



IN TANDEM . . . Peter, right, in training

BLIND CHARITY GETS INTO GEAR FOR FUNDRAISER

By FIONA ELLIS

CYCLING from Paris to Nice is already some feat — but for three Irish visually-impaired cyclists the distance is not the biggest difficulty that they face.

From September 19-25 a team of cyclists will take part in the 700km cycling challenge on behalf of Fighting Blindness.

And three visually-impaired cyclists — Tony Ward, 48, from Monaghan, Peter Ryan, 24, from Tipperary and Aine Lennon, 23, from Carlow — are on the 11-strong team.

All three riders have varying degrees of visual impairment and will cycle in tandem with 'pilots' on bicycles built for two.

Tony, below left, was diagnosed with a condition called retinitis pigmentosa in 1994. Over the years his eyesight has deteriorated.

He said that when his eyesight started to fail, as a newly qualified accountant he was very worried. He added: "I was hanging by my fingertips trying to do my work."

"And when I went to the shops I struggled to read the packages. When I was diagnosed it was a relief to be able to call it something."

He said the freedom of being on a bike is



exhilarating, adding: "Most people with visual impairment love it because it's liberating. Just the sensation of travelling at 25 miles per hour is great fun."

A tandem bike can be more difficult to manage, it travels slower uphill and faster downhill and it can be tricky to navigate sharp corners but Tony reassured: "You have to be mindful and skilful but are as safe as anyone else on a bike."

As head of fundraising with Fighting Blindness Tony said the perception of the public is that people are blind — or they are not.

But he said many people are "caught in an in-between world trying to survive".

Five per cent of the population are affected by sight loss but it remains hidden as many sufferers stay in their comfort zone.

Tony said: "A lot of people retire into the privacy of their homes, many people are hidden, they don't go out socially, they can't drive and prefer to keep their lives simple and close to home. It can be debilitating and isolating."

Fighting Blindness is an Irish, patient-led organisation funding research into treatments and cures for blindness and provides a unique professional counselling service for people and families affected by sight loss.

You can support the cyclists through the My Charity website www.mycharity.ie or contact Fighting Blindness at 01 6789004 or fundraising@fightingblindness.ie.

FOUR SUN READERS FIND SURGERY-FREE

We got bigger breasts without surgery



BEFORE 34C AFTER 34DD

BOOB jobs are the fastest-growing cosmetic surgery operation. But you don't have to turn to surgery to enhance your cleavage, as there are now numerous ways to get

bigger boobs — and they don't involve gaining weight. Here, DIANA APPELYARD talks to four women who found natural ways of growing their assets.

BUT WHAT DO DOCS SAY?

COSMETIC plastic surgeon Stephen Hamilton, a spokesman for the British Association of Aesthetic Plastic Surgeons, says: "Unless you are medically and hormonally changing the constituents within your breasts, you are unlikely to achieve any significant change in shape and size."

"Tablets containing oestrogens may have some impact but the doses are likely to be so small I do not think they would make a significant and long-term change."

"Most of the pills available are herbal compounds. Creams are unlikely to be absorbed through the skin — it's a bit like rubbing cream on your head and expecting it to affect your brain."

"If the creams contain oestrogen-type compounds, they may have a small effect, but only for the length of time you are using them."

"Massage will increase the blood flow. This won't make the breasts bigger but it may affect tone and

firmness, giving a fuller appearance. Exercise and yoga is always good for you but in most cases exercise means you lose weight, so your breasts will get smaller."

"Breasts are made up of glandular breast tissue and fat. In younger women, the breasts are more glandular, which is why they are higher and firmer. As you get older, the ratio changes and breasts become more full of fat, which is why they can start drooping as it is less firm."

"Women's breasts naturally change shape and size through the course of a lifetime. Exercise will help with muscle tone, which can 'lift' the breast — but I do not believe it will make them bigger."

"If you take a combined course of hormones, such as the birth control pill, this will affect breast size. Women often find their breasts get bigger when they are on the Pill."

"But to achieve a permanent increase in size you would need some type of cosmetic surgery."

BOOB CREAM

SINGLE Jodie Weston, 22, is a beauty therapist. She says:

"My boobs were only 34C and I'd been wanting to make them bigger for ages. I thought about having a boob job but it is so expensive and can go wrong, so I looked for natural ways to boost my bust."

I found a serum cream called Nip & Fab Bust Plumping Treatment. It cost me about £20 and lasts for months."

I started using it two years ago. Apparently the natural herbs and compounds sink into the skin and multiply fat cells."

You put the cream on with circular motions and after applying it every day for a month my boobs looked more pert. After six months I had my boobs measured for a new bra — and was a 34DD!

I knew they looked fuller but I never imagined they would be two sizes larger."

