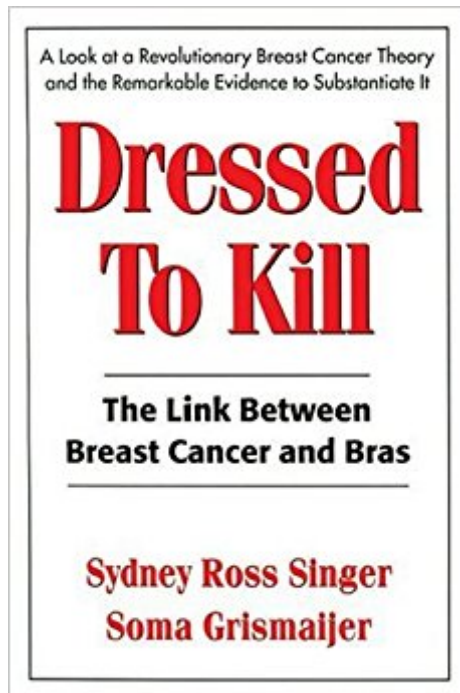




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# Dressed To Kill: The Link Between Breast Cancer And Bras



## Synopsis

Breast cysts, pain and cancer are epidemic at this time in history. The cancer detection and treatment industry says the cause of 70% of all breast cancer is unknown. *Dressed to Kill* gives the answer to this mystery, explaining how the greatest threat to breast health is something women do to themselves every day. *Dressed to Kill* started as a personal crisis in the author's lives, when Soma was shocked to find a lump in her breast while pregnant. Looking for clues as to the cause of the lump led this husband-and-wife medical anthropologist team to develop a new theory on the cause of breast cancer, and to conduct an extensive survey of nearly 5,000 US women, half of whom had breast cancer, in an attempt to uncover this heretofore hidden cause of breast disease. Pioneers in the new field of Applied Medical Anthropology, Singer and Grismaijer explain their unique and fruitful approach to understanding and researching the cultural causes of disease in easy to read language accessible to the layperson and professional alike. *Dressed to Kill* has already changed the healthcare and fashion worlds, and has saved millions of women from the pains and sorrows of breast cancer. Controversial for its challenge to established custom and medical dogma, this breakthrough book is already a classic, destined to be known as the beginning to the end of this terrible breast cancer epidemic. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

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. --This text refers to an out of print or unavailable edition of this title.

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.

It's over 20 years old and still women fail to heed the warnings. My wife has been braless for about 15 years and the fibrous lumps that used to appear regularly are a thing of the past. Statistical evidence and personal experience is more powerful than a lack of medical proof. Well done Ross and Soma.

I bought this book way back in 2010. Witnessing the reaction by the bra industry, the cancer industry, and our Government. I realized this all must be true and they were on to something. The bra industry being outlawed? Curing breast cancer in just one stroke? A lot of people were looking at major unemployment if this got out. But, YOU DON'T JUST DISMISS A HARVARD STUDY! And that's exactly what they did. I've been preaching to ANY woman that would listen for the last 7 years. And, believe me, talking to women about their boobs isn't easy. Do you think? I've even given copies of this book to women in places that could help; many doctors. Most, follow this advice today, if anything; as a preventative. Why take the chance? Also as an aside. My sister had a lump on her breast and I told her to stop wearing a bra. Sure enough, within two weeks it was gone. Just as this book says. No more bras for Linda.

My mom passed from Breast Cancer...She never read this book. She has 6 sisters with 4 of them being older than she...None of them got this terrible disease. Her mom didn't develop it either. She did wear her bras all day and always she slept in them (very expensive bras). We asked her where does she think it came from...She said she believed it came from her bras...My mom was very much into fashion...Was always well dressed...So, glad I found this book...Read it through the night...

Ladies if you are concerned about breast cancer, you really need to read this book! To make a pun, it is very "revealing"! Read this and be informed and learn how to greatly lessen your chance of breast cancer! It's definitely worth your time!!

As a person who tries to do anything I can to avoid getting cancer, this book was invaluable. Most aren't willing to ditch their bras but the information in this book is compelling. I thought it was well

worth it and recommend this book to EVERYONE I know and those I don't via this review. At the very least read it and do nothing so at least you will be informed enough to make a decision down the road.

.What I learned from this book; Dressed to kill. A bra doesn't cause CA but impedes lymph flow, (CA = cancer). The Lymph system keeps the breasts clean internally. It doesn't say, don't wear a bra at all. A graph (p 134) shows CA risk of, no bra compared to 10 hours a day as statistically the same. However CA risk is still 22 X higher if only removed when sleeping. And 88 X higher, if on 24 hours. Many develop CA at points of trauma or repeated irritation. Three patients of mine could remember a point of trauma where they eventually had CA. HOWEVER our body will usually prevent CA, even if when we make it difficult. If a patient was concerned, the book recommends they be BRA LESS, 12 hours or more a day, (after reading that I've NEVER worn a bra). If a patient was ever concerned, I always mentioned the 12 HOUR RULE. It's natural and more comfortable. BREAST CA starts in a milk duct, the entire chest has millions of milk ducts. SOME milk will be produced continually after the first pregnancy for the rest of her life, (much less milk, but it's still there). THEREFORE it makes sense to not restrict breast tissue, too much. Normal activity usually flushes out all the milk in a milk duct into the lymph nodes. Lymph nodes are especially concentrated through out the female chest FOR A REASON. A man should often volunteer to gently check her breasts. -THIS IS VERY IMPORTANT- He DOES NOT use his touch to feel for LUMPS. It is MUCH more important to feel for slightly "HOT" SPOTS. CA has a very high metabolism which produces more heat. It is very difficult for a woman to detect HER OWN, "HOT" SPOTS. It is much more comfortable for a man to attend to it. The stroking motion of the hand of the man will break up any "HOT" SPOTS without any extra-special care. His SLOW BUT CONSTANTLY MOVING hand will be naturally drawn to the "HOT" SPOTS. Blood transports nutrients. Lymphatics remove waste. Push-up bras impede lymph flow. A man should gently massage each separately, after removing her bra. Focus on each, separately. One hand at a time is necessary for the critical heat detection. Another study showed a bra worn all day increases breast CA, 113-fold compared to 11 hours or less. 1970 saw 70,000 cases of breast CA, 1990, 150,000. 95% of American women wear a bra, 80% had the on them more than 12 hours. 86% of the CA group sometimes or always had prominent red marks from the bra. Bras are rare in Japan as is breast CA. TV has created an obsession for women to be attractive because boys are slow to commit, but that is because boys are afraid of girls. Boys are terrified of attractive and intelligent females. 82% of women surveyed did not like the size or shape of their breasts without a bra. In one CA group 95% did not like them,

and for appearance wore a bra, before getting sick. A woman is not a collection of objects--breasts, hair, face, and legs. Good MEN want a female that is beautiful, inside. America has now displaced the values once rooted in Christianity. We aren't growing. We are just aimlessly changing. I think a woman's sensitive breasts are a path for men to take for women to feel good about themselves again. A path well taken and often.

Great book with good information, though I believe that bras have come a long way towards our comfort and our bosoms having more freedom of movement. I also believe that women benefit from only wearing them when they need them (i.e. out in public, etc.).

Very informative and a must for all women!

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