



The Ultimate Pueraria Mirifica Guide

Copyright, Legal Notice and Disclaimer Terms of Use:

This publication is protected under the US Copyright Act of 1976 and all other applicable international, federal, state and local laws, and all rights are reserved, including resale rights: you are not allowed to give or sell this Guide to anyone else. If you received this publication from anyone other than PuerariaMirificaRevealed.com, you've received a pirated copy. Please contact us via e-mail at info@PuerariaMirificaRevealed.com and notify us of the situation.

Information in this ebook is provided for informational purposes and is not meant to substitute for the advice provided by your own physician or other medical profession. You should not use the information contained herein for diagnosing or treating a problem or disease, or prescribing any medication. If you have or suspect that you have a medical problem, promptly contact your health care provider. These statements have not been evaluated by the FDA.

To the best of our knowledge, information on each product is accurate. But, we are not liable for any losses or damages which may occur through your use of any information or products which you obtain through this ebook or any of our affiliated websites. This website does not guarantee, implied or otherwise, the links and information contained for each product to be accurate and/or up to date. To ensure accurate and up to date information, please contact the respective manufacturer or company.

Please note that much of this publication is based on personal experience and anecdotal evidence. Although the author and publisher have made every reasonable attempt to achieve complete accuracy of the content in this Guide, they assume no responsibility for errors or omissions. Also, you should use this information as you see fit, and at your own risk. Your particular situation may not be exactly suited to the examples illustrated here; in fact, it's likely that they won't be the same, and you should adjust your use of the information and recommendations accordingly.

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used only for reference. There is no implied endorsement if we use one of these terms.

Finally, use your head. Nothing in this Guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader. So have fun with the The Ultimate Pueraria Mirifica Guide.

Copyright © 2009 Kristine Malone. All rights reserved worldwide.

The Ultimate Pueraria Mirifica Guide

From: *Kristine Malone*

Hi There,

Here is a quick reference to some information you may be interested in!

My Email Address: info@PuerariaMirificaRevealed.com

My Website and Store <http://www.PuerariaMirificaRevealed.com>

(Get FREE Shipping on Your Order)

Please enjoy this eBook!

Kristine

Table of Contents

Section	Page
My Story: How I Found Pueraria Mirifica	5
“What is Pueraria Mirifica Herb Anyway?” This Section Tells All!	7
Reported Pueraria Mirifica Benefits that are Simply Amazing!	12
The Pueraria Mirifica Hair Growth Factor	16
Pueraria Mirifica Side Effects ...Exposed!	19
The Power and Importance of Pure Pueraria Mirifica	25
Pueraria Mirifica Supplements...Exposed	27
Correct Pueraria Mirifica Dosage	32
How To Maximize Your Results with Pueraria Mirifica	34
Success Sabotagers	37
Where to Buy the Best Pueraria Mirifica	38
Other Breast Enlargement Herbs	42
Frequently Asked Questions	43
A Sample Pueraria Mirifica Regimen	45
Worksheets for You to Use at Home	50
Conclusion	52

My Story: How I Found Pueraria Mirifica

I know how it feels to search endlessly for an all natural product that would help to increase your breast size. You are probably like I was. I didn't have to have the largest breasts in the world but I did want more of the development and fullness that I think puberty denied me of.

You probably want to fill out your tops better, look sexier in a swimsuit, gain more confidence when you're with your lover and achieve a more proportionate body by having fuller breasts.

These are all the things that I wanted and I tried at least 5 other regimens, pills, creams, and blends over a three year period with poor results before I found the solution that's been clinically tested and proven, used for centuries by both women and even men, and has the right chemical properties needed to produce the result of larger breasts.

That Secret Was a Little Known Herb Called "Pueraria Mirifica" (or White Kwao Krua)

Since I'm a researcher at heart, I had already researched everything I could find that may give me results but when I discovered Pueraria Mirifica and did my research I became completely convinced that this was THE solution to help me gain permanent breast enlargement just as it had already done for many other users.

Through my research I discovered several things to put together the perfect regimen that ultimately helped me achieve

permanent breast enlargement from a *small B cup to a full C cup in the first 90 days* of using it.

I reveal and lay out these secrets and my regimen for you to use in this E-Book. When I started my research a few years ago there weren't many people I could find who talked about it. I had to dig and dig for information. I hope to make your journey a little bit easier.

Now, I want to remind you, everyone is different. Feel free to adjust your regimen as you feel like you need to. Nobody knows your body the way you do.

If you read every word of this eBook and actually do your regimen for the full time you will be on your way to larger breast.

When I finally went bra shopping to get my new C cup bras I literally cried. I also bought 3 new bikinis. And the crazy part about it is that I wasn't even taking it like I was supposed to, so be warned, this stuff is powerful!

A whole year later my breasts are still a sexy C Cup, perky, and my husband loves this and several other surprising changes. My extra vaginal lubrication has been fun for our love-life, my hair is so much shinier, and my skin has never been so soft. I have already stocked up on Pueraria Mirifica!

“What is Pueraria Mirifica Herb Anyway?”

This Section Tells All!

The Pueraria Mirifica herb is a tuberous root. This Thai plant is noted for its very large bulbous rhizomes that grow along its roots. This plant has traditionally been called Kwao Krua. PM belongs to the Leguminose family, subfamily Papilionoideae of which soybeans and peas are a part.

As a matter of fact, PM has many of the same compounds that are found in soybean, among other common food products. But make no mistake, this is no common food. Just to show you what I mean, the term ‘mirifica’ literally means ‘miracle-maker.’

PM is mainly found and grown in the hills of Thailand, but it’s also grown in Laos and Burma and part of Northern Cambodia. So far only Laos is going to be next important source for cultivated Pueraria Mirifica herb. Thailand, however, is the main port to world.

There are 13 different strands of Pueraria but only one is called “Mirifica” or “Kwao Krua Kao.” This distinction caused a lot of confusion for many years when people were taking Pueraria plants in hopes of getting the same ‘miraculous’ benefits that many others had. But low and behold, they were taking the wrong strand of Pueraria.

As a matter of fact there was a period of longer than a decade years ago when the Mirifica herb was gaining strong popularity but a group of scientists discovered a high level of toxicity in a Pueraria plant and everyone was scared away from the herb. Upon further

scientific investigation, the high toxic levels were found in another strand other than the Pueraria Mirifica herb, and the herb again began to gain strong popularity.

So What Makes the Pueraria Mirifica Herb the ‘Fountain of Youth & Beauty’ Discovery of the Century?

This distinction can be attributed to the amazing and elite chemical compounds contained in PM.

