alignment with your spine.
Chapter 9: Choosing the Right Bra

Choosing the right bra if you have a small bust can make it look bigger, and if you have been gifted with larger breasts the right bra can make them look more in proportion. The right bra will support you without cutting off circulation or compressing you. When you are wearing the right bra size it will gently reposition the breast tissue while increasing the fullness of the bust; cleavage will be enhanced and everything will be supported the right way. Compressing the tissue can eventually lead to damage of the tissue closest to the chest wall making it less firm and prone to sagging. Having yourself measured by a professional will make things a lot easier and give you a starting point.
Chapter 10: Accurately Measuring Your Breasts

Measuring keeps you on track and gives you a record of your achievements. Make sure you use the same tape measure and measure at the same time of the day each week. There are four different areas to measure: the rib cage just under the breasts, the fullest part of the breasts or mid bust line, the upper breast (just under the armpits) and the circumference around each breast.

<table>
<thead>
<tr>
<th>Date (measure 1)</th>
<th>Date (measure 2)</th>
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<tbody>
<tr>
<td>Rib Cage</td>
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<td>Upper Breast</td>
<td>Upper Breast</td>
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<tr>
<td>Mid Bust line</td>
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<tr>
<td>Circumference</td>
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Date________________     Date________________
Rib Cage____________    Rib Cage____________
Upper Breast_________    Upper Breast_________
Mid Bust line_________    Mid Bust line_________
Circumference________    Circumference________

Date________________     Date________________
Rib Cage___________    Rib Cage___________
Upper Breast_________    Upper Breast_________
Mid Bust line_________    Mid Bust line_________
Circumference________    Circumference________
Mid Bust line

Circumference

Date

View the Breast Size Prediction Chart Online Here
Chapter 11: Your Rewards

Reward yourself for progress, no matter how big or small. Keeping in a positive frame of mind and rewarding yourself will show that you are able to achieve. Write down a list of rewards that you would like to get, they can be anything from sitting with a good book and reading to shopping, having a night out, watching a DVD, anything that comes to mind and makes you feel great about yourself.

Another good reward and one that not only helps you but someone else is being of service to others; this could be anything from babysitting, helping your neighbor, seeing someone in the street in need of help and going to their aid, volunteering; not only will it make you feel good but you benefit by contributing as well.

Make a list below of services you may like to do and rewards you would like, when you have achieved progress, pick one and mark it off.

<table>
<thead>
<tr>
<th>Rewards</th>
<th>Services</th>
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Chapter 12: Affirmations and Gratitude Journal

Positive affirmations are another great way to keep you from all that negative self-talk. We in the Western world have been so conditioned about the negative issues and come into contact with negative responses so often in today's society that it has become a habit for most of us. Using affirmations and being grateful for what we have keeps our minds healthy and our spirits high, it gives us a sense of pride.

With your spirits high and a smile on your face, you could brighten someone else's day, which in itself is an accomplishment! Confidence and self-esteem will rise. Get yourself a notebook if you don't already have one and each day, morning or night write in it three things you are grateful for; do this daily so that it then becomes your habit and you will see a change in the way you think, feel and act.

Along with showing your gratitude you can also make up your own positive affirmations and have them on every page. Below are a few ideas of what you could use:

- "My body is beautiful"
- "My breasts are getting larger and firmer each day"
- "I have a beautifully sculpted bust line"
- "I have good posture and firm well positioned breasts"
- "I love my breasts, I love myself"

Have fun, the world is your oyster; there are no limitations on what you can use; just make them all positive statements.

"Whatever your mind can conceive and believe, it can achieve" - Napoleon Hill