My inbox has been flooded with too many questions about this stuff that I can hardly keep count of all the emails I have replied to. Because of this, I will be answering many questions via a general email to all those selected to receive this information.

Remember, I promised sending you the following information today.

1. A home remedy

2. An Exercise for Breast firming

3. A Table of content of the main material

I have done that in this email today.

I promised a video exercise, but I figured out many people will have problems downloading a video to watch this technique. So instead, I have included pictures of these breasts firming exercise that everyone can easily access without download. This includes a picture clarification of the exercise I sent earlier and better worded exercise steps.

Here we go.

**Home Remedy**

Massage your breasts with Olive oil at least three times a week. This will help firm the skin as well as improve skin tone and texture. It can also help improve skin elasticity. (There are more effective ones to help you firm the breasts in the full package)
PEC Fly Exercise With A Dumbbell

1. Lie on the floor or bench. Hold two dumbbells over the chest with the palms facing each other.
2. Keeping the elbows slightly bent, lower the arms out to the sides and down until they're level with the chest.
3. Keep the elbows in a fixed position and avoid lowering the weights too low.
4. Squeeze chest to bring the arms back up as though you're hugging a tree.
5. Repeat for 1 to 3 sets of 8 to 16 reps.
Push Ups

1. Start by laying, facing down the floor.

2. Lift up your arms while keeping body in the straight position

3. Slowly lower your arms back down to the starting position

4. Repeat ten times.

As your body gets stronger, increase the amount of push ups you do.

Below is a glimpse into other issues you will have access to once you order the full course on "How To Firm A Saggy Breast"

CHAPTER 1: INTRODUCTION

DEFINING SAGGING BREASTS
WHAT CAUSES SAGGING BREASTS?
HOW TO TELL IF YOUR BREASTS ARE SAGGY
IS IT NORMAL TO HAVE SAGGING BREASTS
EVEN IF I HAVEN'T BEEN PREGNANT

CHAPTER 2: QUESTIONS AND ANSWERS

IS IT NORMAL FOR MY BREASTS TO FEEL EMPTY AND SAGGY AFTER BREASTFEEDING?
IS PLASTIC SURGERY THE ONLY WAY TO LOSE POST BABY SAG?
CAN PEC FLY EXERCISES HELP WITH SAGGING BREASTS?
WILL A GOOD BRA HELP SAGGING BREASTS?
WHAT ABOUT AN UNDERWIRE BRA?
What about wearing a Bra at night?
WHY CAN'T TEENAGERS WEAR UNDERWIRE BRAS?
ARE THERE FOODS THAT CAN HELP SAGGING BREASTS?
WILL BREASTS GET SAGGY FROM NOT EXERCISING?
CAN BREASTFEEDING MAKE BREASTS SAG?
WILL SMOKING CAUSE MY BREASTS TO SAG?
WILL MY BREASTS PERK UP AFTER WEANING?
HOW WILL BREASTFEEDING CHANGE THE LOOK OF MY BREASTS?
CAN LOSING WEIGHT MAKE MY BREAST SAG?
CAN A MASSAGE HELP SAGGING?
CAN SLEEPING WITHOUT A BRA CAUSE SAGGING BREAST OVER TIME?
WHAT IS A BREAST LIFT, IS IT WORTH IT?
WILL MY BREASTS SAG LATER AFTER HAVING A BREAST AUGMENTATION?
CAN SURGERY REVERSE SAGGING BREASTS?
HOW TO FIX SAGGING BREASTS WITHOUT SURGERY
DOES WEARING HIGH HEELS MAKE BREASTS SAG?
WILL BREAST IMPLANTS FIX SAGGING BREAST?

CHAPTER 3: PROBLEMS

DIFFERENT NIPPLE SIZES
INVERTED NIPPLES
SURGERY?
HAIRY NIPPLES
ITCHY, SCALY NIPPLES
ONE BREAST LARGER THAN THE OTHER
WHAT CAUSES THE DIFFERENCES IN BREAST SIZES?
WHEN SHOULD ASYMMETRY OF THE BREASTS BE SURGICALLY CORRECTED?
WHAT OTHER ABNORMAL BREAST SIZES AND SHAPES ARE THERE AND WHAT CAN BE DONE TO FIX THEM?
CHAPTER 4: TREATMENTS

HOME REMEDIES
FIRMER BREASTS WITH BOARD GAMES
BEST BRAS FOR SAGGING BREASTS
Victoria’s secret
Other recommendations
HOME REMEDIES FOR SORE NIPPLES
EASY WAYS TO INCREASE BREAST SIZE
EXERCISES TO LIFT, FIX, AND FIRM SAGGING BREASTS
HOW TO LIFT SAGGING BREASTS NATURALLY
BREAST ENHANCEMENT CREAMS AND LOTIONS
BREAST ENHANCEMENT EXERCISES
HOW TO MAKE YOUR BREASTS LOOK BIGGER
THE RIGHT ACCESSORY TO MAKE THE BREAST LOOK LARGER
GRANDMA’S ADVICE TO MAKE THE BREASTS LOOK BIGGER
USING FABRIC AND SIZE TO YOUR
Do You Want The Complete Natural Breast Firming Package?

What I just revealed to you above is just a tip of the ice-berg from the main material. You will be amazed at how much eye-opening information you will find in this great material and how out of this world they are.

How Much Is This Course?

I was thinking of a price for this invaluable package. After considering the value of information you will get and the bonuses I’m giving for ordering it, I wanted to price it at N6500. Those who do plastic surgery to get something close to what this package will do, with all the associated health risks pay as much as N500k and above for this. But this is simply an information product.

So I have decided to price it at a low amount of N4500 only (I remember I said N5,000 in my email of yesterday). I want everyone to afford this. But this N4500 will be available for 5 working days only, starting Monday 14th May to Friday 18th May 2012.
But if you are in a hurry to get it today, before the launch on Monday, it's only N4,000.

**Bonuses For The First 50 Action Takers**

1. How To Find The Right Bra Size (Value N2500)
2. Secrets To A Flawless Skin (Value = N3500)

If you fall among the first 50 person who order the package on "How To Firm A Saggy Breast", you will get the 2 bonuses above as my way of saying "THANK YOU" for participating.

HERE'S HOW TO ORDER

Pay ONLY N4000 into any UBA branch in Nigeria using the bank details below:

Bank Name - UBA PLC  
Name - Shield Marketing Solution  
Account Number - 101-210-8959

After making the payment, make sure you send us your payment details to web20matters@gmail.com. The subject of the email MUST be: ORDER FOR DROOPING REPORT. The payment details must contain Your Full Name, Teller number, Amount paid, Date, Your Phone Number and Your email address. As soon as your payment is confirmed, the reports that you paid for will be sent into your email box within 24 hours after payment confirmation.

To A Firmer Breast,

Joe