PM contains the strongest source of phytoestrogens (natural plant estrogen) of any natural source we know of in the world. Pueraria Mirifica herb has far superior estrogenic activity in it than does Soy, alfalfa, black cohosh, red clover, wild yam, or any other known and recommended plant with phytoestrogen.

Until now, doctors have recommended black cohosh and soy products to their menopausal patients as the best sources of alternative hormone replacement (natural menopause relief) but many doctors around the world have quickly switched to Pueraria Mirifica herb as the safest, most effective, and most beneficial product for quick menopausal symptom relief.

The fact that it's a strong source of phytoestrogen is very beneficial for women who need more estrogen (pre, post, or current menopause) or have too much estrogen – it is a ‘balancer’ of estrogen in the body. This may mean that women no longer need harmful chemical based menopausal treatments like HRT, and other prescriptions that are proven to have caused mild to very serious side effects.

But what's even more is exciting is that Pueraria Mirifica herb is the only product in the world to contain a miracle compound

called miroestrol – which is the chemical that may lead to permanent breast enlargement.

In 1940, in a protected biotechnology laboratory, a group of German scientist successfully isolated the phytoestrogen – Miroestrol from the root of Pueraria Mirifica. But, this herb is mistakenly reported then as Butea Superba. It was later on classified as a new plant called Pueraria Mirifica.

After another 60 years, in year 2000, another phytoestrogen – deoxymiroestrol is isolated from the root of Pueraria Mirifica.

"Miroestrol and Deoxymiroestrol" is very different from other phytoestrogens, as it possesses the highest estrogenic activity among the known phytoestrogens due to its structural similarity to estradiol. Estradiol is the main human estrogen which can be found in all women who are at the stage of nursing a baby (Lactating)); as you may notice that all women who are in this stage develop enlarged and firmer breasts for feeding purposes.

But not to worry, Pueraria Mirifica herb actually helps send more fat to the breast area and elongate the mammary glands for permanent breast enlargement. The only downfall with getting too much estrogen is that it can be a factor in leading to cancer. But the amazing thing about PM is that it is actually anti-mutagenic (anti-cancerous) due to the many isoflavones it contains. What's more impressive is that the miroestrol found in PM is 2 times more effective than human estrogen itself!

The older a woman gets, the less estradiol is produced, causing the breasts to start sagging, the hair to start graying, the skin to start wrinkling, etc. But now women may have a breakthrough all natural option that really works! As a matter of fact, most users are able to permanently grow their breasts by 1 to 3 cup sizes in just 3 to 6 months. Yes, it's a dream come true for you and multitudes of

women around the world.

But the estrogenic activity in Pueraria Mirifica herb has proven to provide many more benefits than this including longer, thicker, darker hair; softer, suppler, younger, wrinkle-free skin well into your 80s; improved vaginal function including vaginal lubrication, increased sex-drive, more sensitivity, and some products even help improve vaginal tightness for more stimulation; rounder hips, and more!

These factors and a few other factors is causing PM to become the cornerstone or active ingredient in many beauty care products and cosmetics coming out today.

Women in the rural communities of Thailand have used the tuberous roots effectively as rejuvenating and anti-aging folk medicine for well over a hundred years before it become well known and received much attention from Thai and foreign scientists, especially the Japanese.

Most of the kwao krua processed by the Japanese are made into medicines and cosmetics commonly used for improving the skin, hair and firming the breasts. As a medicine, it's the safest, most effective, and most beneficial menopausal relief herb discovered.

Majority of the Pueraria Mirifica products found in the market are made from roots collected from villagers in the forests. And these villagers will be the ones that do the peeling, grinding, and the drying in their homes. Nobody can assure the sanitation, the quality and the amount of Miroestrol found in these Pueraria Mirifica powder.

Many foreign companies who have long settled in Thailand even open small shops to purchase the plant from villagers. But the

growers I recommend on my site are the one of the largest exporters of the herbs throughout the world. As such they adhere and abide by the strictest standards of safety, consistency, quality assurance, and purity of the products they produce. That's why I only recommend a couple of sources of Pueraria Mirifica herb for your use.

This gives you a good understanding of what Pueraria Mirifica herb really is and how it can help you achieve the beauty goals you used to only dream about. Quite frankly, more and more celebrities are using this secret beauty product to naturally, quickly, and safely increase their breast size, soften their skin, and achieve truly glamorous beauty.

At my website <http://www.PuerariaMirificaRevealed.com>, you can get the best products at affordable prices and use the same products that more stars are turning to.

Reported Pueraria Mirifica Benefits that are Simply Amazing!

There are many amazing pueraria mirifica benefits that may be a little hard for some people to believe are possible – but that doesn't mean they're not real.

I'm telling you from my own personal experience, that of my husband, and the extensive research that we have collectively done on everything related to it, the pueraria mirifica benefits that people are getting are real and there's real science behind these benefits.

There's not a single other plant source yet discovered that has the chemical makeup to produce the amazing pueraria mirifica benefits that people have and are reporting.

A Deeper Look at 3 Rare Characteristics that Make Pueraria Mirifica So...Miraculous

1. PM contains the strongest source of phytoestrogens (natural plant estrogen) of any natural source we know of in the world. It's so active in humans because its chemical composition is so close to the estradiol in women.

It's far stronger than soy or alfalfa – which have up to this point been the most known and used natural estrogen alternatives.

Soy and alfalfa both have less estrogenic activity in them and these two products do not contain another powerful active ingredient that Pueraria Mirifica contains, miroestrol – which is the chemical that may lead to permanent breast enlargement.

The fact that it's a strong source of phytoestrogen is very beneficial for women who need more estrogen (pre, post, or current menopause) or have too much estrogen – it is a 'balancer' of estrogen in the body. This may mean that women no longer need harmful chemical based menopausal treatments like HRT, and other prescriptions that are proven to have caused mild to very serious side effects.

The older a woman gets, the less estradiol is produced, causing the breasts to start sagging, the hair to start graying, the skin to start wrinkling, etc. But now women may have a breakthrough all natural option that really works!

2. Another amazing characteristic of the chemical composition of pueraria mirifica that provides so many benefits is that it contains "miroestrol" and "deoxymiroestrol" – which is the closest comparison to the human form of estrogen called "estradiol," nature provides.

Miroestrol is the closest known chemical to estradiol, which is what works in a woman's body to cause breast growth.

Since pueraria mirifica contains such a concentrated amount of miroestrol, it has been found to increase breast size in women with zero negative side effects (when following a very simple regimen), and even men. This is clearly a breakthrough in science, and in breast growth products!

