

Flat2Fem.com



THE FLAT TO —FEMME— PROGRAM

Secrets to Natural Male to Female
Breast Enhancement

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THE FLAT TO FEMME PROGRAM
Fifth Edition

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Introduction



Welcome, girlfriend!

My name is Lucille. I created *The Flat to Femme Program* to help you get the feminine curves you've always wanted – without hormones or surgery.

The techniques discussed in this guide are 100% natural, but they are powerful and have helped thousands of girls just like you.

Why I Created This Program

You're probably wondering who I am and why I created this program.

I'm a genetic woman and like a lot of women, I used to be very self conscious about my breast size. I decided to look for a natural solution

and spent hundreds of dollars trying every breast enhancement pill, product, and gadget I could get my hands on.

I'd read the advertisements and get so excited thinking that I had finally found a solution for my small breasts. And each time – you guessed it – my hopes were dashed and it was back to the padded bra.

I was about to give up, when something amazing happened.

Through an unusual turn of events, I discovered a way to use herbs for breast enhancement. Not the breast pills you see in the back of women's magazines, but plain old herbs that you can find in any health food store.

I discovered that certain herbs have hormonal effects that can trigger breast enlargement. I did a ton of research and discovered additional methods to enhance the effectiveness of herbs.

To my amazement, the herbs (combined with some of the other techniques I discovered) actually worked!

I was so thrilled that I decided to write a book about my experiences. The book was an instant hit, but it took off in a way I wasn't expecting.

While I originally published the book for genetic women like myself, I began to attract a large audience of males and male to female transgender women.

Soon, my transgender audience was reporting even better results than my original female readers!

I discovered that genetic males responded strongly to the hormone-enhancing techniques in my guide – and that these techniques were a great alternative for crossdressers and transgender women who didn't want to use synthetic hormones.

After many conversations with my newfound audience, I decided to create a special version of my program just for them. This was in 2006 and since then, I've helped thousands of crossdressers and transgender women enhance their breasts and feminize their bodies naturally.

However, a lot has happened since 2006, and I decided that it was time to give *The Flat to Femme Program* a makeover.

My goal was to make the program easier and more effective than ever before. I've spoken with hundreds of people around the world to determine which aspects of the program worked best – and which needed to be tweaked to help males and transgender women of all ages, weights, and body types see the best results.

Along the way, I also discovered some incredible new breast enhancement techniques that have become available in the past few years.

I can't wait to share my discoveries with you in this all-new, REVISED AND UPDATED edition of *The Flat to Femme Program*.

So are you ready to look and feel more feminine than ever? Turn the page and let's get started!

Chapter 1:

Boobie Biology

The first thing I'd like to do is share some "boobie biology" with you. Knowing what your breasts are made of and how they are affected by hormones will help you understand how this program works. As you will soon discover, it's based on basic biological principles.

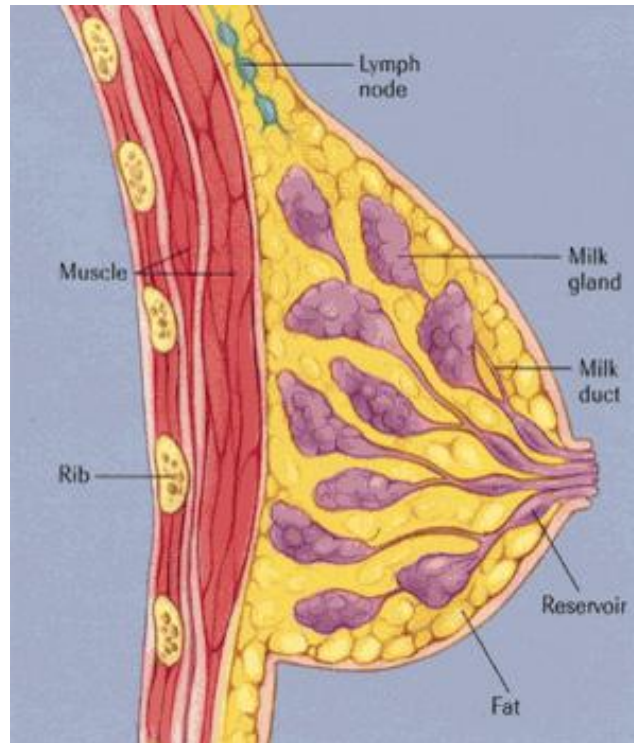
Breast Anatomy

Even though you were born male, your breasts are anatomically identical to a genetic woman's breasts. Males are born with all of the same milk-producing features as females are.

Under certain circumstances, males even have the ability to breastfeed! (Here's an interesting article about male lactation if you'd like to learn more about this topic:

<http://www.unassistedchildbirth.com/milkmen-fathers-who-breastfeed/?rq=milk%20men>)

Let's take a closer look at what your breasts are made of:



Glands and Ducts

Glands are the parts of your breasts that are responsible for milk production. We all have them; however, when boys reach puberty, their bodies produce hormones that prohibit further gland development.

In young women, the breasts are mostly made up of glandular tissue. The aging process, however, causes the glands to atrophy and be replaced with fat.

Ducts are the part of your breasts that bring milk from the glands to the nipples.

Fat

The breasts are also composed of a certain amount of fat. Your breast size is determined by both the amount of fatty tissue and glandular tissue your breasts contain.

Connective Tissue

Connective tissue is a webbing-like substance that supports the ducts and glands, giving shape and firmness to the breast. Connective tissue breaks down as you age, causing the breasts to sag.

Blood Vessels and Lymph Nodes

The breasts also contain blood vessels and lymph nodes that move blood and lymph through the breasts.

Muscle

The breasts themselves do not contain muscle tissue. Muscles lie underneath the breasts, which is why toning your muscles can give your breasts a bit of a lift, but cannot actually enlarge them.

Breast Enlargement Hormones

Breasts are reproductive organs and as such, their development is regulated by hormones.

That means that no matter what your sex or age, hormones are the trigger that causes your breasts to grow. Not magic, not wishful

thinking, but HORMONES! Whenever the right hormonal conditions are created, breast growth is triggered.

The four hormones involved in breast growth are: estrogen, progesterone, prolactin, and growth hormone.

Estrogen

Estrogen is the hormone most involved in breast growth. Estrogen triggers the growth of the mammary glands and causes fat to be stored in the breasts.

The three main estrogen hormones include: estradiol, estrone, and estriol. Estradiol is the strongest and is the hormone that is responsible for breast development. Estrone is a weaker estrogen produced in the fatty tissue of both males and females. Estriol is the weakest of the three and is made in the body from other estrogens.

Interestingly, excess testosterone can also be converted into estrogen. That's why breast enlargement is one of the side effects of steroids among male body builders.

All males have a small amount of circulating estrogen, however, it is usually counterbalanced by high levels of testosterone.

Progesterone

Progesterone is another important breast enlarging hormone that is specifically involved in the formation of the mammary glands.

While genetic females begin secreting progesterone at the onset of menstruation, males also produce a small amount of progesterone in the adrenal glands.

Prolactin

Prolactin is a hormone that is involved in both breast development and milk production.

During puberty, prolactin works with estrogen and progesterone to develop the mammary glands, while increasing the number of estrogen receptors in the breasts. Prolactin also increases fat stores in the breasts.

Males naturally produce a small amount of prolactin.

Growth Hormone

Growth hormone, as the name implies, helps the body grow. As such, it is a critical hormone for breast growth.

Growth hormone levels are highest during puberty and decline significantly after age 25-30.

In the next chapter, I will explain how to rebalance your hormones to trigger breast growth. It's exciting stuff, but as you will soon discover, based on simple, common sense principles.

Chapter 2:

How Male to Female Breast Enhancement Works



You've probably heard that pharmaceutical hormones are the only way enlarge your breasts aside from surgery. While hormones definitely work (and are probably your best option if you plan to fully transition as a woman), they are not your only option.

