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(54) **METHOD FOR THE ENHANCEMENT OF BREASTS**

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(57) **ABSTRACT**

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A method for the enhancement of breasts is provided which is all natural and involves no drugs, topical or oral compositions, hormones or surgery and is self administered.

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METHOD FOR THE ENHANCEMENT OF BREASTS

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] The present application claims the benefit of U.S. Provisional Patent Application Ser. No. 60/555,595 filed on Mar. 23, 2004, the contents of which are hereby incorporated by reference.

STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

[0002] Not applicable.

REFERENCE TO A "SEQUENCE LISTING"

[0003] Not applicable.

FIELD OF INVENTION

[0004] The present invention relates generally to breast enhancement aides and specifically to a breast enhancement method which is natural and non-invasive.

BACKGROUND OF THE INVENTION

[0005] Numerous instances exist where people desire enlargement of soft tissues in their bodies. One such instance is for the augmentation of physical attributes to improve cosmetics and self-esteem. These soft tissue enlargements are mainly directed at breast enlargements in females.

[0006] Prosthetic implants have been developed for insertion below the skin. However, the severity of the potential complications including scarring, implant rupture, capsular contracture, necrosis and implant migration as well as the recent adverse publicity thereof have significantly reduced the desirability of these implants. Thus, there is a societal need for other means to obtain soft tissue enlargement.

[0007] Moreover, the expense of surgery precludes many persons desiring to improve themselves from even considering it.

[0008] The prior art also describes the use of a vacuum to produce soft tissue enlargement. However, the prior art does not disclose a vacuum technique which would generally provide controlled tissue enlargement. Furthermore, it is well established that the application of an excessive amount of vacuum can result in damage to the soft tissue.

[0009] The above techniques have attempted to satisfy the demands of the public, but more often than not have left much to be desired or too much to be handled.

[0010] In light of the foregoing, non-invasive breast augmentation methods have been proposed. Hydro therapy, the use of external creams or internal hormone preparations, the use of foam pads have proved to be damaging, ineffective, to cause side effects and look unnatural and feel foreign.

[0011] Also, the use of herbal topical and oral compositions has been proposed but has proved to be unreliable since the human body will react differently from one person to another to a given composition, and some people prefer not to take any sort of supplementary pills.

[0012] In view of the foregoing disadvantages inherent in the known types of methods and systems now present in the

prior art, the breast enhancement method according to the present invention substantially departs from the conventional methods and systems.

SUMMARY OF THE INVENTION

[0013] It is an object of the present invention to provide an inexpensive, non-scarring, non-invasive method for breast augmentation which is all-natural and involves no drugs, topical or oral compositions, hormones or surgery and is self-administered.

[0014] Another object is to provide a breast enhancement method that enhances breast size by mimicking natural hormones and natural development processes.

[0015] Yet another object is to provide a breast enhancement method that improves an individual's quality of life and self-confidence.

[0016] In accordance with the present invention, a manipulative method is provided for enhancing breasts of a human, comprising the steps of stimulating breast lobules with fingertips; kneading the breasts; touching and rubbing the breasts' nipples; and massaging the breasts to direct milk flow to the breasts' areola and nipple areas.

[0017] In accordance with a further object of the present invention, a manipulative method is provided for enhancing breasts of a human, comprising the steps of stimulating breast lobules with fingertips in a repetitive 20-second manipulation of a breast area extending to about 50 contact points; kneading the breasts in a movement toward and away from the breasts' nipples for 5 to 10 minutes per breast; touching and rubbing said breasts' nipples; and massaging the breasts in large circles from the outer sections of the breasts towards the areola and nipple areas of said breasts to direct milk flow to said breasts' areola and nipple areas.

[0018] While the practical advantages and features of the present invention and method have been briefly described above, a greater understanding of the novel and unique features of the invention may be obtained by referring to the detailed description which follows.