I no longer feel I need a boob job and they have made me feel so much more confident and sexy."

HOW IT WORKS
Nip & Fab says it contains a "cell active form" that "plumps and firms".

Most enlargement creams contain oestrogen. Scientists found stimulating oestrogen production can increase breast size.



'I NO LONGER NEED A BOOB JOB'

WAYS TO GET AN HOURGLASS FIGURE



BEFORE 34C AFTER 34E

BEFORE 30B AFTER 30D

BEFORE 32C AFTER 32DD

MASSAGE WAND

TAIL sales buyer Dani Wahr, 29, is single. She says:

"I didn't exactly hate my 34C breasts before but I have always wanted them look bigger and fuller."

I'd read that massaging your boobs makes them bigger so I bought the massage wand, which is such an easy way of stroking your boobs. This stimulates the blood flow and it's so very sexually pleasurable."

After a month of massaging and foning, I found that my boobs were about cup size bigger — and now six months on they are two sizes larger, a 34E. It is really remarkable and I can't believe I have done this purely by massage and stroking."

I was a bit sceptical at first but it really does work. It's so easy — don't think you need to have a boob job — you can do it yourself!"

HOW IT WORKS
To get results, you need to massage your breasts twice a day, for about 15 minutes. It works by increasing circulation and stimulating the production of breast-enlarging hormone, prolactin. Experts recommend a gentle circular motion with 100-300 rubs each session.



'I JUST STROKED MY CHEST BIGGER'

EXERCISE & YOGA

DANCE lecturer and choreographer Inez Roberta, 40, is single. She says:

"When I was younger I was a dancer and having small breasts was a positive boon. But now I am teaching I like to have fuller breasts."

I used to wear push-up bras and fillers to boost them, but since taking up daily yoga and exercise 18 months ago, they are much bigger naturally."

When I take off my bra my breasts stay in exactly the same place — I have the breasts of a woman in her twenties."

The secret lies in exercising the muscles around the breast, and your pectorals."

I do specific exercises every day using a resistance ball. I lean over it with arms wide, and do chest press-ups."

Yoga is so effective too. The best move is the chaturanga position — where you hold yourself in a plank. I can now wear bikinis, and feel great."

HOW IT WORKS
By doing some form of exercise such as press-ups, boxing and using dumbbells every day, the muscles around the breast tighten and lift breasts, making them appear much fuller and bigger in size."



'I'VE GOT THE BUST OF A 20-YEAR-OLD'

BOOSTING TABLET

ANNEKA DAVIS works in dog day care. The 29-year-old, who is single, says:

"I was thinking about implants but a friend recommended breast enlargement pills called the "Perfect C" (perfect-c.co.uk). I was sceptical but they contained only natural ingredients so I tried them."

I felt my cleavage was too small and I wanted to be able to show off my breasts in tight tops."

I took three tablets every morning, and within three months I could see they were much bigger and fuller."

I actually had growing pains — I could feel something happening inside my breasts and they felt more tender."

Six months-worth of the tablets cost me £250, but they have really been worth it. After about six months I had increased a cup size, and now, a year on, they have increased by two cup sizes. It's been like magic watching them grow."

HOW IT WORKS
The manufacturer of Perfect C says the product works by boosting oestrogen receptor sites within the mammary glands. Some doctors are sceptical about breast enlargement pills saying they have no effect, but many women beg to differ."



'SEEING THEM GROW WAS MAGIC'

THE healthometer

What's hot and what's not in the world of wellbeing



WAR ON HIV — US vaccine experts have discovered a way to make the human immune system trigger an antibody response to the virus, meaning we're one step closer to beating HIV.

ELECTRICITY — Stimulating the brain with this could boost memory. Scientists in Chicago reckon the discovery could help people who have suffered from strokes, early-stage Alzheimer's disease and brain injuries.

COMPUTER GAMES — If your children are gamers it could mean their English is better. A study by the University of Gothenburg found those who regularly play on them have a wider vocabulary.

ANGER — Scientists have found a universal "anger face". No matter where in the world you come from, or your face shape, a lowered brow, thinned lips and flared nostrils are the recognisable features.

E-CIGS — are healthier than traditional cigarettes but still release toxins into the air, says a new University of Southern California study. But it's not yet clear how or if the toxins damage human health.

HOMES — Millions of uninvited guests live in our homes. A study published today in *Journal of Science* found that, despite a property's age or cleanliness, millions of bacteria are still on everything.

OLD AGE — People aged 70 and over who identify as "old" feel worse about their health in societies where they perceive they have lower value than those younger, the University of Kent found.

COCAINE — People who take the drug experience a dramatic drop in blood flow to the brain. Scientists have found that blood vessels constrict, which leads to a higher chance of stroke.