



Source: [Huffington Post](#)

Two Ways Our Bras Affect Breast Health: Learn & Manage the Risks

By Tirza at *Better Breast Health – for Life!*TM

Although it may come as a surprise to many women, underwire bras may increase the risk of developing breast cancer. While bras can hinder optimal breast health by restricting lymph flow and attracting electrical pollution, we can easily manage the risk with a few simple tips. While you may already understand the risk and tips, many of your family members, friends, and colleagues may not. Please share this information with women you care about.

The Body's Lymphatic System

Our lymphatic system helps to detoxify the body. Consisting of between 600 - 700 lymph nodes and over 100,000 miles of lymph vessels, it can circumvent the globe over four times. This extensive system carries more than twice the volume of the circulation system in the form of lymph fluid rather than blood. It is critical to our survival and health in that it removes unwanted toxins and waste products from our tissue.

While intricate and magnificent in its design, it is also delicate. Unlike the circulatory system, which has a pump in the form of a heart, the lymphatic system has no pump. Internal check-valves and muscular contraction, skeletal movement, and breathing all contribute to unidirectional flow from the system to the base of the neck where fluid dumps into veins that enter the heart. As such, manual lymph drainage therapists apply less than 9 ounces per square inch in rhythmic circular movements to stimulate lymph flow. Excess pressure and incorrect movements are counterproductive to flow.

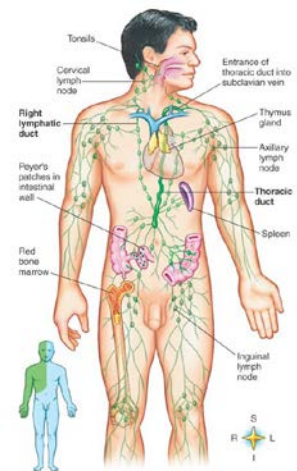


Fig. 1 The Lymphatic System
Source: [Natural Care](#)

Lymphatics Detoxify the Breasts

While we rely on our lymphatics to collect and remove toxins and waste products from breast tissue, we can help or hinder its effectiveness. Too much pressure chronically applied against breast tissue can restrict lymph flow, leading to the accumulation of fluid, toxins and waste

products. Hence, tight bras, elastic and underwires can affect our breast health - potentially contributing to pain, tender lumps, cysts or cancer.

Consider Figure 2. Observe the density of the lymphatics and how the vessels are flowing towards the underarm. Now imagine how the underwires in a bra can restrict the flow of fluid out of the breast, as shown in Figures 3 and 4.



Fig. 2 Left Chest Lymphatics
Source: [Annals of Surgical Oncology](#)

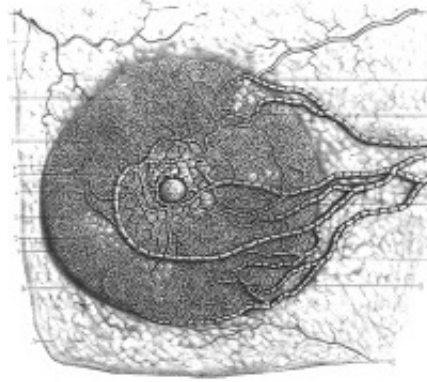


Fig. 3 Left Breast Stroma and Lymph Vessels
Source: [Annals of Surgical Oncology](#)



Fig. 4 An Underwire
Source: [Wikipedia](#)

It's not so much the "under" portion of the underwires, but the "vertical" portion that may hinder flow towards the underarm.

Underwires Can Cause Lymphatic Restriction

While women typically think nothing about the potential effects that their bra has on their breast health, consider Figure 5. This [Thermogram Center](#) client reported wearing underwire bras for 50 years. Her thermal image indicates bilateral lymphatic inflammation and potential restricted lymph flow due, in part, to the compression of underwires.



Fig. 5 Thermogram Center Images Indicating Bilateral Lymphatic Inflammation

When this client saw her thermal images, she committed to going wireless as a way of proactively addressing a risk factor unknown to her prior to her thermography session at [The Thermogram Center](#). (Please choose thermographers that provide you with high-resolution B&W images in order to observe the earliest possible warning signs of risk. Be discerning as many thermographers provide only colored images. Without detailed B&W images, this client would neither have observed nor been called to act on this risk factor.)