In the pages that follow, I'm going to show you how to rebalance your hormones naturally through the use of herbs, supplements, and specialized massage techniques.

A lot of people are quick to dismiss herbs as a scam, but using herbs for hormone balancing is nothing new. There are over 300 herbs with hormonal properties – and healers and herbalists have been using these herbs to increase fertility and manage PMS and menopause symptoms in women for centuries.

Not only can these herbs stimulate breast growth in males – so can a lot of other things! In fact, male breast growth can be triggered so easily that it's a problem for a lot of people.

Unintentional breast enlargement in men (gynecomastia) is a side effect of certain medications (including antidepressants, antibiotics, and heart medications), steroids, and street drugs (including marijuana, heroin, and meth). Gynecomastia is even associated with the use of soaps and shampoos containing tea tree oil or lavender.

This is all good news for you, girlfriend, because it means that getting the luscious, feminine breasts you WANT is going to be easier than you probably realize!

How to Stimulate Breast Growth

As I mentioned in the previous chapter, there are 4 hormones involved in breast growth: estrogen, progesterone, prolactin, and growth hormone. However, 5 things need to happen to stimulate breast growth:

1. Increase estrogen
2. Increase progesterone
3. Increase prolactin
4. Increase growth hormone
5. Reduce testosterone

Increase Estrogen

Estrogen is the hormone most responsible for breast growth, so this is the hormone you need to pay the most attention to.

Phytoestrogenic herbs are the most effective way to increase your estrogen level without using synthetic hormones. Phytoestrogenic herbs contain estrogen-like compounds and have a long history of safe use. These herbs have been used for centuries to balance hormones, increase fertility, and treat PMS and menopause symptoms in women.

Since phytoestrogens are weaker than actual estrogen, they are much safer to use than synthetic hormones. However, their effect on your breasts can be significant.

There are over 300 common foods classified as phytoestrogens, but the phytoestrogens I've found to be most effective for breast enlargement include: pueraria mirifica, fenugreek, red clover, wild yam, fennel, hops, licorice, and kudzu root.

Increase Progesterone

Progesterone is an important female hormone that helps develop the mammary glands.

While herbs in their natural state cannot increase your progesterone level, a progesterone cream derived from soy or wild yam is an excellent way to increase your progesterone level naturally. Progesterone cream can be found in any health food store or vitamin shop and is often used by genetic women to manage PMS and menopause symptoms.

Increases Prolactin

Prolactin helps develop the mammary glands and increases fat stores in the breasts. There are two ways to increase your prolactin level:

1. Herbs

Some phytoestrogenic herbs have the additional benefit of stimulating prolactin production. These herbs include: fenugreek, fennel, and licorice.

2. Massage

When a woman breastfeeds a baby, the suckling action activates receptors in the brain that stimulate the pituitary gland to produce prolactin. It works even if you don't have a baby! Any kind of direct stimulation to the breast (including massage) can trigger prolactin production. (This is how adoptive mothers are able to breastfeed.)

Increase Growth Hormone

Growth hormone is the final ingredient in the breast enlargement equation. As I mentioned earlier, growth hormone levels are naturally highest during puberty and decline significantly after age 25-30.

There are no herbs that stimulate growth hormone, but fortunately, there are other ways to boost it naturally. Growth hormone is secreted during deep sleep and intense exercise, so getting enough sleep at night and exercising regularly can help enhance growth hormone levels.

Reduce Testosterone

Now let's look at the breast enlargement "enemy": testosterone. Testosterone inhibits the effects of estrogen and prevents your breasts from growing.

Fortunately, as you increase your estrogen level, your testosterone level naturally decreases. That's because estrogen and testosterone work together like a seesaw – as one goes up, the other goes down.

But there is another problem you need to tackle: "supertestosterone" DHT.

Dihydrotestosterone (DHT) is a particularly potent form of testosterone that is made from other testosterone in the body. DHT suppresses estrogen activity and inhibits the enzyme that converts testosterone into estrogen.

Fortunately, there are certain anti-androgenic herbs that have a direct effect on DHT, including saw palmetto and licorice. These herbs are used to regulate testosterone levels and are traditionally used by men to treat an enlarged prostate (one of the side effects of DHT).

Herbs vs. Hormones

While I'm a big fan of herbs, I want to be clear that they aren't a substitute for transgender hormone replacement therapy (HRT) if you are fully transitioning as a woman.

If you decide to go for hormones, please do so under the supervision of a doctor. Self-administered hormones are dangerous. Some of the risks associated with synthetic hormones include:

1. Nausea and vomiting
2. Headaches
3. Mood swings
4. Depression
5. Fluid retention or weight gain
6. Hypothyroidism
7. Risk of blood clots/deep vein thrombosis (DVT)
8. Increased potential for gall bladder disease
9. Increased potential for liver/breast cancer

I think it's very exciting that you can get many of the breast enhancing benefits of hormones from herbs – without the risk. Herbs are a wonderful option for crossdressers and transgender women who can't or don't want to use hormones.

Chapter 3:

Results You Can Expect



Now I'd like to answer that all important question: What kind of results can you expect?

Many of "my girls" have reported results ranging from increased fullness and firmness to gains of 1 or more cup sizes. However, I cannot promise specific results.

As with traditional hormone therapy, results vary greatly depending on your own biology, as well as how much effort you put into the program.

I recommend visiting the *Flat to Femme* forum to read about other people's experiences: <http://flat2fem.com/forum> (Be sure to come back to the forum when you're ready to share your own results!)

Factors that Impact Your Results

Here are some of the factors that can impact your results:

1. Your genes
2. Your age
3. Your body weight

Your Genes

Just like your height and eye color, your genes dictate how big your breasts can get. To get an idea of your potential, take a look at your mother and/or your sisters. The larger their breasts, the more likely you are to achieve significant breast growth.

Your Age

It's a known fact that the younger a transgender woman starts hormone therapy, the more of a feminizing effect it will have. The same is true of herbs.

However, this doesn't mean you can't achieve significant breast growth past puberty. Many of our most successful members are in their 50's, 60's, 70's, and beyond. (In fact, your testosterone level declines as you age, so this can give you an added boost.)

Unfortunately, most adult males and transgender women don't see significant nipple and areola development – even after achieving large increases in breast size.

Your Body Weight

Your body weight is another important factor in determining how much your breasts will develop. There are two reasons why adequate body fat is essential for breast development:

- 1. The conversion of testosterone into estrogen takes place in fatty tissue.**

This means that the more body fat you have, the more estrogen your body naturally produces.

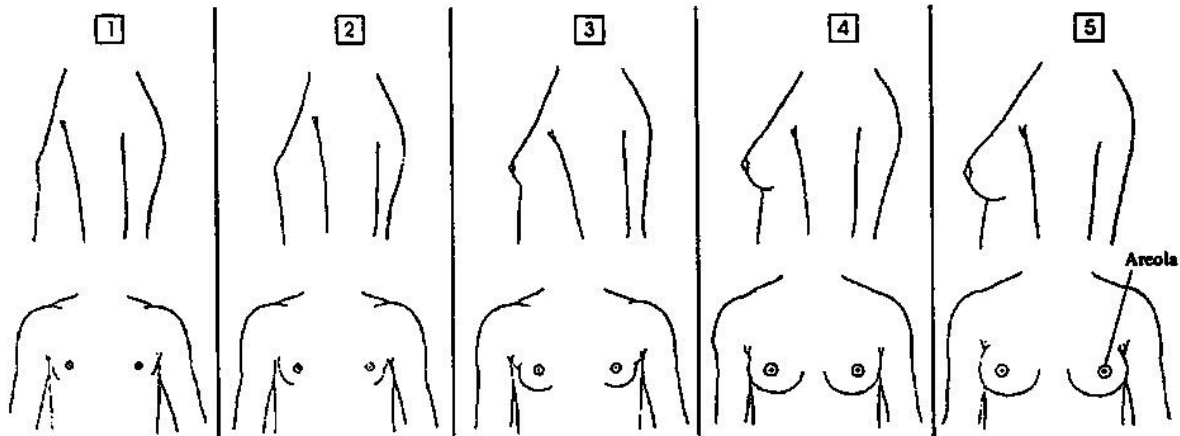
- 2. The breasts consist of a certain amount of fat.**

Plain and simple, the less body fat you have, the less fat you have available to store in your breasts.

