

# 7 How to increase the size of the ring 1 for her chest

With 7 ways to increase the size of the 1st round below, we hope you will be able to do it and the first round will become more attractive! Let's take a look and do it now!

Flat chest, flat screen, wall, two backs . are the words used to refer to the modest round girls. Knowing that, small breasts are nothing wrong or embarrassing but still many people want to improve the first round.

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## Learn the factors that affect size 1

**Genetics:** A study in the journal BMC Medical Genetics concluded that: "Your breast characteristics may be influenced by both sides of the family." Big or small, sharp or round, depends very much on genetic factors. That is why there are people who are very thin but their size is large and vice versa.

**Female genital hormone - estrogen:** By puberty, the estrogen in the ovary will secrete, which develops the milk gland and develops fat-related connective tissue in the chest. Therefore, estrogen also plays a big role in determining breast size. When estrogen levels are high, your breasts tend to get bigger. This is also why, before or during the menstrual cycle, you will find your breasts are fuller and fuller than usual.

**Exercise:** Aging causes the muscles to weaken and relax, especially the muscles in the chest. Therefore, exercise is also one of the factors affecting breast size, determining the firmness and roundness of the breast.

**Nutrition:** This is also an important role for breast development. A proper, adequate diet will help develop adipose tissue to facilitate the size of the chest.

## **The safe way to increase ring size 1**

Genetics is an irreplaceable factor, therefore, based on the remaining factors, we can provide some of the most effective first round increases as follows:

### **1. How to increase ring size 1 with a variety of beans**

Since ancient times, beans or nuts have been considered a medicinal ingredient for the first round of women. Especially among them are soybeans. With abundance of phytoestrogens, soybeans directly affect the first round while increasing their ability to fight breast cancer effectively.

Besides beans, cereal grains also play an important role in determining the size of the chest. In cereals contains many compounds that help increase female hormones both work to increase the round 1 again and help skin smooth smooth white light.

Therefore, if you want to improve the first round, start immediately with a diet that contains lots of beans and nuts.



## **2. How to improve the first round by massage method**

When the blood circulation is good, it will help round 1 natural white pink while supporting the increase in size very effectively. Every day, take 5-10 minutes in the morning after getting up or at night before going to bed to be able to perform these massage movements.

Use the left hand to lift the left breast and the right hand to lift the right breast, then perform a gentle lifting up and down, speed 2-3 times / second, about 20-30 times.



## **3. Improve first round with chestnut stew**

Chestnuts work to stimulate and perfect the growth of the ovary, increasing the secretion of firming agents. Besides, the content of B vitamins in chestnuts also promotes the metabolism to increase the production of

estrogen. When combined with spring rolls, it will create a blood-rich dish, rich in vitamins A, B, and E for the body to help reduce wrinkles and stretch the skin to support the increase in the size of the first round.



#### **4. How to increase the size of the 1st round with green papaya**

Green papaya is a natural fruit that works to increase the size of the chest quickly and effectively. In the composition of green papaya contains an enzyme that stimulates the production of phytotrogens from which helps the sister's "double mountain" more plump. In addition, according to research by scientists, this active ingredient also works to prevent breast cancer. At the same time, the green papaya also contains a lot of vitamins A, C, and E, which have the effect of beautifying the skin, enhancing skin's immunity. Therefore, if you want to have a hot and firm round with a supple health, immediately add green papaya to your daily diet.

You can use green papaya as a smoothie and use 1 cup every night or use green papaya to cook soup that is also delicious and nutritious.



## **5. Improve the size of the first round thanks to chicken eggs**

The structure of the chest is made up of fat tissue, so if you know how to eat reasonably, the size of the chest will increase significantly.

Chicken eggs are considered a special dish for the modest round 1 girls who want to improve. Because chicken eggs contain many proteins to help produce muscle, which helps the size of the breasts become fuller, firmer.

The simplest way is that you can steam the chicken eggs or combine with honey and a little condensed milk if you need to gain weight.



## **6. How to improve the first round with simple exercise movements**

### **Lesson 1: Push up 45 seconds - 15 seconds off**

This exercise is essentially a normal anti-push action, which has a direct impact on the muscles around the chest. You can take advantage of walls, stairs, 2 arms straight up wider than shoulder as fulcrum and pull 2 legs backwards as pillars. Carrying people down, lifting people up with two arms.



## **Lesson 2: Open arm movement 45 seconds - rest for 15 seconds**

Stand upright so that 2 feet are shoulder-width, 2 arms parallel to the ground. Do push your hands back and forth and fold over your chest. You can also combine hand weights to perform this action.

## **7. Use functional foods to support the increase of ring size 1**

Using functional foods that support the size of the 1st round is also the choice of many girls. However, you should remember that these products only play an auxiliary role and whether or not to work depends very much on your location and how to eat and exercise. In addition, it is recommended to select foods of natural origin and clear origin to obtain absolute safety.



Some products for you to refer to as:

1. Big 1 breast enlargement pills (Box of 20 packs) - Price: VND 990,000
2. Big 1 breast enlargement capsules (40 capsules) - Price: 499,000 VND
3. Big 1 breast enlargement cream and toning - Price: 299,000 VND

All of these foods have safe natural extracts, and oral tablets are effective in enhancing hormones, helping to brighten and brighten the skin while helping to increase breast size.

These are the 7 most effective ways to increase your lap 1, making your girlfriend more confident and attractive. However, during the application process, you should not be too hot and many effective cases depend on many different factors. In any case, please keep yourself optimistic about life!

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