

Breast

How much do most women really know about their breasts?

Most likely very little. Unless they develop breast problems (sagging, small breast, heavy droopy breast etc.). Women usually are not motivated to learn about the inner structure of this intimate feminine part but yet one need to be more familiar with the normal anatomy and physiology (function) of the breasts.

With this knowledge, you will know how our breast enhancement changes your breasts.

Here, the breast information is simple and straight forward. It offers women a baseline for knowing their own breast and breast health care. Additionally, it provides assistance for women interested in breast enhancement, a crucial routine for alluring cleavages and youthful breast.

Breast Anatomy

The breast is one major body area for which the relationship between size and satisfaction, body image and psychosocial functioning, appear to be more complex. As documented, in a review of trends in feminine beauty, conceptions of ideal breast size have tended to fluctuate rather dramatically. In this century, preferred breast size grew continually to having "bosom mania" as compared to the early 1960s.

Although, the idea of staying slim to extreme thinness is always been sort after, the preferred breast size has not changed at all! Just looked at the ideal female body portrayed in magazines appealing to men (e.g., Playboy), while taller, leaner, and nearly hipless, but continues to be relatively large breasted. Similar ideals are purveyed in movies, on TV, and in some fashion magazines and clothing catalogs. Experiencing oneself as failing to meet societal standards for physical attractiveness has repeatedly been implicated in body dissatisfaction and body image disturbance.

Now more women are more conscious about their breast as much as the men do. How you feel about yourself is how you present, carry and show yourself towards your friends, colleague or in any environment.

The actual breast is a mound of glandular, fatty, and fibrous tissue; composed of hormone-sensitive mammary glands, blood vessels and connective tissue (milk glands or lobules. Each female breast has about 12 to 15 breast lobules) and ducts. The breast itself has no muscle tissue. It is surrounded by a layer of fat, which in turn is covered by the skin. This fatty tissue gives the breast a soft consistency and gentle, flowing contour. Milk is produced in the milk glands and collects in the small ducts called terminal ducts.

These terminal ducts joined together to form larger ducts, which eventually drain to the nipples. There are also sensory nerves that give feeling to the breast. These nerves extend upward from the muscle layer through the breast and are highly sensitive, especially in the regions of the nipple and areola, which accounts for the sexual responsiveness of some women's breasts. The ducts end in the nipple which protrudes from the surface of the breast where the milk secreted by the glands and suckled by a baby during breast-feeding.

Beneath the lower and outer portions of the breast, is a large muscle, the pectoralis major, which assists in arm movement, and it is where the breast rests. Also found, is a rich system of blood vessels supplies nutrients and hormones to the breast. The breast is responsive to a complex interplay of hormones that causes the breast tissue to develop, engorge and enlarge. This breast enlargement is achieved when blood flow is increased and blood vessels are 'fatten'.

Physical Influence

Breast are "turn on" when come to romance, intimacy and sexual relationships. It is a sensitive issue for most women. Worried about how their breast appear will affect their sexual relationship with a man. These women, no matter how close to their husbands or boyfriends, express fears of rejection.

Most of the women surveyed desired a pair of voluptuous and bouncy breast to enhance or secure their sexual relationship. The dating scene today is somewhat difficult without adding breast into the equation. There was a young girl confessed "The first time we made love I didn't want to expose my breast, and I was terribly self-conscious. Though he said 'it doesn't matter to me,' but I said, 'It does to me.' I make love with a nightgown on me. I just couldn't do it without it."

Breast women fear

For the single woman involved in dating, her breast represents a daunting obstacle to a relationship if her breasts are not big enough. One woman poignantly summarized her worries about small breast cannot satisfy her sex partner and how to face her male friend, and fear of rejection was cited. And she's afraid of him to touch her breasts.

Big breast women often too dislike their breast. They have to bear eyes ogling, being laughed and teased at, heavy front that leads to backache and even headache!

Breast impact

(The mind and body; how it can improve your life)

Many single and divorced women we asked were frankly perplexed and somewhat distressed over their breast appearance, especially to the other sex. This confession reigned regardless of the type of breast size and shape that a woman had. As you have seen above, not all

women rejoice over big breast (particularly in how to impress a suitor when a more intimate relationship was desired).

