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**Now**

Now  
Erdic  
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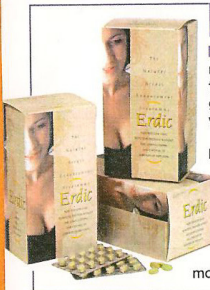
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**FREE**  
16-PAGE BOOK  
**BOOBS**

- Top cleavage bras
- Celeb boobs – implants and reductions
- Bust-boosting treatments tested



Victoria Beckham



Creams, tablets, gadgets and exercise can help plump up your breasts. Here, we show you what's available – and get an expert's view on some of the products



Jessie Wallace

**Pills**

**Erdic** This plant-based, totally natural supplement comes with the promise that you'll not only go up a cup size, but your boobs will also be firmer and perkier. Apparently the plant hormones and phytoestrogens stimulate glandular tissue in the breasts to mimic the changes that happen during pregnancy. **Cost** £450 for the course to go up one cup size. One month's supply costs £165.

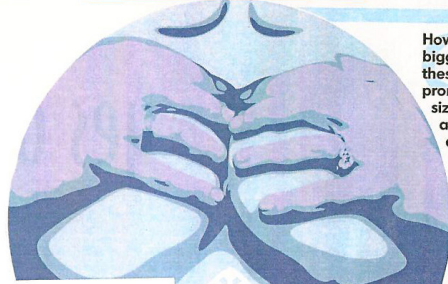
**Pills, potions and press-ups**

clarins.com **Erdic** 0870 4446899 or www.erdic.com **Studio Health Group** 0845 601 6075 **Tara's Choice** 01380 871264 or www.taraschoice.co.uk



Natural health expert  
**Dr Mark Atkinson**  
answers your questions

alternative  
health solutions



How can I make my boobs bigger? I've read about these supplements that promise to boost your cup size, but I'm sceptical and haven't ever tried any for fear of harmful side effects. Are there exercises I can do? Or are supplements the answer?

I used to be sceptical as well, but I eventually ended up investigating them as a number of my patients were asking me if I knew of any treatment and were threatening to resort to surgery if I didn't help them! One of the options that came out on top, with an 85 per cent success rate, was the Erdic natural breast enhancement programme, which uses a combination of herbs and amino acids to stimulate breast tissue growth. You should give it at least three months to work.

'One option uses herbs and amino acids to stimulate breast tissue growth'

**Quick Bust** A nutritional supplement, which claims that its herbal content stimulates tissue growth and firms the breasts. The recommended course is up to nine months and it boasts results of 1-3in on the bust line and an increase of up to three cup sizes.



**Cost** £21.63 for one month's supply, inc p&p, from Tara's Choice. **The expert** *Now's* natural health expert Dr Mark Atkinson says: 'Patients say Erdic works, which may be due to its glandular tissue-stimulating properties. I'm wary of Quick Bust – it's impossible to know the effect of mixing so many ingredients.'

Also, to encourage good bowel health, use a combination of the probiotic lactogest and the herb slippery elm. Help reduce inflammation with fish oil and finally apply mahonia aquifolium cream and body lotion to the affected areas themselves.

**Recommended products**

- Erdic natural breast enhancement has a special offer of £299 for a six-month programme for *Now* readers (quote this offer when calling), Erdic UK, 0870 4446899.
- Antistax (red vine leaf extract), £4.19 for 20 capsules, Health Store, 01624 825812 or www.health-store.co.uk
- Natraklear, £11.95 for 50g, Nutravida, 0800 0195000 or www.nutravida.co.uk
- Neo magnetic discs, £35 for two, Norstar Biomagnetics, 01635 588888.
- MSM Glucosamine Joint Support, £6 for 30 tablets, Nutravida, 0800 0195000.
- Pain Ease patches, £24.95 for set, Lifes2Good, 0845 602163; or www.lifes2good.com.
- Health Perception Glucosamin £14.99 for 60 tablets, Goodness Direct, 0871 8716611 or www.goodnessdirect.co.uk.
- Monthly Detox Kit, £19.99, HealthAid, 020-8425-3400.
- Potters Slippery Elm, £7.48 for 84 tablets; Higher Nature Lactogest, £4.90 for 30 tablets; Seven Seas Pulse Omega-3 Pure Fish Oil, £5.19 for 60 capsules, c Goodness Direct, 0871 8716611.
- Mahonia aquifolium cream, £14.95 for 100ml, Taylor Jackson Health Products, 01923 853111 or www.taylor-jackson.com.

Mark Atkinson is chairman of the British Society of Integrated Medicine, a consultant in clinical nutrition and a founding clinical director of The Vitality Centre, Harley Street, London. Write to Dr Mark Atkinson, NOW, King's Reach Tower, Stamford Street, London SE1 9LS or email dmarkat@ipcmmedia.com. Please keep letters to 50 words or less. Dr Mark regrets that he is unable to reply personally to letters or emails. Also visit www.dmarkatkinson.com