3. This miracle root also contains Isoflavones which doctors recommend we take daily. Isoflavones are natural anti-oxidants that may reduce the risk of free radical damage to your DNA as well as your risk of cancer.

So one of the greatest Pueraria Mirifica benefits may be that women can use it as an all natural viable hormone replacement

treatment, beauty treatment, and/or breast enlargement treatment while possibly reducing their risk of breast cancer, colon cancer, and high cholesterol!

So here is a list of Pueraria Mirifica Benefits based on the 3 main categories that we address on this website and the reports of users world-wide. Women have claimed Pueraria Mirifica has helped them to...

Increase Breast Size between 1 to 3 Cup Sizes

Increase secondary feminine characteristics in women (hips, breasts)

Improve Skin on body and face (even helps clear acne, psoriasis, and other skin conditions)

Increases hair growth on scalp

Promotes shinier hair

Be an effective and very popular Anti-Wrinkle and Anti-Aging Agent

Reduce symptoms of Menopause including hot flashes, night sweats, insomnia, and others)

Increase Blood Circulation

Helps the body store calcium

Increase vaginal moisture

Improve sex drive

Increase mental clarity

Be a Rejuvenating and Invigorating Body Tonic

Increase strength and length of nails

Provide an all over 'feminine glow'

Reduce risk of breast cancer, colon cancer, osteoporosis, cardiovascular disease, and high cholesterol

WOW! Just looking at this list has to bring tears to your eyes knowing that you may have found the "Magic Pill" for youthfulness, beauty, and sexual vitality. And the good news is that many women have reported these results over years of usage, and clinical tests prove that it contains the chemical composition and properties to support all of these benefits!

It certainly has changed my breasts, skin, and body to the delight of my husband and our love-life. This pill is simply miraculous and you owe it to yourself to try it out for at least 6 months.

So don't pass up this opportunity to experience what is arguably the greatest beauty and sexual vitality discovery of the century! The Pueraria Mirifica Benefits that so many other women are secretly enjoying are making them the center of attention just like it is doing for me.

The Pueraria Mirifica Hair Growth Factor

There are pueraria mirifica hair growth benefits that we must discuss because it is one of the most common results that women and men get from taking PM. Everyone wants to enjoy full, dark, shiny hair well into their “Golden Years’ of life but how often does that happen?

While very few women in the US are graced with the gift of having a full head of dark hair in their 60s, 70s, and even 80s, women in one of the Thai villages who used a Pueraria Mirifica hair growth regimen looked like they were in their 40s or late 50s.

When a US doctor asked how old these women were with thick heads of long, dark, shiny hair, supple skin, and perky breasts, he was amazed to learn that many of these great grandmothers were in their 70s and 80s!

Now western women are flocking to the market to get on their Pueraria Mirifica hair growth regimen too. Though tens of thousands of women throughout Thailand, Japan, Europe, and most recently the United States, among other countries, are consuming PM for its miraculous beautifying, age reversing and cancer preventing qualities, you still may be curious to know how exactly this so called ‘fountain of youth’ herb works to grow your hair.

How a Pueraria Mirifica Hair Growth Regimen Works

You see, Pueraria Mirifica contains the strongest levels of phytoestrogens (plant estrogens) of any source known in the world; which increase the estrogenic activity in the body. This is big news because until PM came along, US doctors were recommending soy and other plants for their phytoestrogen benefits.

But Pueraria Mirifica has proven to contain 3,000 times more phytoestrogenic activity in it than soy, which makes it infinitely stronger than black cohosh, alfalfa, and other phytoestrogen herbs.

What's even more fascinating is that Pueraria Mirifica is the **ONLY** source in the world to contain an amazing chemical compound called miroestrol – which is the chemical that leads to permanent breast enlargement.

The phytoestrogens in PM are actually 2 times more effective than human estrogens, which is why women take PM and get fast results in the beautifying areas of a woman's body. This means PM is perfect for gaining beautiful hair, skin, nails, round hips, and full & perky breasts!

So the Pueraria Mirifica hair growth regimen works so well because the estrogens in it act in your body in some of the same ways that the hormones act during pregnancy.

For instance the skin 'glows' because the blood flow is increased during pregnancy; PM increases blood flow to the skin, giving it a 'glowing' appearance.

The breasts increase and fill out during pregnancy and that's exactly what PM does except this growth is permanent (if you take the right dosages for the recommended time frame).

So Pueraria Mirifica supports hair growth, hair restoration, helps prevent and even reverse graying hair for some users, and it helps decrease hair shedding.

Here's All the Benefits Your Pueraria Mirifica Hair Growth Regimen May Provide...

1. Silky, Shiny hair instead of dull, lifeless hair
2. Stimulates scalp to decrease dryness and itching
3. Darkens grey or white hair
4. Increases hair growth
5. Helps maintain a youthful hair pattern (Helps prevent balding in both females and males)

How Much to Take for Hair Growth?

To achieve good hair growth with PM you can just take 500mgs or less per day for these benefits. You will start to see and feel your hair looking shinier, fuller, and darker. You will also start to notice other beautifying things though – such as softer, suppler, younger looking skin.

Men can use this regimen as well. That's right! This Pueraria Mirifica hair growth information works for men also. But I would caution men to get less than 500mgs per day of Pure Pueraria Mirifica because too much of this herb will start to grow your breasts like a woman, and you don't want that! Yet, men do use PM as one of the most effective all natural hair restoration solutions available.

Pueraria Mirifica Side Effects ...Exposed!

It is very important to discover the Pueraria Mirifica side effects before trying this ‘miraculous’ herb. Because after all, an herb so powerful that it actually causes the breasts to grow by 1 to 3 cup sizes in 3 to 6 months, actually hauls or even reverses the effects of menopause including hot flashes, night sweats, wrinkling skin, and vaginal dryness, and even helps you grow a full, dark head of silky hair and strong, long nails well into your 80s must be loaded with toxic properties, right?

Absolutely NOT! That’s what makes PM so different than anything else yet discovered. The Pueraria Mirifica side effects known and based on women actually using the herb are ZERO when taken correctly.

Laboratory tests, the LD50 test, specifically measures the level of ability or the dosage that it would take to kill a rat or other animal after 14 days; expressed in weight of material per kilogram of body weight. Water, for instance, scores a 16 with this test. When Pueraria Mirifica extract was administered in the lab test, it scored an amazing 40! This results in NO deaths at all in animals that were tested. In other word, Pueraria Mirifica is less toxic than water!