These women said that they were very self-conscious and worry about having a man see them totally undressed. The feelings of embarrassment, self-conscious were self-inflicted. This is very disturbing for a woman, and in many ways she feels that her femininity and her self-esteem are on the line. As one woman candidly said to us "Even though I have a sizable breast but they're there hanging helplessly and imp. I wanted my breasts to be sexy and romantic once more. I wanted my husband to flirt with my breast again. j±

Men are naturally attracted a woman's breast. Although most women felt that verbal communication should always precede any physical attraction but most times it did not happen this way. It is also natural for men to be attracted to a bigger woman. Ultimately, much depended on the women's effort, their men's support and their desire to have this relationship grow into something more meaningful.

Breast Changes

Breast shape and appearance change as a woman ages. In the young woman the breast skin is stretched and expanded by the developing breasts. The breast in the adolescent is usually hemispherical, rounded, and equally full in all areas. As a woman gets older, the top side of the breast tissue settles to a lower position.

Some women have a large amount of breast fat and/or breast tissue and thus have large breasts. Others have smaller, but normal amount of breast tissue with little or less breast fat and thus have small breasts. Other factors are weight loss, pregnancy, or menopause which many women experience a decrease in breast size and volume.

The size of a woman's breasts often influences whether they will sag. The larger the breasts, the more likely they are to succumb to the constant force of gravity. This sagging appearance often accompanies the aging process, particularly the breast size decreases.

Puberty Breast

The beginning of female puberty starts the release of oestrogen and combination with progesterone when the ovaries functionally mature. It causes especially the breasts to undergo dramatic changes which culminate in the fully mature form. This process on average takes 3 to 4 years and is usually complete by age 16 or 18.

Pregnancy Breast

Breast size does not affect the ability to nurse babies and children. Since all women have the similar amount of glandular breasts tissue, the breasts will respond appropriately for lactation no matter what their sizes are.)

In early stages of pregnancy, a woman's breasts undergo many changes. In fact, they may be one of the first signs that indicate she is pregnant. Usually, around six to eight weeks of pregnancy, the breasts may become noticeably larger as the fat layer of your breasts is thickening and the number of milk glands is increasing. The hormones responsible for breast development during pregnancy are oestrogen and progesterone. The growth of the breasts during pregnancy, the blood supply increases and the veins close to the surface become larger and noticeable. The breasts may be firm, tender and sensitive to touch (actually, pregnancy results in breast enlargement). The nipples may project out more and the areola area darkens in colour as well.

By third month of pregnancy, the breasts may begin to produce colostrums. It is a watery substance full of proteins, minerals and antibodies which has many benefit to a newborn. Throughout pregnancy, the breasts are developing so that by the time the woman deliver, her body is prepared to fully sustain her baby. Reduction of hormonal levels is also responsible for the breast's return to its pre-pregnant state after breast-feeding is concluded.

Sagging Breast

"If I breastfeed, will my breasts sag?" or "I have papaya's breasts"? The answer is breastfeeding will not cause breast sagging whether a woman breastfeed or not. While some women are happy over fuller breasts gained in pregnancy, there are some who wished their breasts were smaller. The extra weight gained in the breasts (pregnant) or natural big breast women, the ligaments that hold up the heavy breast stretches and become elastic thus the breasts appear droopy and saggy. Because of natural aging, the breast skin and breast tissue loses its hydration and elasticity. The body will also slow down the capability to absorb hence missing the nutrients that the breasts and body needed.

Breast Change After Menopause

When a woman reaches menopause, most experience in her late 40s or early 50s, the female hormone level will decrease (stops producing female hormone) and the breast undergoes regression, in which, the milk glands and ducts become smaller and are replaced by fibrous and fat tissue. The loss of these hormones causes a variety of symptoms; mood changes, hot flashes, vaginal dryness, night sweats, and difficulty to sleep. During this period, the breasts also undergo changes. The breast glandular tissue, which has been kept firm (the glands that produce milk), shrinks after menopause and is replaced with fatty tissue. The breasts also tend to increase in size and sag because the fibrous (connective) tissue loses its strength.