Typical Stages of Breast Growth

Now let's take a look at the typical stages of breast growth. Don't forget that breast development during puberty takes years and it's no different now. While you can expect to see changes within one or two months, it takes most males and transgender women 6 months to 2 years to reach their full potential.

The breasts develop in stages medically defined as "Tanner's Five Stages":



STAGE 1: The Undeveloped Breast

Before breast enlargement, the undeveloped breast consists of a small elevated nipple with no significant underlying breast tissue.

STAGE 2: The Breast Bud Stage

After 6-8 weeks, milk ducts within the breast begin to grow. The breast and nipple form a small mound, which may be sore to the touch. The areolas begin to enlarge.

STAGE 3: Gland Development

After 6 months to one year, there is further enlargement and elevation of the breast and nipple as milk glands begin to grow. The areola may darken in color.

STAGE 4: The Secondary Mound

After one year, the nipple and areola may project to form a secondary mound on top of the breast.

STAGE 5: The Mature Breast

After one to two years, the breast is fully developed. The nipple still projects, but the areola has receded into the general breast contour.

Measuring Your Progress



It's important to measure your progress as you embark on this exciting journey! Here's how to do it:

Measure Chest Circumference

To determine your chest circumference, hold a tape measure snugly around your entire chest, directly across the nipple. Be sure the tape measure is level all the way around.

Measure Your Breasts

Besides measuring your chest, you should also measure your breasts themselves. This can be a more accurate way to measure progress,

especially if you lose or gain weight on the back or sides of your torso. Using a tape measure, measure from the inside of each breast, directly across the nipple, to the outside of each breast.

Take Photographs

Finally, in addition to taking your measurements, you should also photograph your progress. Seeing actual before and after shots will show you just how far you've come.

Note: Be sure to check out the included bonus report, *The Ultimate Bra Guide*, to learn how to measure your bra size.

Warning: Objects in Bra are Larger Than They Appear!

There is one thing I need to warn you about: Since your rib cage is wider than that of most genetic women, your breasts may appear to be widely spaced or smaller than they actually are – especially in the beginning. Looks can be deceiving, which is why it's important to take accurate measurement.

In the meantime, a good pushup bra will fill out your breasts and increase cleavage.

Results Beyond Breast Enlargement

Perhaps you are wondering if you can expect results beyond breast enlargement from this program?

Some of the feminizing effects of synthetic hormones include: softer skin, fat distribution in the lower body and face, changes in body odor, softer hair texture, and emotional and psychological changes.

I can't promise specific results from herbs. However, many transgender women have reported some of the feminizing effects listed above.

Consider it an unadvertised bonus if you are lucky enough to experience this, too!

Now that you know what to expect from this journey, let's move on to the all important tools and techniques!

Chapter 4:

Breast Enhancement Herbs

One of the most surprising things I discovered in the creation of *The Flat to Femme Program* is how strongly males respond to certain types of feminizing herbs.

In fact, I've found that breast enhancement herbs are MUCH more effective for genetic males than genetic females.

Why? It all comes down to hormone balancing. Women already have high levels of estrogen and progesterone, so phytoestrogenic herbs don't always have much of an impact.

But when these herbs are introduced to a low estrogen (male) environment, the results can be dramatic.

Which Herbs to Use

You have a couple choices when it comes to breast enlargement herbs. Let's look at your options:

Commercial Blends



Commercial blends include all those breast enlarging “wonder pills” that you see advertised in the back of women’s magazines and on the Internet – each promising a “magical” formula that will give you miraculous results.

These pills DO contain herbs that promote breast enlargement; however, they are overpriced and often contain a lot of ineffective filler herbs.

Traditional Herbs



Traditional herbs include hundreds of different herbs that have been used by herbalists for centuries. These herbs are readily available in pharmacies, vitamin shops, and health food stores around the world.

If you look at the label of any of those expensive breast pills, you'll discover that they contain a blend of common herbs that you can purchase individually for a fraction of the cost.

In addition to being cheaper, it's also more effective to use individual herbs. Commercial blends often contain ineffective filler herbs – plus, using individual herbs allows you to customize your dose of each herb.

Here are the traditional herbs that I've found to be most effective for breast enlargement:

Fenugreek

Most commonly used as a spice in Middle Eastern and Indian cuisine, fenugreek has been used as a healing herb for thousands of years.

Middle Eastern harem girls are reported to be the first to use fenugreek for breast enlargement. Fenugreek seeds contain the phytoestrogen diosgenin.

In his book, *The Green Pharmacy*, Dr. James Duke tells the story of a woman who experienced unintentional breast growth after eating too many fenugreek seed sprouts.

Aside from that, fenugreek is one of nature's most potent prolactin stimulators; it has been used to increase milk production in nursing mothers for hundreds of years.

Red Clover

Red clover is a wild plant that has many herbal uses. It contains numerous phytoestrogenic compounds that help balance hormones, including the phytoestrogen genistein.

Red clover is also an excellent detox herb that purifies the blood and stimulates digestive fluids. It acts as a diuretic, helping to counteract the bloating that can be caused by other phytoestrogenic herbs. (More on that later ...)

Saw Palmetto

Saw palmetto berries are a traditional Native American herb used for balancing testosterone levels. Saw palmetto is most commonly used to treat prostate problems.

Since saw palmetto reduces the level of circulating testosterone, it's also effective for breast enhancement.

You can even find a reference to saw palmetto in the *King's American Dispensatory* (1898), which was the standard text used by physicians over one hundred years ago. It states: "Long continued use (of saw palmetto) is said to slowly and surely cause the mammary glands to increase."

Wild Yam

Wild yam root can be used as both a food and a medicine. Wild yam is a very popular herb for women and is often used to soothe PMS and menopause symptoms.

Wild yam contains diosgenin – the same phytoestrogenic compound found in fenugreek.

Fennel

Fennel seeds have been used as a digestive aid for thousands of years and are a common spice in Middle Eastern and Indian cuisine.

Fennel seeds stimulate breast growth in two ways: just like fenugreek, they are both a phytoestrogen and a prolactin stimulant.

Fennel has traditionally been used in Latin America to increase milk flow in nursing mothers. It also makes a great weight loss herb since the seeds are both an appetite suppressant and a diuretic.

Hops

Hops flowers are most commonly used as an ingredient in beer. As an herb, hops are used as a sedative and to control anxiety.

Hop flowers are big news because they contain a particularly potent phytoestrogen called 8-prenyl-naringenin. While other phytoestrogens range from 1/200 to 1/1000 of the strength of actual estrogen, 8-prenyl-naringenin is about 1/20 the strength of estrogen.

Licorice

Licorice root is used to flavor candies, cough drops, and syrups. As an herb, it's use to treat coughs, sore throats, and bronchitis.

Licorice is a truly multi-purpose breast enhancement herb. It's a potent phytoestrogen and prolactin stimulant and, like saw palmetto, it also helps regulate testosterone levels.

The only downside to this otherwise great herb is that it can be harmful at very high levels (over 50 grams per day – which is the equivalent of an entire bottle of licorice capsules).

At its recommended dosage of one to two grams per day, side effects are highly unlikely, but to be safe it is not advisable to use licorice root for more than four to six weeks at a time.

Kudzu

Kudzu has traditionally been consumed as both a food and an herb.

For breast enlargement purposes, kudzu root is a rich source of phytoestrogens. It contains numerous different phytoestrogenic compounds, including genistein, which binds to the estradiol receptors responsible for breast growth.

