

For your Health and Wellness!

Ulan Nutritional Systems 2012

Is Your Bra Harming Your Health?

We've all seen them, those television ads showing women how beautiful they can look in those tight underwire pushup bras. Of course, no one is bothering to tell women that those same bras could be increasing their chances for breast cancer and cardiovascular disease.

Dr. Michael Schacter, M.D. says in his article, The Prevention and Complementary Treatment of Breast Cancer:

"Over 85 percent of the lymph fluid flowing from the breast drains to the armpit lymph nodes. Most of the rest drains to the nodes along the breast bone. Bras and other external tight clothing can impede flow. The nature of the bra, the tightness, and the length of time worn, will all influence the degree of blockage of lymphatic drainage. Thus, wearing a bra might contribute to the development of breast cancer as a result of cutting off lymphatic drainage, so that toxic chemicals are trapped in the breast."

It's important to realize that nearly all underwire bras contain metal under wires, coated with plastic which creates even more potential risk for the wearer. Metal acts as an antenna which will attract electromagnetic fields. This can increase risks of cardiovascular disease. Johns Hopkins performed research showing that there is a direct relationship between exposure to electromagnetic fields and the speed and rhythm of the heart. Prolonged exposure to electromagnetic fields can result in irregular heart rhythms and in extreme cases, heart failure.

Medical anthropologists Sydney Singer and Soma Grismaijer -- authors of Dressed to Kill: The Link between Breast Cancer and Bras - conducted a study of over 4,000 women, and found that women who do not wear bras have a much lower risk of breast cancer.

Their findings included:

- Women who wore their bras 24 hours per day had a 3 out of 4 chance of developing breast cancer.
- Women who wore bras more than 12 hour per day, but not to bed, had a 1 out of 7 risk.
- Women who wore their bras less than 12 hours per day had a 1 out of 52 risk.
- Women who wore bras rarely or never had a 1 out of 168 chance of getting breast cancer.

Singer and Grismaijer also found that about 90 percent of fibrocystic patients improve when they quit wearing bras.

Of course while some women would be happy to have any excuse to burn their bras, breasts can be heavy and having insufficient support can cause some women a great deal of discomfort. Fortunately there are more and more options for women which will give them gentle support without restricting flows. There is a whole series of new bras on the market which don't restrict the lymphatic flow. Some places simply call them "wireless" bras, others call them leisure bras. Several examples of these bras include the Genie Bra, the Aire Bra and the Ahh Bra, but there are plenty more options like them. You can find these less restricting bra designs online and in stores like Haines and in your finer department stores. Look for one which does not fit tightly around your ribcage or restrain the bust from any movement, but which gives you sufficient support. Some of these bras are designed for smaller cup sizes and some have been specifically designed to support larger cup sizes. It might take some time to find the right one for you, but once you do you'll wonder why you ever wore anything else.

Compliments of Dr. Robert Caprile, Chiropractor

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