

How to Combat Breast Cancer – Without Burning Your Bra

Breast cancer in women in the United States has quadrupled in the last 40 years, causing over 44,000 deaths yearly and causing physical and emotional pain for women treating the disease.

Even though there has been a dramatic increase in research funding and awareness, the cause is still under debate. However, scientific evidence is building which reveals a strong link between bras and breast cancer.

- About 1930, when corsets became the vogue, a paper was published making a connection between corsets and increased breast cancer rates. Is it coincidence that breast cancer rates are highly correlated to the bra's cultural popularity?
- In 1978, an article published in a medical journal by a doctor in California linked bras with elevated breast temperature. He studied a few hundred women and noted the heavier the bra material, the hotter the breast, and suggested that this might have a connection with breast cancer.
- In 1991, Harvard University researchers published an article in a medical journal on breast cancer risk. That article mentioned that the women in their study that did not wear bras had a 60% lower rate of breast cancer than the women who wore bras.
- In 1995, the landmark book "[Dressed to Kill: The Link Between Breast Cancer and Bras](#)," by Sydney Singer and Soma Grismaijer of the Institute for the Study of Culturogenic Disease was published. They studied almost 4600 women, and discovered that the more hours per day a bra is worn, the higher the rate of breast cancer. They also found that women who do not wear bras have a dramatically reduced rate of breast cancer.

Specifically, women who wore bras 24 hours per day had a 75% 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 152 risk. Women who never or rarely wore bras had a 1 out of 168 chance of getting breast cancer.

According to their study, women wearing a bra 24 hours a day are 125 times more likely to develop breast cancer than women who never wear a bra!

- Since 1995, many women concerned about breast cancer risk and/or in breast pain, quit wearing bras. Most of them experienced dramatic reduction and/or complete elimination of breast pain and of fibrocystic breast disease (cysts).
- Over 30 published medical and scientific research articles since 1999 show a connection between fibrocystic disease and increased breast cancer risk.
- In 2000, two British breast surgeons studied 100 women and concluded that going bra-free decreased breast pain in the majority of the women after only 3 months. Instead of a bra, they wore loose, non-restrictive camisoles if they needed an undergarment. The same study documented increased breast temperature once the women began wearing bras again.

This scientific evidence supports the connection between bras and breast disease, promoting the theory that bras can inhibit the proper functioning of the lymphatic system (an internal network of vessels and nodes that flushes wastes from the body). This prevents the natural flushing of accumulated wastes and toxins from the breast, which results in fibrocystic changes (benign lumps, cysts, and pain) and creates a breeding ground for various problems, including cancer.

Studies also show that women who breastfeed and/or exercise regularly have a lower incidence of breast disease (but not as low as bra-free women). This makes sense... lymphatic circulation is highly dependent on movement. Each subtle bounce of the breast gently massages the breast and increases lymphatic flow, cleaning the breast of toxins. Bra-free women are constantly promoting lymphatic flow. Wearing a bra constricts the natural flow.

If you are like me, you may not be ready to go completely bra-free. No matter. There is a simple, quick, and pocket friendly way you can enhance lymphatic flow and effectively reduce your risk of breast disease. I have been massaging the lymphatic system of the breasts for a few years now, and found that my tender, lumpy and painful breasts (especially the two weeks before my cycle) are in the past. No more swollen lymph nodes, no more tender breasts, no more pain when I lower my arms or sleep.

HOW TO ENCOURAGE LYMPHATIC FLOW WITH SELF MASSAGE:

Squeeze and massage a small portion of the breast, in a sort of gentle pumping action, squeezing and releasing in a sort of gentle pumping action, while rubbing the spot in a circular manner. This massage action accelerates lymphatic drainage, pushing and pumping the lymphatic vessels clear of debris and unwanted, possibly infectious, materials.

The neurolymphatic system circles each breast, and naturally flows to the lymph nodes under the arm. Begin in the center of your chest, and massage around the top of the breasts to the outside, toward and into the underarm.

Then do the same for the underside of the breasts, beginning at the center of the chest, rhythmically working your way around the underneath of the breast to the underarm.

The best prevention is massaging each breast daily, either at night when you remove your bra, or in the shower. At first, your breasts may be sore. Start gently, increasing the pressure as the soreness dissipates. As the toxins are released, you might experience some detox symptoms... mild to medium tiredness, sinus congestion, headaches, some cramping, etc. Treat yourself well, drink plenty of water, get plenty of rest, and keep massaging.

Protect your breasts. This quick and easy cleansing of your lymph system could just be the safest, easiest and most effective way to reduce the risk of breast cancer, and perhaps even prevent it from ever occurring.

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