Where to Find Traditional Herbs

All of these herbs are readily available online and vitamin shops, health food stores, Wal-Mart, Whole Foods, etc. The price of these herbs generally runs from \$6-\$12 per bottle of 100 capsules. A typical monthly supply of herbs runs from \$25-\$50 per month (2015 prices), depending on the price of the herbs and your dosage.

Keep in mind that the quality and potency of herbs can vary widely between manufacturers – so it pays to spend a bit more for high quality herbs. Nature's Way, Nature's Answer, Solaray, and Solgar are all good brands available in many local vitamin shops in the U.S.

Pueraria Mirifica



Although *Pueraria mirifica* is a “traditional” herb, I’m putting it into its own category since it’s used a bit differently from the herbs I just discussed.

When I published my original program in 2006, I did not include *pueraria mirifica* because it was expensive and hard to find. With so many great and readily available herbs available in the U.S., it wasn’t worth the hassle and expense. However, since then, many manufacturers have been importing *pueraria mirifica*; the price has come down and it’s easy to order on the Internet.

Pueraria mirifica is currently the most popular breast enlargement herb on the market. *Pueraria mirifica*, also known as Kwao Krua, is a root found in Thailand. *Pueraria mirifica* has been used in Asia as a natural hormone replacement therapy for years and is very popular in Asia for breast enhancement.

Pueraria mirifica is considered the strongest phytoestrogenic herb currently available. Pueraria mirifica contains numerous phytoestrogenic compounds, including Miroestrol and Deoxymiroestrol, which possess maximum estrogenic activity among the known phytoestrogens.

In my opinion, pueraria mirifica is a great herb for males and MTF transgender women due to its high estrogen activity.

However, high quality pueraria mirifica is more expensive than traditional herbs and must be ordered over the Internet. It's a great herb to use if you can, but don't feel that you are missing out if you decide to use traditional herbs instead.

Some people respond better to pueraria mirifica, while others respond better to traditional herbs, such as fenugreek and red clover. At the end of the day, you might have to do a bit of experimenting to determine which herbs are best for YOU.

Where to Find Pueraria Mirifica

Pueraria mirifica is now widely available over the Internet and there are many different companies capitalizing on the pueraria mirifica trend.

By the way, there are some companies selling pueraria mirifica blends (such as Mirifem/Full Potential) that contain other phytoestrogens. Due to its potency, pueraria mirifica should not be combined with other phytoestrogenic herbs – so you should avoid pueraria mirifica capsules that contain other phytoestrogens. (Pueraria mirifica can be combined with saw palmetto, however, since this is not a phytoestrogen.)

The most popular pueraria mirifica brands are St. Herb and Ainterol. Here is a rundown on these and other popular pueraria mirifica brands:

- **St. Herb**

<http://www.stherb.com/>

- Pill: \$90 for 2 bottles of 60 200-mg pills. Recommended dose is 4 caps per day (800mg).
- Cream: 2 100-gram bottles for \$90.
- Monthly supply of pills + cream: \$135+

St. Herb is widely considered to offer the highest quality pueraria mirifica available, but as you can see, their prices are very high.

- **Ainterol**

<http://www.ainterol.us/>

- Pill: \$12/bottle for 100 500-mg capsules (recommended dose is 1-2 caps per day).
- Cream: \$30 for 100 grams (3.53 oz)
- Monthly supply of pills + cream: \$40

Ainterol pueraria mirifica is much more economical, but the quality/potency is not considered to be as good as St. Herb.

However, there are many people who DO report results with Ainterol, so I believe this brand is worth a try if you are on a budget.

- **Solgar PM Phytogen Complex (plus)**

<http://www.amazon.com/Solgar-Pm-Phytogen-Complex-tablets/dp/B000NGRC7K>

- Pill: \$18-\$20 for 60 caps of 80-mg PM root extract with folic acid, vitamin b12, biotin (recommended dose is 2 caps daily).
- Monthly supply of pills: \$20

This is a pueraria mirifica blend from a “mainstream” herb manufacturer that is advertised to reduce PMS and menopause symptoms.

Successful breast enlargement has been reported, however, the daily recommended dose of pueraria mirifica (160 mg) is much lower than St. Herb (800 mg) or Ainterol (500-1000 mg) – and therefore may be less effective. (My advice is always to follow the instructions on the label. Exceed the manufacturer’s recommended dose at your own risk.)

- **Nature's Answer Pueraria Mirifica Estro Balance**

http://www.amazon.com/Natures-Answer-Pueraria-Mirifica-Vegetarian/dp/B003HEVFIW/ref=sr_1_1?s=hpc&ie=UTF8&qid=1311065093&sr=1-1

- Pill: \$12-\$14 for 60 caps of 100-mg PM root extract with folate, vitamin B12, biotin, selenium (recommended dose is 1-2 caps daily).
- Monthly supply of pills: \$14

This is another mainstream manufacturer offering a pueraria mirifica supplement. It's gotten some good reviews for breast enlargement, but the daily recommended dose (100-200 mg) is also lower than St. Herb (800 mg) or Ainterol (500-1000 mg). (Again, I don't recommend exceeding the manufacturer's recommended dose.)

You can find lots of other brands of pueraria mirifica for discount prices on the web and on Ebay.

Herb Safety and Side Effects

As I already mentioned, the herbs discussed in this book are considered to be very safe to use. However, I want to share some safety guidelines as well as reveal some potential side effects to watch out for.

Using Herbs Safely

- 1. Get your doctor's permission if you have any type of medical condition.**

This is important, girls. If you've got any type of medical condition, please get your doctor's permission before using any of the herbs or supplements described in this program.

2. Do not combine herbs with prescription medications.

Herbs can interfere with certain medications, so you must get your doctor's approval before combining herbs with prescription medications. This includes pharmaceutical hormones.

3. Do not exceed the manufacturer's recommended dosages.

The potency of each formula can vary from manufacturer to manufacturer, so it is important to follow the label guidelines carefully.

4. Stop using herbs if you notice any adverse reactions.

Needless to say, your safety is my number one concern. Please use common sense and caution when using ANY kind of herb or natural remedy. If you notice an adverse reaction, stop what you're doing and speak with your doctor before proceeding.

Possible Side Effects

1. Water retention

Phytoestrogenic herbs can cause water retention and bloating in some people. Red clover and fennel are phytoestrogens, but are also natural diuretics. You might want to use these herbs instead of other phytoestrogens if you have a big problem with bloating.

2. Tiredness

A couple of the herbs discussed above can lead to tiredness in some people. Fenugreek can lower blood sugar levels, so it can lead to lethargy if you take it on an empty stomach. Hops are also a natural sedative.

3. Mood swings

In case you haven't noticed, women can get very moody and emotional around certain times of the month. Hormone fluctuations are to blame and it is possible that you might notice yourself feeling more emotional at times, too. This usually balances out over time. (Many transgender women tell me that the herbs help them feel more connected to their feminine emotions.)

Chapter 5:

Cleavage Cream

The next component of *The Flat to Femme Program* is what I like to call “Cleavage Cream”.

Wouldn't it be great to know that the herbs you are taking are actually targeting your breasts? You can! The secret is to apply an herbal cream (A.K.A. Cleavage Cream) to the breasts themselves.

According to Dr. James Duke, author of the *The Green Pharmacy*, herbs can be absorbed directly through the skin. In fact, there are 68 different herbs that have been traditionally massaged into the breasts to increase milk flow.

The great thing about this is that herbs absorbed through the skin pass directly into the bloodstream. Herbs that you swallow, on the other hand, must first be processed by the liver.

According to the *Physician's Desk Reference Manual*, the liver breaks down 80% to 90% of all substances that pass through it. That means your body only gets to use 10% to 20% of the herbs that you take by capsule! But when you rub herbal extracts into your skin, your body gets to use ALL the nutrients they contain.