What’s even more impressive is that other tests show that even acute exposure to Pueraria Mirifica Root, up to 6 times the recommended daily dosage was given to laboratory animals over 14 days, or the equivalent of 45,000 human doses consumed over a 90 day period, still NO toxic evidence was found! Plus it hasn’t produced any adverse effects or signs of toxicity in healthy menstruating women aged 20 to 49 years during a 6 month period of daily consumption! IN other words, it’s completely SAFE and harmless for consumption.

So let's keep in mind that Pueraria Mirifica is very powerful and has more estrogenic activity than ANY other known substance in the world. Its estrogenic activity is 3,000 times stronger than soy isoflavones and 100 times more powerful than red clover – the most popular natural menopausal alternatives to date. That means that menopausal women now have the super-safe “Miracle herb” that solves all the problems they've been desperate to get rid of – with no side effects.

Women who've tried various breast enlargement supplements that were supposed to work found several side effects to be present. You see most breast enhancement products on the market contain a conglomerate of various herbs that have phytoestrogenic activity such as red clover, black cohosh, wild yam, saw palmetto, fenugreek, soy, and others. They throw all of these ingredients together and market these products as containing all the properties a woman needs to grow her breasts. And that's half-way true.

But the problem is these products also throw in tropical herbs that many women have reported to be allergic to, as well as side effects like nausea and headaches.

If you've been trying other Pueraria Mirifica brands and found that you were allergic or you've had stomach aches more often, there's three possible reasons why:

- ❖ You are allergic to Pepper (*Piper Chaba* Hunt.), this is the most common reason.
- ❖ You are allergic to Ginger (*Zingiber officinalis* Roscoe)
- ❖ You might be allergic to Sappanwood (*Caesalpinia Sappan* Linn.).

If you are allergic at the beginning of the summer time (flowers, trees) then you are definitely allergic to this.

Why you cannot avoid this? Because the real content is NOT revealed on product label. You cannot get any info of other herbs which so often are informed as "other tropical herbs" or names are in a Latin language.

I recommend a product source who only uses natural substances that are suitable to any person. If you feel you are a "hyper allergic person" and you still want to try please take precaution with ANY traditional herbs. Give it a try and make your own observations. First signs of effects are usually skin & hair related. Facial skin feels less oily and more elastic. This usually happens after 10-30 days. Afterwards PM effects to breasts and starts to get firmer and Pueraria Mirifica does its miracle work.

And what's more is that NONE of these herbs are strong enough for you to get enough of the phytoestrogenic activity to actually grow the breasts; especially not permanently, and none of them contain the secret ingredient that makes Pueraria Mirifica stand in a class of its own –"miroestrol." So these herbal concoctions contain all of these various substances and several of the ingredients commonly used have proven to give people side effects including nausea, headaches, and others.

On the other hand, when you take it PURE, very few women report experiencing any Pueraria Mirifica side effects. I have a very sensitive system, and I'm also pretty small, and I have been able to take PM without any problems.

Nevertheless, There are Some 'Side Effects' that have been reported in menopausal women. So let's look at these...

Breast Pain – some women report breast pain when taking pueraria mirifica. But is this really a negative side effect? After all, that only means that the miroestrol in PM is being effective in the estrogen receptors in the breasts, causing them to remain full, firm, and beautiful. Plus the fact that the strong phytoestrogenic activity in PM rests on the estrogen receptors in the breasts, this has proven to help prevent breast cancer cells from forming on these receptor sites in the breasts! So you tell me, can you deal with a little breast pain to keep your breasts from sagging and drooping and possibly developing breast cancer???

Vaginal discharge – Yes, many women report experiencing vaginal discharge. But this is one of the most pleasurable benefits of PM, not what I would call a negative side effect by any measure! This means that you will keep from experiencing the frustration and even pain of vaginal dryness – instead you will enjoy the wet and well lubricated sexual experience of your youth! Is that OK with you?

Vaginal spotting – Now there have been fewer cases of this but we must still mention them. This is one of those side effects of PM that would drive women to the hospital in fear if they didn't know what was happening, because vaginal bleeding in menopausal women is such a serious warning sign. But don't worry, you may just need to lower your dosage of PM. This only means that you're getting so much good estrogenic activity in your body that it's taking you back to your pre-menopausal days. Just lower your dosage, stop taking it for awhile, and get back on it with your adjusted dosage.

Again, this doesn't mean that something is wrong with you for the long-term, it just means that PM is making you a 'girl' all over again! So just don't get scared and stop taking it altogether; simply modify.

Here's what I experienced during my journey of growing my breasts from a B cup to a sexy C cup! When I took PM it knocked off my cycle, a bit. When this happened to me, I thought it was amazing that this stuff was so powerful that it actually knocked my period off!

But my recommended source had simple instructions for what to do if this happened, so I basically stopped taking it for about a week, then started back up for 14 days on or more – then a week off, and so on for 6 months. By that time I went from a B cup to a C Cup! It worked; and with no problems that couldn't be easily solved.

50 healthy menstruating women aged 20 to 49 did a volunteer safety and efficacy study that was conducted at a university hospital in Japan using PM root powder in capsules. Compared to pre-study measurements, there were no significant changes in female hormones, blood levels, or anything else. Six out of 50 women or 12%, reported that they menstruated earlier or later than expected, but the GOOD NEWS is that there were NO reports of abnormally heavy, severe, or missed menstruation.

I can testify that this was also my experience. My period came a little late a couple of times but it wasn't any different than normal when it came.

So here's what you need to do in order to get the best results with ZERO negative and long-term Pueraria Mirifica Side Effects...

Take it PURE – only Pueraria Mirifica with no other substances that could change its miraculous chemistry and nothing that could cause you side effects like nausea, headaches, etc. And listen to your body when you take it. If you find that your period's late, well at least you know it's working strongly in your body. If this

happens though, just follow the instructions our recommended source provides and you'll find your perfect regimen.

There are a few things you need to be mindful of though.

Pregnant women should not take PM

People diagnosed with hormone based cancer should not take PM because it is a strong phytoestrogen; even though PM is anti-mutagenic (helps prevent breast cancer, cervical cancer, prostate cancer, and colon cancer)

It does increase blood flow so very sensitive people could feel a little extra rush in the face (I found this to be a good thing though)

Women taking PM for menopause should be willing to adjust your dosage to find the perfect amount that helps eliminate your symptoms

People taking it for permanent breast enlargement should take a higher dose but don't take more than the product recommendations.

