

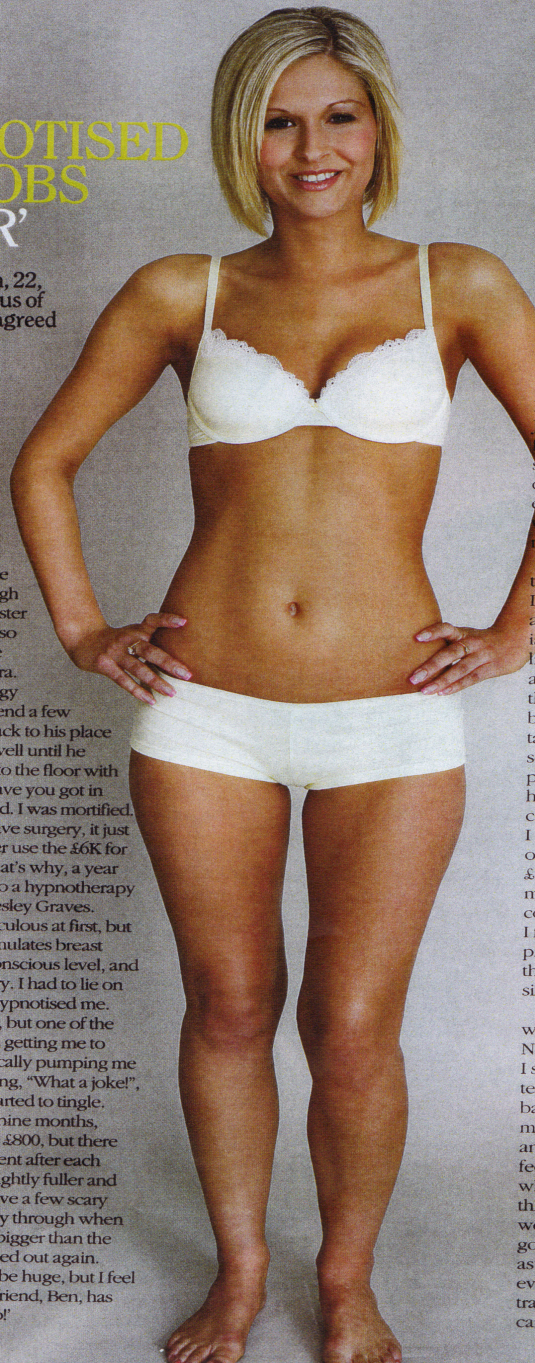
# NW Newwoman

## 'I HYPNOTISED MY BOOBS BIGGER'

Nicole Edmondson, 22, was so self-conscious of her pancakes, she agreed to be hypnotised

**M**y nickname at school was Miracle-Gro, because all the boys used to joke my 32AA breasts needed fertiliser to grow. Being flat-chested made my life a misery and I used to beg my mum for a boob job. She didn't understand, though – after all, she and my sister are both D-cups. It was so bad I wouldn't leave the house without my gel bra. I remember a really cringy incident with my boyfriend a few years ago. We'd gone back to his place and things were going well until he undid my bra and it fell to the floor with a thud. "What the hell have you got in there, bricks?" he shrieked. I was mortified.

"Much as I'd love to have surgery, it just isn't an option – I'd rather use the £6K for a deposit on a house. That's why, a year ago, I started looking into a hypnotherapy treatment by therapist Lesley Graves. I thought it sounded ridiculous at first, but then she explained it stimulates breast tissue growth on a subconscious level, and I figured it was worth a try. I had to lie on the couch while Lesley hypnotised me. I don't remember all of it, but one of the techniques she used was getting me to visualise someone physically pumping me up! Part of me was thinking, "What a joke!", but I swear my breasts started to tingle. I had 20 treatments over nine months, which set me back about £800, but there was a definite improvement after each session. My breasts are slightly fuller and I'm now a B-cup. I did have a few scary moments, such as halfway through when one boob seemed to get bigger than the other, but they soon evened out again. The difference might not be huge, but I feel a lot happier and my boyfriend, Ben, has noticed the difference, too!"



## 'I SPENT HUNDREDS ON PILLS'

Sarah Skillbeck, 31, turned to drugs to boost her B-cups

**I**'ve never liked my boobs. I'm a lofty 5ft 11in, so my tiny B-cups look like they belong to someone else's body. But it was after breastfeeding my son James, now four, that things went from bad to worse – my boobs were so saggy, they looked like a pair of deflated balloons. I was devastated every time I looked in the mirror, and wouldn't let anybody see me without my chicken fillets.

"Before I had James, I'd always wanted to be a fitness instructor, but afterwards I couldn't stand in front of a mirror, let alone a class of 25 people. For me surgery is not an option. Apart from anything, I'd like to have more children and it could affect breastfeeding. I was starting to think there was no hope, then two years ago a beautician friend of mine mentioned a tablet called Perfect C. At first I was really sceptical. I'd heard scare stories in the press about pills that had strong synthetic hormones in them or, worse still, caused cancer, but I was so desperate by then I took the chance. I ordered the pills online from [perfectc.co.uk](http://perfectc.co.uk), at a cost of £199 a packet for a course of three months. The blurb on the box said they contain only natural plant oestrogens, so I figured they were safe. The idea is the pill mimics breast hormones, stimulating the growth of new tissue. I took them for six months and spent around £400 on it.

"My husband, Ian, just shook his head when I told him what I was doing. Nothing happened for six weeks and then I started to notice my breasts felt really tender and tingly. When I looked in the bathroom mirror, I couldn't believe how much firmer they were. This carried on, and since I finished the course the skin feels much tauter and I've gone up a whole cup size. My boobs have been like this for about a year now, so I'm hoping it won't wear off, but if it does I can always go back on the pills. I finally went for a job as a fitness instructor and got it – now I'm even thinking of becoming a personal trainer. It's amazing what a cup size can do for your confidence."