You have a few options for your Cleavage Cream:

Commercial Cream

There are loads of commercial breast enhancement creams on the market that contain phytoestrogenic herbs. These creams are your most convenient option, but be aware that they tend to be overpriced and don't always contain enough active ingredients to be effective.

If you are using *pueraria mirifica* as your herb of choice, I do recommend using a *pueraria mirifica* cream or serum.

Do-It-Yourself Cleavage Cream

A great alternative to commercial breast enlargement creams is to make your own Cleavage Cream by mixing liquid herbal extracts with body lotion. Not only is this cheaper, it's usually much more effective.



You can find liquid herbal extracts online or in any health food store. These consists of herbal extracts in an alcohol or glycerin base.

Which herb should you use? Any of the phytoestrogenic herbs can be used, but for an added bonus, I recommend using an herb that doubles as a prolactin stimulant. These herbs include: fenugreek, fennel, and licorice.

Fenugreek is the most effective herb to apply to the breasts, however, I must warn you: Fenugreek smells strongly of maple syrup or curry (depending on your body's chemistry) and can lead to some very embarrassing moments! Peppermint body wash and lotion can mask the smell to some degree.

If smell is an issue, use fennel instead. You could also use licorice, but remember the rule about not using licorice for more than four to six weeks; this applies to topical use on the breasts as well as to internal use.

How to Make Cleavage Cream

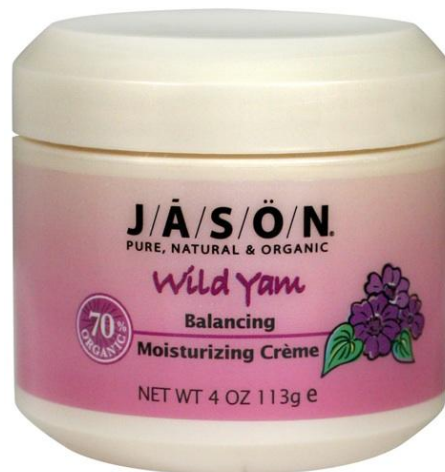
To make your own do-it-yourself Cleavage Cream, simply combine 1 part herbal extract with 2 parts body lotion. You should mix enough Cleavage Cream to cover the breasts completely, but not so much that it can't be fully absorbed. (Note: Don't use body oils since they do not penetrate the skin as readily as lotion.)

Here are some additional Cleavage Cream tips:

- It is best to mix up your Cleavage Cream each time you apply it, rather than making a big batch in advance. Herbs lose their effectiveness once they are oxidized.
- If your skin gets irritated by the extracts, cut down on the amount you use or look for a formula with a glycerin base.

- If you can't purchase liquid extracts, you can make your own from fenugreek or fennel tea. Simply brew a strong tea from fenugreek or fennel tea bags (available in any health food store), seeds, or powder and use the liquid in your Cleavage Cream. Store any excess liquid in the fridge so it doesn't spoil.

Wild Yam Cream



A final option – if you don't want to spend your money on commercial breast enlargement creams or make your own-do-it-yourself Cleavage Cream – is to use wild yam cream.

Wild yam cream is sold in many health food stores and vitamin shops and is commonly used to balance PMS and menopause symptoms. Wild yam cream tends to be less expensive than most commercial breast enlargement creams. (Note: Make sure you purchase pure wild yam cream, not something that is marketed natural progesterone cream USP, which I discuss later.)

Chapter 6:

The Chi Breast Massage

Now that we've covered herbs and Cleavage Cream, let's move on to the next element of *The Flat to Femme Program*: the Chi Breast Massage.

Here's why massage is so important for breast enlargement:

1. Massage increases circulation to the breasts.

Phytoestrogens travel through the bloodstream, so increasing circulation to the breasts increases the flow of phytoestrogens to the breasts.

2. Massage stimulates prolactin production.

As I mentioned earlier, breast stimulation activates receptors in the brain that stimulate the pituitary gland to produce prolactin. Massage is a great way to stimulate the breasts!

The Chi Breast Massage

Any kind of massage helps stimulate breast enlargement, but the Chi Breast Massage is the most powerful massage technique I have discovered.

Here's the story behind the Chi Breast Massage:

While researching breast enhancement techniques (back when I was on my own quest for bigger breasts), I stumbled upon a breast massage technique in a natural healing book called *Essential Reiki: A Complete Guide to the Ancient Healing Art* by Reiki master Diane Stein.

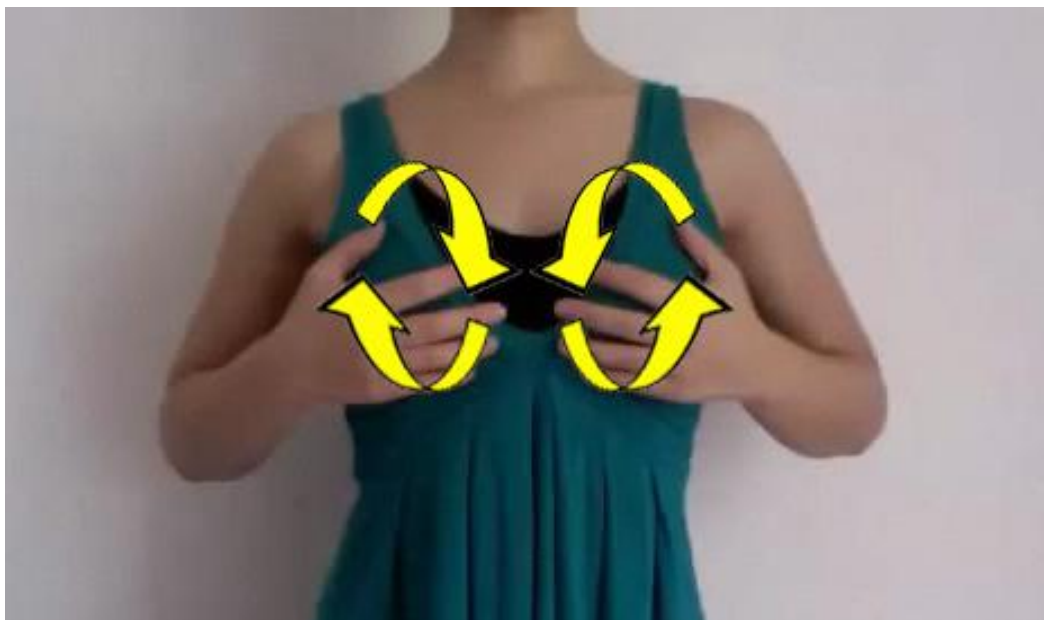
The book described several ancient energy-balancing exercises – including one that supposedly had the power to balance hormones and increase or decrease the size of the breasts, depending on how it was performed.

Well, of course I had to try it! To my amazement, the exercise really worked! And it worked fast – in fact, there were several times when I woke up with breasts that were noticeably fuller than the night before.

I've shared this technique with thousands of women – including both genetic women and transgender women – and the feedback I've gotten has been overwhelmingly positive. The Chi Breast Massage seems to be the magic bullet for a lot of people!

I call this technique the Chi Breast Massage since “chi” refers to energy and the massage supposedly balances the body's energy systems. But the truth is that I don't know exactly HOW it works – I only know that it DOES work, so give it a try and let me know what you think!

How to Do the Chi Breast Massage



1. Place your hands on your breasts with the fingers open slightly, covering as much of your breasts as possible.
2. Press down firmly and move your hands in inward-rotating circles, rotating your breasts beneath your palms. Be sure to move the breasts themselves, as opposed to simply sliding the hands across the skin.
3. Rotate both breasts simultaneously for 180-360 rotations. This should take 3-4 minutes to complete.
4. If your arms get tired, relax one arm and rotate a single breast at a time, but make sure you complete a total of 180-360 rotations on each breast.

Diane Stein recommends doing 360 rotations twice daily to enlarge the breasts. Be careful! Doing outward rotations supposedly decreases the size of your breasts!