You won't experience any Pueraria Mirifica side effects, especially any long-term ones as proven by centuries of use by Thailand villagers, and in modern society by clinical and laboratory testing. Though PM is exceptionally powerful and effective, it's gentler than water and it adjusts to your body to help you get maximum results. So be patient, and let the magic work for you, just like it has for tens of thousands of people in the past and is working today for tens of thousands more.

The Power and Importance of Pure Pueraria Mirifica

Wondering if you should try Pure Pueraria Mirifica or PM that's been mixed with other substances and/or chemicals in a product? Read this first so you can make the right choice and get the best results with zero side effects.

The truth of the matter is that Pure Pueraria Mirifica has been kept in obscurity for so long because of a few reasons:

1. There are 13 different strands of the plant Pueraria and the 'Mirifica' strand has only recently been identified and the one that brings about the miracle results (breast enlargement, menopausal relief, beautifier, sexual revitalizer).
2. Most companies that manufacture and market various cosmetic products use Pueraria Mirifica but consumers don't know that PM is the active ingredients that are producing the beautifying results.
3. The powerful effects of Pure Pueraria Mirifica are altered when mixing it with other substances that change its chemical structure.

So if you've tried a product for breast enlargement that contained pueraria mirifica and you experienced side effects like nausea or headaches, most likely it was not the PM that was causing these side effects but the other herbs or chemicals in the product you took.

Which means that if you tried a good source of Pure Pueraria Mirifica, you could begin to enjoy its amazing beautifying effects with zero negative side effects.

What's more is that it's best to take Pure Pueraria Mirifica because all of the desired benefits have been achieved with pure, not mixed, mirifica. The clinical tests are done with the pure root, not mixes. Remember that the chemistry of pueraria mirifica is what makes it so 'miraculous,' not any certain name brand that's thrown PM in with other supposed beneficial substances.

If you trust this truth and choose to use pure PM, you will have the best chance of gaining all the anti-aging, natural beautifying, and sexual stimulating effects of PM while avoiding any toxic substances or substances that could cause allergic reaction.

That's why I recommend one source for the strongest and most consistent PM that uses no chemical, refined, processed, or harmful substances in any of its amazing products.

Pueraria Mirifica Supplements...Exposed

Pueraria Mirifica Supplements are quietly becoming the fastest growing beauty care phenomenon on a global scale, and though there's thousands of users in the US, these products haven't even scratched the surface yet.

When people in Japan found out about the 'miraculous' benefits of using Pueraria Mirifica Supplements, products containing the herb flooded the market and tens of thousands of women were enjoying younger looking skin with no wrinkles; perkier, fuller breasts where they were once small breasted; thicker, fuller, shinier hair; and the vaginal function they had in their youth to top it all off!

Obviously, there are not a lot of women out there who want to share their most precious held beauty secret. Sure women gather in homes across America for Avon and Mary Kay parties, but do you really think women are going to just freely share their secret to being the envy of every other woman?

So that goes to make a point that though Pueraria Mirifica Supplements have risen in demand sharply, over the past few years, most women aren't going to be so quick to pass along this beauty secret of the century which actually works.

Don't Try ANY Pueraria Mirifica Supplements Before Reading This...

There are a few different ways Pueraria Mirifica is formulated into the many products sold today, and understanding what's in what you're buying will definitely help you make the best buying decision that saves you as much money as possible while getting the very best supplements and products available.

Pueraria Mirifica Pills or Capsules

PM is used in pill form to ingest orally. This is the most commonly used form and it is the way of getting the most overall benefits from PM. You see, when you ingest the pills or capsule containing pure PM, it works into your body and begins the transformation process throughout your entire body – the process of beautifying it and making it ‘like young’ again.

The pills or capsules that you can purchase give you the many health benefits that PM as a health food supplement provides. The capsules contain grounded Pueraria Mirifica, then they are capsulated. You should get PM that is capsulated in a vegetarian capsule.

You have the option of getting PM that contains ONLY ‘PURE’ PM or a product that contains a mixture of other tropical herbs, and potentially some that contain other fillers.

In our opinion and from my experience, you should buy PURE capsules which contain ONLY PM. That’s what you want, it doesn’t need any help, and many times the other tropical herbs that are included cause allergic reactions, while PM does not cause these reaction.

And that’s significant because I have a very sensitive system and I’m small and petite in stature and I’ve never felt anything but the good stuff from taking Pueraria Mirifica Supplements.

Pueraria Mirifica Powder

PM, in its grounded up form, is added to foods as powder. You can purchase your own PM powder and make your own

recipes to get all the beautifying benefits of PM without having to take pills.

Personally, I just take the capsules, it's only one in the morning and one at night (for breast enhancement), and that's only for 3-6 months at a time. For menopausal women, you only need to take one capsule (at least from our recommended supplier of PM).

Pueraria Mirifica Extract

PM extract can come in a powdered or semi-liquid form. The extract form of PM is the most potent form and it's the standardized method of using PM in cosmetics. There are many wonderful Pueraria Mirifica supplements that are on the market today that target specific issues that people are trying to get results in.

You can mix it in with the lotions, gels, creams, serums, and liquid soaps that you already use to nurture your skin with the richest all natural source of phytonutrients, miroestrol, and isoflavones.

Pueraria Mirifica Cream

When applied to the skin, Pueraria Mirifica Cream may provide quicker and stronger benefits for women than most of the cosmetic products out there, expensive or moderately priced, natural or chemical based. As a matter of fact, PM is used in many of the high-end products as their active ingredient! These are the commonly reported benefits...

1. Softens the Skin

2. Moisturizes and hydrates the skin
3. Increases Blood Flow to the Skin, thereby keeping it young, supple, and vibrant
4. Reduces the appearance of wrinkles
5. Keeps the skin elastic
6. When applied to the hips it can round out the hips
7. Helps heal dry skin conditions, Psoriasis, Acne, etc.
8. Helps scars, wounds, and bruises heal faster and more complete
9. Helps the skin achieve a 'glowing' effect
10. Anti-Aging
11. Reduces wrinkles and freckles

12. Improves Complexion

So as you can see, there are many opportunities for you to put this herb to work. Basically, you choose one or a combo of supplements to get your desired results.

Correct Pueraria Mirifica Dosage

You want to be sure to take the correct Pueraria Mirifica dosage based on what product you're taking and what result you're looking to get.

Any time you're taking a new herbal supplement you want to know the correct amount you should be taking for 2 reasons:

1. So you don't overdose and get sick in any way
2. So you can get all the maximum benefits

Like I said above, the correct Pueraria Mirifica dosage is based on two factors:

1. What product you're taking and how much PM they put in their product
2. What results you're trying to achieve with it

For instance, if you take pure Pueraria Mirifica capsules that contain 500mgs of PM in them, you're getting the highest level of potency in one dosage. (The capsules I recommend at my site contain 500mgs per capsule).