DETAILED DESCRIPTION OF THE INVENTION

[0019] As stated hereinabove, the present invention provides a safe and effective method for enhancing breasts. The method helps to firm up and support the breasts through the filling up of glands which end up taking up more space in the breasts hence resulting in stretching and enlarging said breasts.

[0020] The method of the present invention is characterized by the following.

[0021] One should find a room or a place where one will be able to relax and feel comfortable and uninterrupted. One can do the exercise in one 30 to 40 minute sitting for both breasts or two 15 to 20 minute sittings, one for each breast. One can do these exercises on oneself or can even have someone else help.

[0022] To begin with, one should be in a comfortable and relaxed position lying down or sitting up. One can have some soft relaxing music playing to soothe mind and body. If one wishes to use some massage oil, it can be applied a

little bit on the finger tips of your hand (optional—to prevent skin irritation but is not necessary).

[0023] With three fingertips of the hand clumped together, one begins about two inches below the left collar bone and gently massages with the fingers in a tiny one inch circle for about 20 seconds. The massaging must be gentle. One must not dig into the breast and hurt oneself.

[0024] One is just trying to gently stimulate the lobules. Take the time to feel the skin under the fingers and breast tissue and muscle below it. One wants to stimulate each individual lobule with the fingertips to make sure one massages each little section completely. After about 20 seconds one moves the fingers clockwise to the spot right next to where one just massaged and does the same thing for another 20 seconds. One continues doing this by going all the way around clockwise under the arm, at the bottom of the breast, to the middle of the chest and back to below the collarbone. One will continue going clockwise and working closer to the nipple in smaller and smaller circles. One should do this on about 50 contact points on the breast and for about 20 seconds each.

[0025] It should take about 10 minutes. It is important to take the time to feel the texture of the breast.

[0026] For the first few times until the lobules begin to grow, this exercise can also make one aware of any lumps or abnormalities. If so, one should stop immediately and have it checked by a doctor.

[0027] Once one has completed this exercise, begin kneading the left breast with the right hand much like if one were kneading dough for making bread. Again paying special attention to try to contact all the lobules located in the breast tissue. One should knead and rub the breast going toward the nipple and away from the nipple. It should not hurt, if it does stop and try later. If it still hurts at a later time, stop doing it and contact a doctor. This should take between 5 and 10 minutes.

[0028] While you are doing this, it is also important that one gently touches and rubs the nipple. The first few times it will probably be sensitive but it will become less sensitive as time passes. Again, it should not hurt. If it does, stop and try later. If it continues to hurt contact a doctor. After a few weeks, as one continues this process, one will notice that the nipples and areola will also get larger as the breasts get larger.

[0029] Now do the same exercises with the right breast. As days pass, breasts and nipples will become less sensitive to the rubbing. One will notice the breasts beginning to feel slightly fuller. As one rubs the fingertips in small circles as in the first exercise and even when one kneads the breasts one will begin to feel the little lobules under the skin through the breast tissue. At this point, one knows that the breasts are beginning to change to be able to produce milk.

[0030] In the second week, after each time one has finished kneading, touching and rubbing the breasts' nipples, one will begin to gently massage the breast in large circles from the outer sections of the breast, to the areola and nipple. Beginning about 2 inches from the collarbone and making large circular motions working down to the areola. Now move the hand to where the arm and chest meet and make circular motions down to the areola. Move the hand to where

the chest meets the armpit and do circular motions to the areola. One should continue doing this around the whole breast from the outer part of the breast to the areola for about 2 to 5 minutes, to try to direct the milk flow to the areola and nipple area. Behind the areola are pockets where milk will run into.

[0031] With the thumb and finger spread about 1½ to 2 inches apart, one will gently place the thumb and finger on the outside of the areola and press them on the breast towards the chest. You will slowly begin to squeeze the fingers towards the nipple to try to squeeze milk out of the nipple. Do not squeeze the nipple itself because it will hurt and not accomplish anything.