Be sure to check out the bonus *Ultimate Breast Enhancement Massage* video for a demonstration of the Chi Breast Massage.

Chapter 7:

Progesterone Cream

Now let's take a look at the final aspect of *The Flat to Femme Program*: progesterone cream.

Herbs, Cleavage Cream, and the Chi Massage all do a great job of increasing estrogen and prolactin levels, while keeping testosterone levels down. But there is one more hormone you need to consider: progesterone.

As I mentioned earlier, the best way to increase your progesterone level naturally is to use progesterone cream. Progesterone cream is a natural supplement derived from soy or wild yam and is commonly used by women to treat PMS and menopause symptoms. It comes in cream form because the body absorbs progesterone better through the skin than through a pill.



When purchasing progesterone cream, be sure the label says "Progesterone USP," which stands for "United States Pharmacopeia." This confirms that the progesterone cream meets USP standards and is molecularly identical to the progesterone produced by your body.

You can find progesterone cream in any health food store, vitamin shop or online for about \$20/jar. One jar should last you for several months.

Chapter 8:

Putting It All Together – Your Routine



Now that you know almost everything there is to know about breast enhancement, let's get you some RESULTS!

In this chapter, I'm going to explain how to put together everything I just discussed into an effective breast enhancement routine.

I am going to be walking you through two different routines: the Traditional Herb Routine and the Pueraria Mirifica Routine.

The reason for this is that pueraria mirifica is treated differently from other phytoestrogens. I will be addressing these differences in the Pueraria Mirifica Routine.

So which routine should you follow? As I mentioned earlier, it's your call. Pueraria mirifica is very popular right now. It's definitely effective and I believe this is a great herb to start with if you can.

But that doesn't mean you should dismiss traditional herbs. Remember that phytoestrogens are phytoestrogens. While pueraria mirifica contains stronger phytoestrogens, you can safely take higher doses of traditional herbs (such as fenugreek, red clover, wild yam, etc.) so it balances out in the end.

I recommend using whichever herb is most convenient and cost effective for your situation. You can always experiment with different herbs later.

The Traditional Herb Routine

The Traditional Herb Routine

- **Fenugreek – 1,800-3,600 mg/day**
- **Red clover blossoms – 1,200-2,400 mg/day**
- **Saw palmetto – 1,800-3,600 mg/day**
- **Chi Breast Massage with Cleavage Cream– 2x daily**

- **Progesterone cream– 1x per day for 2 weeks per month**

As you can see from the outline above, I recommend starting with fenugreek, red clover, and saw palmetto. Although I discussed numerous herbs in Chapter 5, these herbs have proven to be the most effective.

Fenugreek and red clover are great sources of phytoestrogens, while fenugreek has the added benefit of stimulating prolactin production. Saw palmetto completes the hormone balancing equation by reducing testosterone.

If you can't find one of these herbs (or find that a particular herb does not agree with your system), you can use a different herb as a substitute. Your herb mix should include a phytoestrogen (fenugreek, red clover, wild yam, fennel, hops, or kudzu), a prolactin stimulant (fenugreek or fennel), and saw palmetto.

By the way, there is no reason to use more than 3 herbs at a time. Your body has a limited number of estrogen receptors, so overloading your system will NOT speed up your results.

Getting Started with Herbs (The Traditional Herb Routine)

You should always start with a low dose of herbs and work your way up gradually. Herbs can get expensive, so it definitely makes sense to use the lowest effective dose possible.

One capsule of each herb (fenugreek, red clover, and saw palmetto) 3x per day (for a total of 9 capsules per day) is a good starting point. Stick with this routine for 2 weeks. You should begin to notice breast soreness and/or increased fullness/firmness – the first sign that the herbs are working!

If you don't see/feel results, take an extra capsule of each herb per day (4 capsules of each herb for a total of 12 capsules per day) and wait another week. You can continue to ramp up like this over the next few weeks until you either notice an effect or reach the maximum dose for each herb.

Please avoid the temptation to continue increasing your dose AFTER you've noticed results. Extra herbs won't help at this point. Be patient and let them work their magic on your breasts!

The maximum dosages for fenugreek, red clover, and saw palmetto (as recommended by most manufacturers) are:

- Fenugreek – 3,600 mg/day
- Red clover blossoms – 2,400 mg/day
- Saw palmetto – 3,600 mg/day

These are general guidelines only. You should always follow the manufacturer's instructions since herb potency varies from manufacturer to manufacturer.

By the way, you can also use liquid herbs instead of capsules if you prefer. Liquid herbs are absorbed more easily than capsules and are

easier to take if you don't like swallowing pills. Personally, I couldn't stomach the taste of liquid herbs, but if they work for you, go for it!

The Chi Breast Massage with Cleavage Cream (The Traditional Herb Routine)

Apply Cleavage Cream (either a commercial cream, do-it-yourself Cleavage Cream, or wild yam cream) to your breasts and do 360 Chi Breast Massage rotations, massaging the cream into your breasts. Do this twice daily.

To make your own Cleavage Cream, mix 1 part liquid herbal extract with 2 parts body lotion and apply to the breasts. Don't wash the Cleavage Cream off after you've done the Chi Breast Massage. You want to let the herbs sink in and do their thing.

Using Progesterone Cream (The Traditional Herb Routine)

Two weeks after you start taking herbs, you should add progesterone cream to your routine for another two weeks. Progesterone cream should be used for two weeks on and two weeks off for as long as you use herbs.

The reason for this is that you want to mimic the natural hormone fluctuations that genetic women experience during the menstrual cycle. In women, progesterone levels are naturally highest during the second half of the menstrual cycle (approximately days 14-28).

To use progesterone cream, apply ¼ tsp. of progesterone cream to your inner thighs or wrists once daily.

The Pueraria Mirifica Routine

The Pueraria Mirifica Routine

- **Pueraria mirifica – 500-1,000 mg per day (This is a general guideline. Pueraria mirifica potency varies widely from manufacturer to manufacturer, so always follow the manufacturer's instructions.)**
- **Saw Palmetto – 1,800-3,600 mg per day.**
- **Chi Massage with pueraria mirifica cream or serum – 2x daily.**
- **Progesterone cream– 1x per day for 2 weeks per month**

The big difference between pueraria mirifica and other herbs is that pueraria mirifica should NOT be combined with other phytoestrogens. Combining pueraria mirifica with other phytoestrogens decreases its effectiveness. However, pueraria mirifica can be used with saw palmetto since it is not a phytoestrogen.

Getting Started with Herbs (The PM Routine)

Start with a low dose of pueraria mirifica and saw palmetto and work your way up as needed.

Since the potency of pueraria mirifica varies widely between brands, you should follow the manufacturer's instructions. St. Herb's standard

dose is 4 capsules (800mg) per day, while Ainterol's standard dose is 2 capsules (1,000) mg per day.

However, there is one important caveat: Most pueraria mirifica manufacturers recommend that women use pueraria mirifica for 15 days per month during the first half of the menstrual cycle only (when estrogen levels are naturally highest).

I recommend that males and MTF transgender women DISREGARD these instructions and use pueraria mirifica (and saw palmetto) for the entire month. You need a steady stream of herbs in your system to keep your estrogen level up and your testosterone level down for maximum results.

Although pueraria mirifica is more potent than other herbs, it is still weaker than pharmaceutical estrogen and is considered to be safe for continuous use. (Of course, the standard advice still applies: You should discontinue use if an adverse reaction occurs.)

As far as saw palmetto goes, one capsule 3x per day (for a total of 3 capsules per day) is a good starting point. After 2 weeks you should begin to notice breast soreness and/or increased fullness/firmness – the first sign that the herbs are working!

If you don't see/feel results, add an extra capsule of saw palmetto to your daily routine (for a total of 4 capsules per day) and wait another week. You can continue to ramp up like this over the next few weeks until you either notice an effect or reach the maximum recommended dose for saw palmetto (3,600 mg/day according to most manufacturers).