If you're trying to just relieve your menopausal symptoms with a safe, all natural alternative, then you should be fine just taking one capsule a day, or 500mgs of pure Pueraria Mirifica. This dosage will also help beautify your hair, skin, and nails.

If you take this dosage for several months it may even help firm and perk your breasts – but at a slower pace. You can take this one capsule dosage on going for long-term health and beauty benefits.

If you're trying to increase your breast size and achieve the maximum growth in the shortest amount of time then 1,000mgs is what is recommended for this for between 3 to 6 months. You probably shouldn't continue taking 1,000 mgs per day for longer than this period without giving your body a rest from this maximum dosage. That's what's recommended by experts.

It actually only takes 100mgs of PM per day to help decrease your risk of getting breast cancer, which is wonderful.

Even the 1,000 mgs per day Pueraria Mirifica dosage doesn't come with any known side effects, besides breast pain (even though this is due to the fact that they're growing). Nevertheless, don't take over the recommended dosages of the supplier you order your PM from. Just follow the instructions on the label for your best results.

I say this because people get so excited and they want their results overnight or just in time for breaking out their swimsuit in the summertime. The results you will get will come faster than any other product I've seen or researched so if you are just extra anxious don't overdose just add extra actions to your regimen. You would want to get some extract, cream, or breast spray to go with your pills for faster results.

How To Maximize Your Results with Pueraria Mirifica

There are a few things you can do to increase your breast growth results and maximize your regimen. You don't have to follow these guidelines but believe me, if you are going to invest the time and effort into your breast you should do what it takes to really succeed. Also, each one of these suggestions are independent of each other. You can do as many or as few as you want.

Drink Half Your Weight in Ounces of Water Each Day.

For example, if you weigh 150 pounds, then you need to drink 75 ounces of water a day. Your body is 70% water and if you don't drink enough you will be dehydrated. A dehydrated body is not good for breast enhancement. You want the water to carry all the nutrients and herbs to your breast so that you can get your growth. The water you drink will keep your blood running smooth to carry nutrients and it will help your body be a well oiled machine.

Massage Your Breast

Breast massage is good for keeping your blood flowing to all of your breast cells. You want to keep your armpit lymph nodes drained so that your breast stays healthy. Massage your breast with a light vegetable oil of your choosing in a circular motion 1-2 times a day. After you massage your breast you can continue with your daily activities. If you have some pueraria mirifica cream or breasts spray this is a good time to use it as well.

Get Plenty of Vitamins and Minerals

If you have deficiencies in your diet your body will not be able to focus on breast enhancement. Also, if you haven't given your body the

nutrients it needs to function properly, then it won't even be able to build the extra breast tissue that you need. You will want to find a good multivitamin to take on a daily basis. I recommend taking a liquid or powdered vitamin rather than pills, simply because it would take too many pills to get all the nutrients you need from a quality source. I do have a vitamin list at my website if you need extra help.

Get Plenty of Protein

Protein is the building block of your body. Most women don't get enough protein in their diet and need to supplement in order to have enough. This is especially true for breast enhancement. You want to give your body everything it needs to build the breast that you want.

You should be getting at least 30% of your diet from protein. If you aren't getting enough then you need to start taking a protein shake or at least adding a protein bar or snack to your daily meals.

Get Plenty of Essential Fatty Acids

Most people don't bother to take an EFA supplement but this is critical to your health. There are many options and it will help your general health as well as your breast enhancement.

A few examples: borage oil, evening primrose oil (EPO), flax seed oil, and fish oil. You can get this supplement in pill or liquid form.

Do Chest Exercises

One reason you want to exercise your chest muscles is to keep the blood flowing to your chest area. This will help your breast respond to your herbs better. You also can make your breast perkier by exercising the muscles that are on the chest wall underneath the breast and fat tissue. It will be like giving yourself a breast lift.

Basically you want to do exercises that involve pushing and pulling. Doing push ups on the floor or against a wall work great. You can also do pull ups with a bar. The pulling and pushing motion will strengthen your muscles and carry the blood to nourish your cells.

Success Sabotagers

Now that you know what you need to do to get your breast results, there are a few things you need to know NOT to do or else you will sabotage your success. I know, I know, nobody is perfect, but at least TRY not to do these things because I want you to be successful.

Don't Smoke Cigarettes (or anything else)

Don't Drink Caffeine (or at least limit your intake)

Don't Eat Fatty Food (Fatty food prevents your body from absorbing the pueraria and we don't want that now do we?)

Don't Stress Out (Stress throws your hormones all out of wack. You want your body to run smoothly)

Don't Be Impatient (Impatience will cause you to give up too early and never reach your goals)

I know this isn't the fun part but it wouldn't be fair if I didn't include the whole story.

Where to Buy the Best Pueraria Mirifica

If you're searching for where to buy pueraria mirifica in its optimally potent and purest form then you've found the right place and made a smart decision! I definitely advise everyone to read this ebook before attempting to buy pueraria mirifica so you can make an informed decision that helps you get the wonderful benefits that so many others, including myself, have received.

First of all, on the subject of where to buy pueraria mirifica, you must understand the extreme delicacy of this herbal root. Pueraria Mirifica is a tuberous plant, a root that grows in Thailand, Laos, Burma, and part of Northern Cambodia. Yet Thailand is currently the most viable source people buy pueraria mirifica from for mass consumption. So that's where you want yours to have been grown.

But that's only where the extremely delicate nature of this miracle root begins!

1. Your supplier must offer the correct species of Pueraria

You see, there are 13 different species of Pueraria in Thailand and it's very difficult for most people to tell the difference between Pueraria Mirifica and another particular species called (Pueraria candollei). This other form of the plant is more widespread and easy to find while PM is rarer and only exists in a small pocket of Thailand locations.

This made it very confusing for Thai scientists who began studying the plant in 1931 – after locals had been using the herb for its many benefits decades before. So your supplier must offer the correct species of Pueraria which is the Mirifica species if you want to receive the best benefits. That's the species that our recommended source offers and has given me great results.

2. The plant must have been grown in the right location and soil for optimal benefits

If you buy pueraria mirifica from someone who's grown it in overused soil then you're not going to have the strongest source. The growers that we recommend have done clinical studies on thousands of women and men and the results that my husband and I have received are consistent with the results of people in the clinical studies.