Breast Shape

Each woman's breasts are shaped differently. Individual breast appearance is influenced by the age, genetics, weight, health, volume of a woman's breast tissue, the quality and elasticity of her breast skin, and the influence of breast hormones.

Breast Skin influences breast shape

The breast skin is the exterior layer of the breast which we touch and feel. The skin quality contributes the outlook of the breasts and its shape. Even though breast skin contains special elastic fibres, there is much natural variation in the amount of elasticity and thickness of each woman's breast skin. Women who have thicker skin have considerable elasticity. Their breasts tend to be tighter and firmer longer than women with thinner skin and less elasticity. The thin breast skin may even develop stretch marks, from a lack of skin elasticity.

Because of the natural aging in human, the skin and tissue loses hydration and elasticity, the body slowed down the capability to absorb hence missing the nutrients that the breasts and body needed. The breast skin stretches and the shape of the breast changes. If the skin does not have sufficient elasticity, the breasts also can appear to droop or sag. Similar with after birth and menopausal, the reduction in glandular volume and composition of the breast changes can result in further looseness of the breast skin.

Measurement & Bra

Make sure the tape measure is straight when you go around.

Breast Frame

The breast frame is the diameter around your chest just below your breasts. Using a tape measure, measure around your ribcage directly under your breasts. With the measurement numbers add 5 to it. For example, if your frame measured 26 inches, when you add 5 to this you get 31 inches. You should round up to the nearest even number which is 32 inches. And since bras only come in even numbers, this will be your bra size, 32 inches!

Breast Size

The next measurement you need to take with the tape is breast size. Go around the chest over and including the fullest part of your bust (usually at the level of the nipples). This is the diameter of your chest plus breast.

Breast Cup

To obtain the breast cup size, simply subtract Breast Frame from Breast Size (breast size - breast frame = breast cup).

The Bra Element

Is your bra the right size for you?

Besides support from mature nature, we also need material support for our breast against the force of gravity. Over 80% of women do not know they are wearing the wrong size bra. Either too tight or too loose, too high or low, wrong cup size or old comfortable bras but doesn't support breast and so on. Our bust size changes with age, time and weight fluctuations. Once in awhile, we should also follow up with our measurement. If you are not sure, do not worry.

Just visit the lingerie department and ask for a sales assistance. Most big malls have friendly salesgirls to offer advice.

Are you wearing the bra correctly?

Tell signs that your bra is not right for you:

1. Your breasts are drooping or looking generally out of shape when you put on the bra.
2. Breasts pushed over the top of the cup.
3. Red marks on your shoulders, breasts or back caused by your ill fitted bra or bra straps.
4. Center of your bra does not touch the breastbone.
5. Any or all of these signs could tell that you are wearing the wrong bra size and that's not only uncomfortable. Over the time, it may distort the shape of your breasts and cause a variety of health problems, from headaches to backaches and even migraines.

Did you put on a bra correctly?

This may seem silly to women who have been putting on bras for years but there is indeed proper way to do it. We recommend that you try the following steps when putting on your bra: Slip your hands through the bra straps over your shoulders, lean and bend forward from the waist to allow your breasts to fall into the cups of the bra. Then, fasten the hooks of the bra.

While still in bending position, with one hand holding the side of the bra, insert the other hand in between the breast and the bra cup and push/scoop the excess flesh from the underarm area up and into the breast cup. Repeat for the other side. Stand up and make sure the breasts snug comfortably into the bra cups.

Next, looked into the mirror and see if the nipples are in the centre seams of the bra cups, if the front under bra band and the back band is at the same level (between the armpit and elbow). Lift your arms up. A well fitted bra should not move around when you make any movement.

You can experiment this method with your normal way of putting on a bra. You can really see the difference it makes.

