

Ingredients of Natural Breast Enhancement Pills

The following are the common ingredients found in pills for breast enhancement along with their harmful effects:

- **Pueraria mirifica** - It contains compounds such as deoxymiroestrol and miroestrol, which have an effect similar to estrogen in the human body. It is also known as Kwao Krua and is mainly found in Burma and Thailand, and is used indigenously by hill tribe people.

Like most natural breast enhancement pills, pueraria mirifica is not for use by nursing or pregnant women, by people using oral contraceptives or by people with any hormone-sensitive cancers.

Side effects of pueraria mirifica may include anemia. This has been observed in pre-menopausal women.

- **Saw Palmetto** – Also known as serenoa repens, saw palmetto is generally used to treat urinary symptoms in men, resulting from benign prostrate hypertrophy. It prevents the hormone dihydrotestosterone (DHT) from bonding with androgen receptors and also blocks the enzyme, 5-alpha reductase, which usually converts testosterone to DHT.

There is no study which has proved that increase in DHT or testosterone levels due to the usage of saw palmetto has any impact on breast enhancement.

Saw palmetto should not be used as a natural breast enhancement pill by people with hormone dependant cancers, or by nursing or pregnant women.

Saw palmetto may slow blood clotting, and hence it is not to be used before and after any surgery, or by people taking blood thinning medications such as coumadin, ticlid, plavix, aspirin, heparin or tentral, and by people with bleeding disorders. Saw palmetto has been found to decrease the efficiency of oral contraceptives.

- **Wild Yam** – It is mainly used to relieve premenstrual syndrome (PMS) and to treat menopausal symptoms. It has been found that wild yam has a large variety of estrogens derived from plants, like diosgenin.

Diosgenin can be converted into estrogen and progesterone. However, this can only be done in a laboratory and cannot be converted inside the human body.

In a recent study, 25 postmenopausal women consumed 350 grams of yam in 2 meals every day, for a period of 29 days. It was later found that there was a significant increase in estrone concentration, an almost significant increase in estradiol, and a very significant increase in sex hormone binding globulin.

As with most other natural breast enhancement pills, wild yam should also not be consumed by women using oral contraceptives, by nursing or pregnant women or by those suffering from hormone sensitive cancers.

- **Bovine Ovary Extract** – No studies have proved the efficiency or safety of bovine ovary extract as one of the natural breast enhancement pills in humans. Unlike many herbs, bovine ovary extract is claimed to stimulate the pituitary gland which increases level of growth hormone and prolactin.

This would result in several risks. In order to stimulate milk formation and breast development the level of prolactin hormone rises almost ten times when pregnant. Increase in prolactin levels may cause irregular menstruation, infertility, increased risk of stroke and reduced libido.

Growth hormone is essential only for children. Increase in growth hormone levels in adults may cause diabetes and abnormal growth of bones and organs such as kidneys, liver and heart, atherosclerosis and high blood pressure.

Bottom Line

Though it appears to be safe to use these natural breast enhancement pills for a short duration in order to check their efficacy, very little is known about the side effects and hence the safety of these pills is always questionable.

Source: <http://www.articlecircle.com>

About the Author

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