

One such alternative is Nature's Gain, a herbal supplement that increases firmness, shape and size of the breast naturally. The active ingredients in Nature's Gain were developed in Holland nearly 20 years ago. Although not a miracle pill for everybody, if taken correctly, 85% of women over 18 will enjoy from moderate to dramatic results. The estrogen receptor sites in the breasts are stimulated by low doses of the natural plant based estrogens called phytoestrogens, combined with other natural substances drawn from the Nature's Gain ingredients.

The phytoestrogens mimic the effects of estrogen when introduced to the human body and this helps stimulate the breast tissue growth. Phytoestrogens more closely match the body's own hormones yet have only 1/1000th the estrogenic activity of synthetic or environmental estrogens. Above all phytoestrogens can be found in many of the everyday foods we eat.

Phytoestrogens occur naturally in many everyday foods such as apples, yams, garlic, fennel, alfalfa, soya and flax. In fact, the soya-based diet of the Far East seems to be the single most variable that helps Oriental women through the menopausal transition more easily.

Many users of Nature's Gain have reported other beneficial effects such as shinier hair, stronger nails, clearer skin and an enhanced sense of well-being.

SO DO I BELIEVE THESE SUPPLEMENTS?

Over the years I have been besieged by women of all ages and stages of life who want not only to maintain breast health but also to add a cup size or two in the process. I have written about women's issues and health concerns

for nearly two decades in books such as *Before the Change*, *Eat Fat, Lose Weight*, *The Living Beauty Detox Programme* as well as my current best seller *The Fat Flush Plan*.

I have frequently been asked to search out a natural breast enhancement formula. When I first heard about these supplements, like many who may be reading this article, I was naturally sceptical. I have a master's degree in nutrition education from Columbia University, am a certified nutritional specialist, have written over 20 books and host a website dedicated to women's issues. Consequently when it was suggested that I act as a spokesperson for the programme I said I would if the product worked for me, and it did.

After about six weeks I began to experience results. In fact I was surprised that this natural product could have such a profound affect. All in all I am convinced that phytoestrogens play a much larger roll in women's bodies than we first realised. Phytoestrogens represent the wave of the future. From better hormone management to fuller, firmer and larger breasts, phytoestrogens may very well be the key to the Fountain of Youth for timeless and ageless feminine beauty.

WHY I SUGGEST YOU CONSIDER NATURE'S GAIN OVER BREAST IMPLANTS.

Invasive surgery is required to implant these highly toxic materials in the breasts. Substances, if released into your body through leaking or rupture can generate fungus, destroy one's quality of life and trigger a variety of autoimmune diseases. Nature's Gain is a safe plant-based

natural phytoestrogen programme that mimics the effects of estrogen, stimulating glandular tissue growth within the breast receptor sites.



Michelle after using Nature's Gain - 32C

Nature's Gain is Europe's best selling Natural Breast Enhancement Programme