Electrical Pollution is Harmful to Breast Tissue

In addition to the growing concerns over the accumulative effects of GMOs on life forms that consume them, there are growing concerns over the accumulative effects of electrical pollution. (Look for information on GMOs in a separate article.) Electrical pollution, or dirty electricity, occurs as high frequency signals penetrate our indoor and outdoor environments and distort clean 60 Hz electricity, i.e. when DC is converted to AC.

While clean 60-cycle electricity is transmitted to our homes, workplaces, schools, and the businesses we frequent, high frequency signals propagate wherever there are electronic and electrical devices, i.e. computers, fluorescent lights, dimmer switches, cell phones, wi-fi internet connections, wireless towers, automobile dashboards (when powered), audio-visual and TV-related equipment, many household appliances, and more.

The World Health Organization (WHO) classifies the radiation which cellphones and other wireless devices emit as a Class 2B cancer-causing toxin, which is the same category as DDT and lead. (For articles on EMF radiation and cell phones please visit [Preventive Support](#).)

So while electromagnetic fields (EMF), radio waves and microwaves are “invisible, silent, odorless, and tasteless... Most people, even when exposed to levels and wavelengths that are literally killing them, never notice a thing.”ⁱ While all of us are receivers or antennas of electrical pollution, some of us will become electrically sensitive, some of us will manifest physical symptoms and illnesses, and some of us will develop cancer as a result.

Underwires Attract Electric Pollution

If our bras contain metal underwires, they may be attracting electrical pollution to our sensitive breast tissue. This may be most important to women with breast cancer or in treatment for it, as malignant breast tissue can absorb up to 577% more EMF radiation than normal breast tissue, potentially accelerating cancer growth.ⁱⁱ

Of course all metal on or in our body acts like an antenna for electrical pollution, including dental amalgam fillings, gold crowns and metal implants, metal joint/bone replacements, metal glass frames and jewelry, including metal watches, among others.

Click [here](#) for a YouTube video on how bra underwires act like antenna.

Bras and Breast Cancer

While there are very few studies linking bras to breast cancer, a 1995 (uncontrolled) study of 4,000 women by Singer and Grismaijer found that the chance of developing breast cancer for women who wore their bras 24 hours per day was 125 times greater than women who did not wear bras at all:ⁱⁱⁱ



- 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 chance of developing breast cancer
- Women who wore their bras less than 12 hours per day had a 1 out of 52 chance of developing breast cancer
- Women who wore bras rarely or never had a 1 out of 168 chance of chance of developing breast cancer

(The study also found that about 90% of women with fibrocystic breasts experienced improvement when they stopped wearing bras.)

The study is the focus of the book, *Dressed to Kill*, available at [Amazon.com](#).

Manage Your Risk

Here are some simple tips to manage the risks associated with wearing bras:

- Consider going braless, resorting to undershirts or tank-tops (with built in shelf support).
- Consider purchasing wireless bras. My large-breasted clients favor [Wacoal](#), [Warner](#), and [Lane Bryant](#) brands for wireless comfort and support. My most discerning clients shop for organic (cotton) fabrics as well.
- Consider removing the underwires from your bras, or if plastic, their vertical portions.
 My video, [Removing Underwires From Bras](#), shows you how.
- Never put your cellphone in your bra (or in a pocket, holster, etc.) Keep cell phones off (and away from) the body.
- Consider reducing the amount of time(s) you wear a bra.
 Consider [Pumping the Pecs](#) to stimulate lymph flow out of the breasts.

■ Consider [Dry Brushing and Self Tapping](#) or gentle lymph massage techniques.

- Consider certified lymphatic drainage/massage therapy, perhaps with essential oils that stimulate lymphatic flow. Keep in mind, however, that if your entire lymph system is somewhat inflamed, that massaging the breast lymphatics may simply stir the pot and result in fluid re-depositing in the breasts later.
- Consider detoxifying your body and lymphatic system to reduce the toxins and waste products in the body and breast tissue. (For articles on cleansing the lymphatic system please visit [Preventive Support](#).)

by Tirza Derflinger

Founder, Author, Lead Educator, Speaker, CTT, MBA

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ⁱ http://www.mnwelldir.org/docs/misc/electrical_pollution.htm

ⁱⁱ Joines W.T., Zhang Y., Chenxing L., Jirtle R.L. The measured electrical properties of normal and malignant human tissues from 50 to 900 MHz *Medical physics*, Vol. 21, April 1994, p.547-550.

ⁱⁱⁱ Grismaijer D. *Dressed to kill: the link between breast cancer and bras*, 1995.