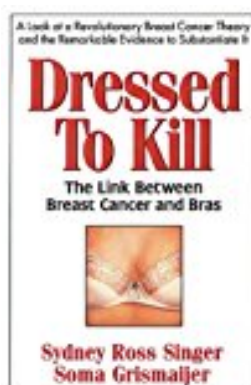


[PDF] Dressed To Kill: The Link Between Breast Cancer And Bras

Soma Grismaijer, Sydney Ross Singer - pdf download free book



Books Details:

Title: Dressed to Kill: The Link Bet
Author: Soma Grismaijer, Sydney Ross
Released: 1995-03-01
Language:
Pages: 192
ISBN: 0895296640
ISBN13: 978-0895296641
ASIN: 0895296640

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

Singer and Grismaijer have collected striking (but preliminary) evidence that bra-wearing may be a major risk factor associated with breast cancer: women who wear tight-fitting bras 24 hours a day are 125 times more likely to have breast cancer than women who do not wear bras at all. Their interpretation is that tight clothing inhibits the proper functioning of the lymphatic system (an

internal network of vessels and nodes that flushes wastes from the body) and leads to a buildup of carcinogenic compounds in the constricted areas.

Although it must be emphasized that their studies are preliminary, still controversial, and definitely need to be followed up with detailed analyses of correlative factors (do these women have higher rates of smoking? do they have less-healthy diets?), this book should be read by anyone concerned about breast cancer. Possibly a very important book that could save many lives.

From the Publisher When Soma and I did our research for *Dressed To Kill* we were not aware of how easily women can recover from fibrocystic breast disease by foregoing the bra. Bras, by their very design, alter the shape of the breasts for fashion. To alter breast shape you have to apply constant pressure on the breast tissue. That is why bras are elastic garments. This pressure from the bra impedes the circulation in the breast tissue, specifically, the circulation of the lymphatic system. This system is composed of microscopic vessels that originate in the breast tissue and drain the tissue of fluid, which is directed through these vessels to the lymph nodes. The lymphatic vessels are extremely thin and small, and have no pump, such as the heart, to propel its contents forward. As a result, lymphatic vessels are easily constricted by external pressure, such as that applied to the breast tissue constantly by the brassiere. It is compression of these lymph vessels that prevents the proper draining of the breast tissue, leading to fluid accumulation in the breast. Medically, this is called lymphedema of the breast, secondary to constriction from the bra. This fluid accumulation leads to breast tenderness and pain, and ultimately the fluid develops into cysts. The cysts over time become hard, and we have a picture of the creation of fibrocystic breast disease. Within days or weeks of ending breast constriction by bras, the breast tissue is allowed to flush out this excess fluid, cysts disappear, and breast pain and tenderness are minimal if at all present. From our research with hundreds of women, getting rid of the bra has resulted in remarkable recovery of breast health in over 95% of the cases. Since foregoing the bra for a month is cost-free and risk-free, and may prove beneficial, we encourage all women who wear bras to partake in a self-study to see for themselves, on themselves, whether their bras have been damaging their breasts. Keep in mind that breast disease is only a problem in bra wearing cultures. Women who are bra-free have the same breast cancer incidence as men. And don't wait for the cancer detection and treatment industry to endorse this information before you try it. Billions of dollars are made each year treating breast cancer. Nobody will make money by women loosening up to prevent this disease. The prevention of breast disease is up to each individual woman. Just stop binding the breasts with bras in the name of fashion, and begin to love yourself and respect your body. --This text refers to an alternate edition.

- Title: *Dressed to Kill: The Link Between Breast Cancer and Bras*
- Author: Soma Grismaijer, Sydney Ross Singer
- Released: 1995-03-01
- Language:
- Pages: 192
- ISBN: 0895296640
- ISBN13: 978-0895296641
- ASIN: 0895296640