You should also check on:

1. The back of your bra does not ride up, otherwise the under band may be too big, and you could need a smaller size.
2. Your bra straps are not falling down or digging into your shoulders. If they are, adjust them or use wider straps.
3. Your flesh does not squeeze over the top of your bra. If it does but feels fine everywhere else, the cup size is too small for you.
4. Run your finger under the bra stripe in front. Your bra should be comfortable but not tight, otherwise you need a larger band size or you must fasten your bra at the next looser

hook.

5. No, holes at the centre of the bra and breasts. The middle of your bra lies as flat as possible against your breastbone for a comfortable fit.

Cup Size

Small breast, to make the most of a small breast, wears a soft or thin padded bra. This can give you an enhanced neckline, good uplift, and a lovely shape. Half-cup bras are also flattering for smaller bust, padding at the sides and under give maximum lift to the breast, revealing sexy cleavages. Less endowed women should try to avoid bras that have square-cut, they only flatten your breast.

Big breast or women with larger busts can get support from bra with wider shoulder and back straps. Bras with full cups contain the breast better and give the breast a better appearance. Under wired bras provide better support under the bust while smooth, plain bra styles, without too much lace, help to make your bust appear smaller.

Different bra for different age

Breast sizes are growing in recent years as more women are having proper diet and the breast supplements are the culprits. Bra-wearers are getting younger and larger too.

A child as young as 9 years old starts her puberty. Significantly is her breast growth. Bra experts normally recommend cotton or thin padded bra for young bra wearers as their breasts development changes quickly and soft bra allows breast tissues to stretch. For a matured female, a good comfortable bra to keep breasts in shape and support should be worn. Examples like sports bra, under wired bras or padded bras.

Is it good to be braless?

Almost three quarter of the day, a woman had her bra on. The good time for the breasts skin to breathe and the breasts to rest is during bedtime. It is also a time for the breasts tissues to be fully relaxed. By going braless allows unrestricted blood circulation as well

Breast & PhytoEstrogen

The three major hormones affecting the breast are oestrogen, progesterone, and prolactin. The breast influence by the female hormones (oestrogen and progesterone) whose levels vary with the menstrual cycle and decline in later age.

These hormones are responsible for breast and female body development. Diets that include soy (isoflavones and phytoestrogen), protein and calcium could be beneficial not only to the breast but also to the bones. Most knew about soy but hardly knew about phytoestrogen.

Phytoestrogen are active plant cells which is a compound of isoflavones or estrogen-like properties found in some plants and plant products (soy food or legume plant). Isoflavones are structurally similar to the estrogenic steroids, and thus have been shown to possess both estrogenic and anti estrogenic activity.

Phytoestrogen are weak estrogens, isoflavones may act as anti-estrogens and for binding to the estrogen receptor. This has important implications for reducing breast cancer risk. While not all studies agree, epidemiologic evidence indicates that women in Southeast Asian whom consume diets containing high amounts of soy have a declining risk of breast cancer as compared to European women, who routinely consume negligible amounts of this legume (1-3 grams/day).

Many post menopausal women have chosen not to take hormone replacement therapy (HRT) are currently using complementary and alternative therapies for menopause, and these include taking phytoestrogen supplements. Most of the supplements contain natural isoflavones derived from soy plant, red clover and some botany plants such as black cohosh or pueraria mirifica.

The main advantage of taking phytoestrogen supplements are reduction of menopausal symptoms, promotion of cardiovascular health, bone health and increased breast health. Phytoestrogens may also have anti-cancer.

You can make them appear bigger, firmer and shapelier by building the breast tissues up and supplementing the breasts with nutrients.

Breast Exercise

After applying Puerarian, we recommend user to do some simple breast exercise. So that maximum enhancement results can be achieve. It is simple and takes only 5 minutes.

Breast exercises anytime,anywhere.

1. Wall Push up

Stand and straighten hands at shoulder level, place both of palms on a flat wall. Maintain your waist and legs straight and start pushing against the wall as if doing push-up. Do 30 times per set & rest for 30 seconds. Perform 3 sets per day.

2. Stretching

Place both hands behind head and interlock fingers (OCCIPITAL AREA). Stretch both hands as much as possible upwards and backwards. Breathe in and out deeply while stretching.

