



# WOMEN'S HEALTH

## Natural Alternatives For Breast Health

(NAPSA)—Western society seems to be obsessed with appearance and perfection.

Television and movies reflect social attitudes and at the same time play a large part in forming them.

Many women equate how they look with who they are, which is not surprising in a culture where women have learned that beauty is a highly valued commodity. Beauty, it seems, makes women especially visible and valuable.

Discontent with one's body because of weight gain or loss and pregnancy, is regarded as almost normal and acceptable. The belief that we can change our shape or appearance at any time with cosmetic surgery can be liberating.

Ironically, cosmetic surgery is not always the answer. There are no guarantees. For example, breast implant surgery can be fraught with physical complications such as bruising and swelling and psychological effects such as mood swings and depression.

Images of the breast touted by the fashion and advertising industries—pert, rounded and firm—that it is not surprising that many women believe their breasts are not adequate.

Martha Christy, a health writer and alternative health therapies consultant in Arizona, notes new advances in the nutraceutical marketplace now offer women an alternative to surgery. By taking a dietary supplement formulated to



gently promote natural hormone balance, many women say they also derive an enhanced physical appearance that leaves no scars or produces dangerous side effects.

Dr. Robert Bradford of the Bradford Institute in San Diego, CA, studied the effects of an herbal formula called Grobust. Over a two-year period, researchers tested 108 women and found the formulation that was initially developed to help overcome radical hormonal changes also provided breast health benefits.

Throughout a woman's fertile years, hormones that control the menstrual cycle influence breast growth and appearance. In addition to relieving cramping, bloating, mood swings, painful menstrual periods, PMS and menopausal symptoms, as well as nervous tension, Grobust was found to be a catalyst for breast growth and enhancement.

After investigation of patient medical history and biochemistry, the Bradford Institute found significant breast enlargement of one-half inch in 45 days to three inches within nine months.

Research has determined that herbal ingredients traditionally used to naturally balance hormones in women can be free of side effects. Herbs such as Blessed Thistle, Dong Quai, Saw Palmetto, Mother Wort, Damiana, Dandelion Root and Wild Yam are specific to reproductive functions, overall health and well-being.

Dr. Daniel Mowry in his book, *Scientific Validation of Herbal Medicine*, concludes that natural plant extracts work for medicinal uses.

TriMedica International Inc., a leader in the development of natural health products has introduced a proprietary herbal formulation into its supplement line called Grobust, which is available at GNC and Vitamin World stores.

Most of us live a fast-paced lifestyle. We are faced with many environmental factors that may affect our health. Eating a balanced diet and getting regular exercise—including pectoral exercises to firm up your muscles—are the basic prerequisites for good breast health.

For an informative brochure about herbs that are used for hormone balance, and breast health and enhancement, call toll-free 1-866-GROBUST or visit [www.grobust.com](http://www.grobust.com).