The Chi Breast Massage with Pueraria Mirifica Cream (The PM Routine)

Apply pueraria mirifica cream or serum to your breasts and do 360 Chi Breast Massage rotations. Do this twice daily.

Since pueraria mirifica shouldn't be combined with other phytoestrogens, it's important to use a pueraria mirifica cream. You can purchase pueraria mirifica cream from St. Herb, Ainterol, or other pueraria mirifica manufacturers. I've also seen low cost pueraria mirifica creams on Ebay, however, I cannot vouch for the quality.

Using Progesterone Cream (The PM Routine)

Two weeks after you start taking herbs, you should add progesterone cream to your routine for another two weeks. Progesterone cream should be used for two weeks on and two weeks off for as long as you use herbs.

The reason for this is that you want to mimic the natural hormone fluctuations that genetic women experience during the menstrual cycle. In women, progesterone levels are naturally highest during the second half of the menstrual cycle (approximately days 14-28).

To use progesterone cream, apply ¼ tsp. of progesterone cream to your inner thighs or wrists once daily.

What If You Don't See Results?

Most people begin to notice results within several weeks, but it can take longer (up to a month or two) for others.

Here are some things to try if you don't see results within two months:

1. Try using different herbs.

If you aren't responding well to a particular herb, you might see better results using different herbs. If you are using traditional herbs, try switching to pueraria mirifica or vice versa.

2. Try using a breast enhancement pump instead.

Most males and transgender women respond well to herbal hormones, but if you are one of the rare people they aren't effective for, a breast enhancement pump could be a good alternative. Breast enhancement pumps (explained in Chapter 10) work completely differently and are also effective.

3. Try gaining weight if you are underweight.

As I mentioned earlier, body weight has a big impact on breast enlargement since the breasts contain fat and the conversion of testosterone into estrogen takes place in fatty tissue. Increasing body fat can help.

Overcoming a Plateau

Breast growth doesn't always happen in a linear way. Some months you might notice fast growth, while other months the changes happen more slowly. It's all part of the process, so don't be too quick to switch things around if you have a routine that is working.

However, if breast growth has stalled for more than 6 weeks, you may have reached a plateau.

Here are some ways to bust through a plateau:

1. Try different herbs.

Herbs that worked well for you in the beginning can lose effectiveness over time as your body adapts to them. Switching to different herbs can often jumpstart things again.

If you are using traditional herbs (fenugreek and red clover), try swapping them for a different phytoestrogen (such as wild yam, fennel, hops, licorice, or kudzu root) – or switch to pueraria mirifica. If you are using pueraria mirifica, try switching to traditional herbs.

I do recommend that you keep saw palmetto in your routine since this is the best herb for regulating testosterone.

2. Use a breast enhancement pump.

In the next chapter, I explain how to incorporate a breast enhancement pump into your routine. If you are only using herbs and hit a plateau, adding a breast enhancement pump is a great way to take your breast growth to the next level.

3. Move on to hormone replacement therapy (HRT).

Depending on your goals, you might eventually want to move on from herbs to hormone replacement therapy under the supervision of a doctor. Pharmaceutical hormones are more

powerful than herbs and can stimulate additional breast growth.

Remember it can take up to 2 years to completely develop your breasts and there is likely to be a bit of trial and error along the way. But it's a rewarding adventure and the results are worth it!

Once You've Reached Your Goals

Congratulations! After months of effort, you've got the luscious, beautiful breasts you've always wanted. You've worked hard for them and now it's time to show them off!

While the breast growth you experienced is permanent, many people like to maintain a female hormone balance for the effect it has on their emotions, skin, hair, etc. If you'd like to do the same, 1-2 capsules of a phytoestrogenic herb (such as pueraria mirifica or fenugreek) + 1-2 capsules of saw palmetto per day should do the trick.

Breast Exams

Now that you have breasts, you get to experience another of the joys of womanhood: breast exams! Regular self exams and mammograms are as essential for transgender and transsexual women as they are for genetic women.

Click here to how to do a monthly self breast exam:

<http://women.webmd.com/healthtool-self-breast-exam>

Chapter 9:

Enhancing Your Results with a Breast Enhancement Pump

Breast enhancement pumps have come a long way in the past few years and are a great addition to the herbal routine I outlined in the previous chapter.

When I was in the middle of my own breast enhancement adventures, the only pumps on the market were the Brava Breast Enhancement System (which was way out of my price range at \$2,000+) and those cheesy breast pumps you can find in sex shops that don't actually do anything. So I dismissed breast enhancement pumps as a waste of time and money and focused on herbs and massage.

However, new and improved breast enhancement pumps have come out in the past few years. These pumps are much more reasonably priced than the Brava (which, incidentally, has dropped in price from \$2,000 to approximately \$1,200) and are just as effective.

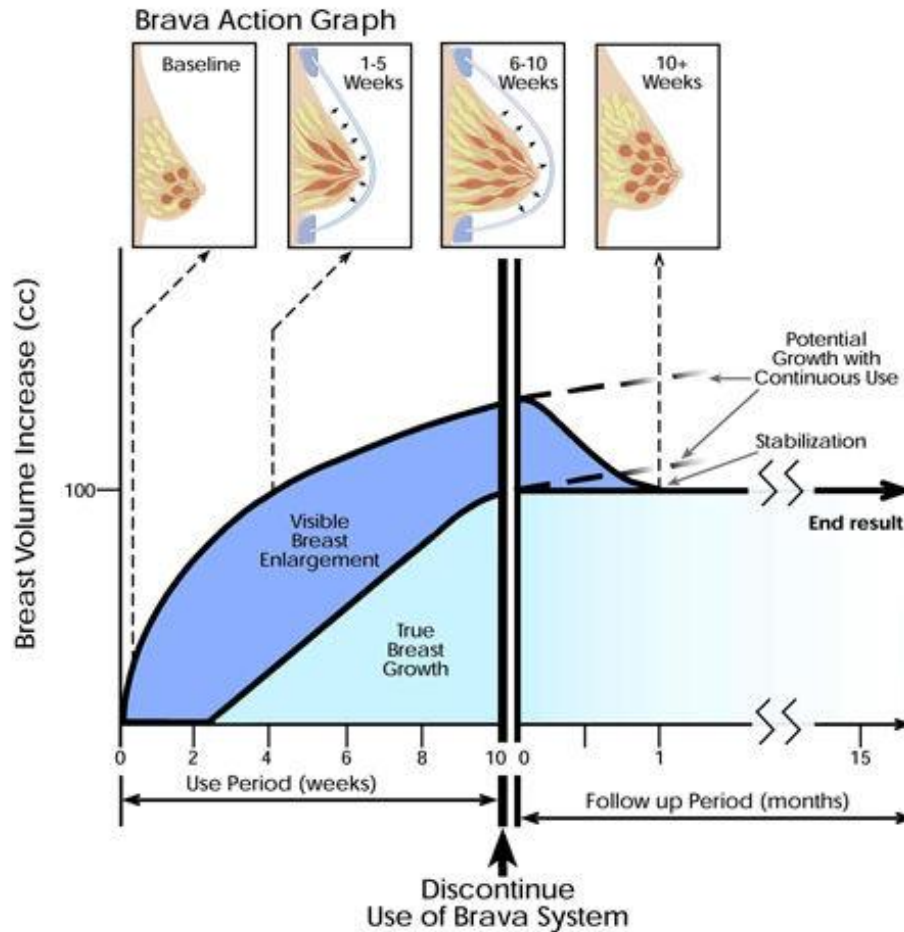
So in this chapter, I am going to give you a rundown on how breast enhancement pumps work, show you what your options are, and share some tips for getting the best results.