[0032] Nothing will probably come out the first few times trying this procedure. By the end of the 2nd or early in the 3rd week one will notice a little bit of pasty discharge as one squeezes the areola out of the nipple. This is expected, because it is just clearing of the ducts. However, there should be no bleeding from the nipple. Since there are many ducts ending at the nipple one might see this discharge a couple of times.

[0033] After the bit of discharge is finished one will begin to notice just a drop or two of clear liquid which is colostrum. In the next few days one will notice a little more of this clear liquid come out of the breast when squeezed. After a week or so the liquid begins to change into a hazy white colour. Later on as the milk production increases, the milk will become whiter.

[0034] After the milk production is active, one has the choice to continue massaging and to extract the milk from each breast or just to continue stimulating the milk production every few days. One's body gets into a routine and will fill up with milk as per the routine that is chosen.

[0035] Every person is different so monitoring one's own situation is key. The fact that one should remember is that if one stops extracting the milk on a routine basis, the breasts will slowly stop producing it. If one decides not to do it anymore one can stop altogether or stop for a while and then restart over again at a later time. You can choose to increase the breast size a few weeks before a special occasion and then stop.

[0036] Some side effects may be associated to and result from the above described method but nothing out of the ordinary. They could include: tenderness or sensitivity in the breast and/or nipple due to the exercises/massages, tenderness or sensitivity in the breast and/or areola as the breast begins growing, muscle soreness due to some exercises, slight weight gain of approximately 5 to 10 pounds, and possibly slight leakage of milk from the breasts as the process advances.

[0037] With respect to the above described method then, it is to be realized that the optimum results will be achieved by conforming as closely as possible to the program provided and that, in any event, results may vary from one participant to another.

[0038] As a result of experiments utilizing the method of the present invention it has been recorded that if one were to stop the process, once restarting the process the results come faster. Chest measurements have also shown that the increase in size is consistent across the whole of the breast area.

[0039] Further, it would appear that the method may work faster if a partner is present and performing the massaging steps probably due to the fact that said partner would have better access to all areas of the breast for performing the method.

[0040] As for timeframes, it has been observed that a change in breast tissue texture would take place in the first week, followed by a slight size increase by the tenth day or so. A plateau is then reached between the second and third week, with continued increase after that.

[0041] Finally, no permanent side effects have been observed during or after the trials.

[0042] Other embodiments and uses of the invention will be apparent to those skilled in the art from consideration of the specification and practice of the invention disclosed herein. The specification and examples should be considered exemplary only and do not limit the intended scope of the invention.

I claim:

1. A manipulative method is provided for enhancing breasts of a human, comprising the steps of:

- stimulating breast lobules with fingertips;
- kneading the breasts;
- touching and rubbing the breasts' nipples; and
- massaging the breasts to direct milk flow to the breasts' areola and nipple areas.

2. The method of claim 1 wherein said step of stimulating breast lobules comprises repetitive manipulation of a breast area.

3. The method of claim 1 wherein said step of kneading the breasts comprises the steps of moving toward and away from the nipples.

4. The method of claim 1 wherein said step of massaging is in large circles from the outer sections of the breast towards the areola and nipple areas.

5. The method of claim 2 wherein the repetitive manipulation extends to about 20 seconds each.

6. The method of claim 5 wherein the repetitive manipulation extends to about 50 contact points.

7. The method of claim 3 wherein the kneading phase of the method should last between 5 to 10 minutes.

8. A manipulative method is provided for enhancing breasts of a human, comprising the steps of:

stimulating breast lobules with fingertips in a repetitive 20-second manipulation of a breast area extending to about 50 contact points;

kneading the breasts in a movement toward and away from the breasts' nipples for 5 to 10 minutes per breast;

touching and rubbing said breasts' nipples; and

massaging the breasts in large circles from the outer sections of the breasts towards the areola and nipple areas of said breasts to direct milk flow to said breasts' areola and nipple areas.

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