This proves that they are growing the plant and mass producing it for consumption by average customers according to the same high-standards that they do for their clinical studies! They offer the very highest and purest grade of pueraria mirifica available, and that's why we use them and recommend them here.

3. Use only the purest, living, whole-food Pueraria Mirifica available, for best results

I'm about to share something that some of the most expensive cosmetic product companies don't want you to know... Pueraria Mirifica is their secret 'active ingredient!' I've seen some special elite level facial creams, serums, and body moisturizers that have sold at anywhere between \$69 to \$159 for a single bottle (one month supply)!

But the problem with that is that when you mix any two substances, the chemical structure changes, and this is also true for products that contain other ingredients besides pueraria mirifica.

So you don't want to buy pueraria mirifica that contains additives, sulfates (SLS, SLES etc.), Propylene Glycol, Dimethicone or other silicones; or any other known harmful chemical composition to the human body. Pure PM is safe to take without all of this other stuff in it, even fragrances that are added to the multitude of cosmetic products that are sold throughout Europe and other countries.

However, you will find products that I recommend on this site that do contain other ingredients necessary to make a beneficial breast spray, breast crème, tea, and other products. But all of these ingredients

are natural, unrefined substances that have been clinically tested to be effective when combined with Pueraria Mirifica so you would be safe and smart to buy your breast creams and other products from this site.

My recommended grower only uses unrefined Shea Butter and cold pressed oils in most of their cosmetic products. *Evening Primrose Oil, Jojoba Oil, Avocado Oil* and *Shea Butter* (unrefined without chemical bleaching). Instead of fragrances, they use essential oils. Some *essential oils* have excellent properties for breast and body care. Some of their products are 99.5% odorless.

You see, development of these products with natural ingredients, emollients, moisturizers etc. is generally slower and more challenging than using cheap irritant chemicals. The end result is a product and product line that gives you more beautifying benefits than anything else you can buy!

Natural ingredients are more expensive to use in manufacturing than chemical solutions but our recommended manufacturer has found the way in their production to make a perfect natural alternative choice at a price everyone can afford.

4. Active Ingredient Consistency

You want to buy you PM from a grower who does quality control checks on the consistency of the active ingredients found in Pueraria Mirifica. Remember, that PM is a very delicate plant and much care must be taken from the grower to ensure that they're providing the very best and most consistent product available.

That's why I recommend only one source of this product at my site because they take the very best care of controlling all aspects and variables that affect the quality consistency of Pueraria Mirifica.

There are several other factors that affect the potency of the active ingredients in Pueraria Mirifica such as when it's harvested, when it was planted, how old the plant was when it was harvested, and other factors.

My recommended source has taken all of these factors into consideration and that's why I have achieved phenomenal results from these products and will use them for many years to come in my quest of looking fabulous, living a long and active life, and enjoying the most amazing love-life – all with zero negative side effects.

Right now, general health food stores in the US do not carry pure PM. That will change in the future, but for now you can only buy it online. When you find products with pm in it, it will cost more than if you buy the pure herb. The pure herb works the best and is the most cost effective for you.

You deserve the best, go ahead and give the most popular purchase choice of PM a try. If you were wondering where to buy pueraria mirifica, just check out my website at <http://www.PuerariaMirificaRevealed.com> and get free shipping for your order.

Other Breast Enlargement Herbs

You may be wondering what some of the other herbs are that are used in natural breast enhancement. Before I found pueraria mirifica I used other products that were a blend of many herbs. I also used many of the breast herbs individually. None of them ever worked for me personally but I have heard of people getting results from them.

For example, I have heard that women have taken fenugreek only and increased a cup size. My problem was that none of these herbs were ever strong enough for me. So you may want to read about some of these herbs if you are interested.

They are all very common herbs with benefits outside of breast enhancement, so for general health you may be interested in them. You may be tempted to load up on herbs, but let me remind you that taking pure pueraria mirifica is what gave me my results. I would only recommend adding more herbs to your regimen if you were getting absolutely no results after a month of pm.

List of Herbs

Alfalfa

Fenugreek

Red Clover

Saw Palmetto

Wild Yam

Fennel

Black Cohosh

Cumin

Dong Quai

Hops

Borage

Evening Primrose

Frequently Asked Questions

Will PM Change My Period? PM is very strong and for the first couple of months your period may be a few days late or your period may be a little longer. This is completely normal. I recommend only taking it during the weeks you are not on your period to make life a little easier. You may not have any change in your period but if you do don't worry because it will balance out.

Will PM Make My Hips Get Curvier? I believe that it does. After I started taking PM I noticed that I had a more curvier hip shape. I didn't gain any weight but I did notice it. I did not take PM for this benefit but it was a nice surprise. This is an individual side effect. It may or may not affect you like that. But you do need to know that it is a possibility. PM makes you more feminine with rounder breasts and hips.

Can I Take PM While I am On Birth Control? You are not supposed to do this. There is a scientific reason about how they may cancel each other out. Your birth control may not work or the pm may not work if you take them at the same time. I was so anxious, I took pm while on BC and it worked for me. Now I am off BC so it is not a problem anymore.

Can I Mix PM with Other Herbs? You should stick with pure pm unless you really feel you need something more. You don't want to cancel the effects of pm, and you don't want to have any allergic reactions to other herbs.

How Long Does It Take to Get Results? You should start feeling changes within the first two weeks, but your permanent change takes place between 3-6 months.

Are My Results Permanent? If you complete the program your results should be permanent.

What Kind of Results Can I Expect? You should expect to increase your breasts by 1-3 cups. There are no guarantees though and results vary.

Do I Have to Wait Until After My Next Period to Start Taking PM? It is best to wait until after your period but you can start before if you just can't wait.

Can I Take Pueraria as an HRT Replacement? Yes. If you want to take it to replace HRT and not for breast enlargement you would need to take a lower dosage. You will simply take 1 100-500mg pill daily based on how your body feels. Also, you do not need to use the creams or sprays unless you just like how the cream softens your skin. It's a very simple regimen for HRT replacement.

Can I Take Pueraria Mirifica if I am a man? Yes you can. If you are taking it for hair loss, then take only 1 pill a day up to 500mg maximum. Otherwise you will start having feminine effects. If you are a transsexual and want the feminine effects then proceed just as a woman would. Be aggressive and use the pills along with the cream and spray.