How Breast Enhancement Pumps Work

Breast enhancement pumps are based on the concept of “tissue expansion.” Studies show that applying consistent tension to an area leads to tissue growth. Surgeons have been using tissue expansion to regenerate skin, bones, and other tissues for decades.

In fact, tissue regeneration is used in post-mastectomy breast reconstruction surgery. A device is placed inside the breast area, where it pushes against the breast tissue and causes it to grow. This is similar to the way breast enhancement pumps work, except that in this case, the tension is created by an external pulling action rather than of an internal pushing action.

Many males and transgender women are able to achieve one or more cup sizes of growth by using a breast enhancement pump. The results are even more dramatic when combined with the herbal routine I outlined earlier!



Aside from long term breast growth, breast enhancement pumps also have an immediate effect on the breasts. The pumping action increases circulation and draws fluid into the breasts, which temporarily enlarges them up to an extra cup size. The swelling lasts for several hours and has a cumulative effect over time.

While you can certainly take advantage of the immediate swelling provided by breast enlargement pumps, keep in mind that they leave temporary red rings or indentations on the breasts due to the pressure of the domes – so you probably won't want to show your breasts off with low cut tops.

Different Breast Enhancement Pumps

There are several breast enlargement pumps on the market, so let me give you a rundown of your options.

By the way, I am only going to cover breast enhancement pumps that have an actual track record among people I have spoken with personally.

You definitely want to stay away from the cheap, gimmicky pumps that only have one dome size; they don't work. And if you discover a different model other than the ones discussed below, do some research to see what kind of results people are getting compared to what the manufacturer claims.

Brava



The Brava Breast Enhancement and Shaping System is the Rolls Royce of breast enlargement pumps. This is the original device that put breast pumps on the map as a viable option for breast enlargement.

The Brava was invented by a plastic surgeon (Roger K. Khouri, M.D.) and has been used by 30,000 women since 2001. It sells for \$900-\$1,200 if you order directly through the company, though you can also purchase it through some physicians. You can often find used and new Brava systems on Ebay for a lower price.

Brava consists of various-sized plastic domes that fit over the breasts and are attached to a computer (known as the "Smartbox") that controls the device suction. It's all held together underneath a sports-bra-like garment.

The Brava needs to be worn 10+ hours per day for at least 10 weeks to achieve a cup size of breast growth. Most people wear it at night while sleeping. The 10 hours per day, 10-week cycle can be repeated for additional breast enlargement.

So what's the lowdown on this device?

On the plus side, the Brava is a serious device that is backed by a lot of scientific research. It has a decent track record and has worked for a lot of women.

On the downside, trying to wear the Brava for 10 hours per day for 10 weeks can be a major pain. If you miss a single day, you have to use the device an additional 5 days to make up for it. This can be a real challenge if you have an irregular schedule or travel a lot since the device is very bulky and hard to travel with.

And many people say it doesn't work as well as the manufacturers claim. There are lots of disgruntled customers and if you do a search on the Internet, you will find widely varying stories about how well Brava did or did not work for people.

For more information visit: <http://www.mybrava.com/>

Noogleberry



The Noogleberry is a manual breast enlargement pump system that consists of breast domes, silicon tubing and a hand pump. It costs about \$65-\$85 depending on the size and you can purchase additional cups for \$30-\$50.

The Noogleberry is supposed to be used for 30 minutes 1-2 times per day, gradually working up to 1 hour 2 times per day.

The domes that come with the Noogleberry kit are not padded, but you can purchase soft foam cup rings separately for approximately \$15+ (depending on size). If you buy the Noogleberry, I definitely recommend purchasing these since they make the domes more comfortable and reduce the red marks/indentations left by the dome pressure.

Unlike the Brava, the Noogleberry manufacturers don't claim that their pump leads to permanent breast growth. Instead, you are instructed to use it daily until you reach your desired size and then use it once per week for 30-60 minutes to maintain your results.

Many people report good long term results from the Noogleberry – with growth of up to 2 cup sizes being reported.

Another major benefit of the Noogleberry is that they offer customer support through an active forum with over 4,000 members (including many males and transgender women).

For more information visit: <http://www.noogleberry.com/shop/>

Bosom Beauty



The Bosom Beauty is yet another breast enlargement pump system. The manufacturers offer both a manual pump system for \$130 and a mechanical pump system – the Bosom Beauty 2012 – for \$490. Unlike the Brava system, the Bosom Beauty only needs to be used for 1-2 hours per day.

Like the Brava, the Bosom Beauty 2012 consists of various-sized domes and a mechanical pump system. However, the machine is large and bulky, so you have to stay in one place while you use it – unlike the Brava Smartbox, which is worn on the body.

Unlike the Brava, the Bosom Beauty domes are not padded, which can be very uncomfortable and can lead to more pronounced marks or indentations. Another big drawback is that the suction is very strong. This is by far the strongest suction of any system, and many people complain that it is painful.

However, the Bosom Beauty does have its share of fangirls. There are plenty of males and transgender women who claim to have gotten good results from this system.

For more information visit: <http://www.gismostore.com/>

My Opinion?

Each of these breast enhancement pumps has its fans, though if you are just getting started and trying to choose a system, my opinion is that it makes sense to go with the least expensive option, which is the Noogleberry. You also have a place to go (the forum) to get your questions answered as you are getting started.

Incorporating a Breast Enhancement Pump into Your Routine

While using a breast enhancement pump is optional, it's a great way to maximize your results with herbs.

You can use a breast enhancement pump from the beginning or add it to your routine later if your results from herbs start to slow down.

Now, I realize that this is a lot and that you might not have the time or money to do everything. Be realistic and do whatever is most

convenient for you. When it comes to breast enhancement, CONSISTENCY is key. It is more effective for you to do less, but do it consistently, than it is to try to do a million things haphazardly.

Also keep in mind that breast enhancement is a long term process that may take a year or two. You can always add a breast enhancement pump later if you need to bust through a plateau.

By the way, if you can't use herbs (because you are on prescription medications or hormones), you can use the breast enlargement pump alone or in combination with the Chi Massage. Many girls have seen great results this way.

Chapter 10: Final Thoughts



I hope you enjoy *The Flat to Femme Program* as much as I enjoyed putting it together. These techniques have worked for thousands of crossdressers and transgender women and they can work for you, too.

I'd LOVE to hear about your results, so please be sure to share your photos and success story with us in the *Flat to Femme* forum here:
<http://flat2fem.com/forum/>

Wishing you all the best on your feminine journey!

Love,
Lucille

Resources

Breast Enhancement Resources

Noogleberry

The Noogleberry is an effective, low cost breast enlargement pump that works well with *The Flat to Femme Program*. The company is transgender friendly and offers an active support forum.

[Click here to learn more about Noogleberry.](#)

Greenbush Herbs

Greenbush is one of the best sources of herbs online, offering quick shipping and excellent customer service. While Greenbush doesn't stock every herb described in this book, they do carry high quality fenugreek, fennel, wild yam, saw palmetto, and red clover capsules and liquid extracts.

UPDATE: Greenbush has created a "Male Breast Enhancement" package exclusively for *Flat to Femme* readers. Each kit contains:

- 3 bottles of Breast Enhancement Blend Capsules, 100 Vegcaps.
- 1 bottle of Breast Enhancement Blend - Concentrated Extract.
- [Click here to order the Male Breast Enhancement Kit.](#)

Crossdressing/Transgender Resources

The Stepping Out Secrets Program

Everything you need to know about presenting yourself as a woman – including training in makeup and beauty, fashion, curves, moves, voice, and confidence.

[Click here to learn more about The Stepping Out Secrets Program.](#)

The Makeup Magic Program

Learn how to transform your appearance in the next two weeks with the ultimate male to female makeup program.

[Click here to learn more about The Makeup Magic Program.](#)

The Unleash Your Inner Woman Program

A feminizing hypnosis and guided meditation program created to help you unleash the woman within.

[Click here to learn more about The Unleash Your Inner Woman Program.](#)