3. Open & close

Band arms at the shoulder and ear level, forming L-shape. Maintain an upright waist position (if in sitting position) while keeping arms at 90 degree. In this position, close both arms so that the elbows touch each other. Exhale while closing and inhale while extending outwards. Repeat 30 times for each set. Perform 3 sets per day.

4. Clutching

Beauty Nation Health Times

Interlock fingers and lift arms horizontally at shoulder level. Start pressing palms together tightly for 10 seconds. Do 10 times and rest. Continue do 2 set.

The above 2, 3 and 4 can be practice in sitting or standing position. Remember to keep your posture straight.

Breast Care

How you care for your breast will tell how they looked? Spend a minute and looked at yourself in the mirror everyday. How do the breast appear to you is what your friends will see.

Correct your posture

If by chance you faced a mirror or window display while walking, check yourself sideways from the reflections. Are you walking with your back straight, shoulders open apart? Or you see yourself hunching with dropping shoulders? If you are slouching your way, perhaps it's time you correct it. Good posture helps to lift up the breast, giving it the right support. A good poster can also make the breasts look bigger and larger.

Weight control

Weight fluctuations affect the breasts probably more than anything else. Avoid miracle slimming diets. Instead be 'slim-smart' and eat a sensible diet and exercise regime helps.

Exercise with right bra

It is important to wear a bra that fits you and gives adequate support for the breast when exercises are being performed. Bra manufacturer did researches on sports women. The bras that they wear have to allow maximum stretching, comfort and yet gave the wearer a very good frontal support. By wearing a good sports bra, it minimizes breast movement, the breast is held in place and is less bouncy. Constant breast movement without a bra can result in permanent droopy breasts.

Breast and Bath

Shower the breast with warm or lukewarm water. Use circular and upward motions when bathing the breasts. If you shower with hot water, remember to give a run with cold water. This is to avoid rashes or acne outbreak at breast and chest area (open pores at breast area are exposed to dirt settled after bath). Hot bath also dehydrate our skin easily.

Moisturize Your Breasts

The breast area is often more delicate then our facial skin. During hot season, it is the best time to head down to the beach and get a good tan. We put on layers of suntan lotions and thereafter we apply body lotions. And in harsh winter, our skin dehydrates even faster! The breast skin, exposed to different season, gets dried, wrinkled and sometimes freckled. In order to keep breast skin taut, smooth and glowing pink, moisturize with breast care product to preserve the breasts looking youthful and perky.

Sex Appeal

Beauty Nation Health Times

A woman who has a pair of full and bouncy breasts not only contribute to her sex appeal and breast feeding, it reflect her confidence, image and feminine character. Women who enjoy wearing clothes hint with a little sexual reveal like cleavages and tight tees, apart from satisfying men's visual, she is confident of her body and she wants to make her image impression lasts (you see her once and you will remember how she looked). The protrude contours of her curvy breast outline the female characteristics of a women.

Regardless if the breast is big or small, sag and shrunk, it can enhance to make them look better. How you carry your breast, is how you present yourself in front of others.

By nature, men have special attachment to a woman's breast. "To love is to find pleasure in seeing, touching and smelling, with all the senses and as closely as possible, a lovable and loving objects."

Since man is a visual animal, it is natural that his sexual orientation and love selection are also determined mainly by sight. Then, as he nears the object of his desire, sight becomes less important than touch and smell.

What are the elements of sex-appeal in women magazine, fashion and most favourable to creating erotic impressions? It is note worthy that nowadays indirect objects are often found more exciting erotically than immediate ones. Thus, men are more interested in looking at a woman's breast than at her genital organs. A lightly veiled feminine body is considered more exciting sexually than stark nakedness. A body is always more exciting in motion than at rest, just like the dancer's exposed body is no more stimulating.

The importance of clothing besides covering the body is also to emphasize female sexual characters and alternately to reveal and hide parts of the female body by various combinations of dress. The constant although changing aim of fashion, its cut (low neckline, V-cut, bride's gown) can create, through an association of ideas, sexual excitation.

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