A Sample Pueraria Mirifica Regimen

Regimen Explanation

1. Take your first pure pueraria pill in the morning 30 minutes before breakfast.
2. Massage the breast CREAM in a circular motion on your breast.
3. Before bed, after you have eaten, take your second pure pueraria pill.
4. Use your breast spray at night. The reason is because I found that the breast spray has a stronger scent so I wear that to bed. I wear the cream during the day.
5. Do a breast massage at some point during the day. Basically, massage them in a circular motion and remember that the goal is to get the blood flowing to carry nutrients to your growing breast. Be gentle and just take about 1 minute per breast. You can do this in the shower even.
6. Take your basic multivitamin and mineral supplement daily. Especially make sure to get enough fatty acids, calcium, and protein in your diet.

7. Do a set of push ups, wall push ups, and any pulling exercise you can do daily. This will give you a perky base for your new breast tissue.
8. Do 2 minutes of deep breathing to relax everyday. Get at least 7-8 hours of sleep, and get rid of any stress that is hanging over your head
9. Eat a balanced diet of 30% Protein, 30% Carbs, 30% Fruits and Vegetables and 10% Fats and Other. This is a great way to eat in general but it will really help your body build the breast tissue you need.
10. Take any extra breast supplements you personally want to experiment with. Be careful though because the mirifica is powerful and can work on its own. I added saw palmetto and gain about 5 pounds really fast. I realized what was going on and stopped taking it and the weight dropped back off. So just make sure you don't try too much at one time because you might sabotage yourself.
11. Remember to stay as far away from fatty foods and caffeine as possible. They hurt your results. Also, don't smoke and limit or eliminate alcohol.

Regimen Reminders

1. The smaller your breasts are the longer it takes for them to grow. I know that really stinks but it is true. So at least commit to 3 months because that is where the smaller breasts really start changing. But, that is not set in stone so don't be surprised if your breast are different sooner. I just wanted to warn you.
2. The first changes you will see is in the fullness of your breasts. They get fuller on the sides by your armpit. Then they get softer. Then your nipples start looking different. You'll see what I mean. Then you will get more fullness in the upper part of your breasts. That seems to be the standard order of things. But again, everyone is different.
3. If you miss a day don't worry, just pick up again the next day.
4. You don't have to do everything on the regimen, for it to work. You could just get growth from the pills only, or the pills and cream or spray, but I am trying to give you the ultimate opportunity for breast growth.

Regimen Directions

1. Print out this chart and use it everyday for 3-6 months. The optimal amount of time for permanent growth is 6 months. The minimum amount of time is 3 months.
2. I recommend only using the products with pm or other breast herbs on the weeks when you are not on your period. So for example, take the pills starting the day after you end your period up until the day before you expect your next period. During your period just do the other things on the list with your healthy eating and regular nutritional supplements. If you feel like you want to keep taking the herbs go ahead because it is OK. But I found that the pm would make my period unpredictable for the first month or two and I was more comfortable giving myself a break from the regimen every month. It is your choice.
3. Keep track of how your breasts feel. Do they tingle, feel swollen, look fuller, are they softer? You will find your breast start to go through a metamorphosis. My husband noticed many of these things

without me saying anything. I was so anxious for breast growth, I didn't say anything because I didn't know at first if I was really seeing change or if I just WANTED to see change. You know what I mean? Once my husband noticed changes and then my family starting looking at me funny I knew something was going on!

4. Finish the course! Be patient. Please don't give up. This is where most people mess up. Please just do the regimen. It really is the only thing that ever worked for me.

Weekly Breast Growth Regimen (Off Period)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Pill							
Morning Cream							
Evening Pill							
Evening Spray							
Circular Massage							
Nutritional Supplements							
Chest Exercises							
Stress Reducers							
Balanced Eating							
Extra Breast Supplements							
No - Nos							

Weekly Breast Growth Regimen (On Period)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circular Massage							
Nutritional Supplements							
Chest Exercises							
Stress Reducers							
Balanced Eating							
No - Nos							

Conclusion

Thank you for reading this eBook. I hope it has helped you in your journey. I wish that I had a book like this when I started. If you enjoyed reading this and if it helped you, would you please do me a favor and send me an email letting me know? Also, please let me know your first and last name initials and state and country you live in. I would like to let others know.

I wish you much success. The truth is, if you will just stay committed you will be so proud of yourself in 6 months. I know it seems like a long time but it really isn't. Plus, the work you put into PM is a lot better than paying for unhealthy breast implants.

To Your Success,

Kristine Malone

Reference Guide

My Email Address: info@PuerariaMirificaRevealed.com

My Website and Store <http://www.PuerariaMirificaRevealed.com>

(Get FREE Shipping on Your Order)

How My Breasts Feel Daily Journal

Day	How My Breast Feel Today and How They Are Changing
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	
9)	
10)	
11)	
12)	
13)	
14)	
15)	
16)	
17)	
18)	
19)	
20)	
21)	

The Ultimate Pueraria Mirifica Guide

22)	
23)	
24)	
25)	
26)	
27)	
28)	
29)	
30)	
31)	
32)	
33)	
34)	
35)	
36)	
37)	
38)	
39)	
40)	
41)	
42)	
43)	
44)	
45)	
46)	

The Ultimate Pueraria Mirifica Guide

47)	
48)	
49)	
50)	
51)	
52)	
53)	
54)	
55)	
56)	
57)	
58)	
59)	
60)	
61)	
62)	
63)	
64)	
65)	
66)	
67)	
68)	
69)	
70)	
71)	

The Ultimate Pueraria Mirifica Guide

72)	
73)	
74)	
75)	
76)	
77)	
78)	
79)	
80)	
81)	
82)	
83)	
84)	
85)	
86)	
87)	
88)	
89)	
90)	
91)	
92)	
93)	
94)	
95)	
96)	

The Ultimate Pueraria Mirifica Guide

97)	
98)	
99)	
100)	
101)	
102)	
103)	
104)	
105)	
106)	
107)	
108)	
109)	
110)	
111)	
112)	
113)	
114)	
115)	
116)	
117)	
118)	
119)	
120)	
121)	

The Ultimate Pueraria Mirifica Guide

122)	
123)	
124)	
125)	
126)	
127)	
128)	
129)	
130)	
131)	
132)	
133)	
134)	
135)	
136)	
137)	
138)	
139)	
140)	
141)	
142)	
143)	
144)	
145)	
146)	

The Ultimate Pueraria Mirifica Guide

147)	
148)	
149)	
150)	
151)	
152)	
153)	
154)	
155)	
156)	
157)	
158)	
159)	
160)	
161)	
162)	
163)	
164)	
165)	
166)	
167)	
168)	
169)	
170)	
171)	

The Ultimate Pueraria Mirifica Guide

172)	
173)	
174)	
175)	
176)	
177)	
178)	
179)	
180)	