



## Bra's

Did you know that a 1991 study by Harvard researchers ([www.selfstudycenter.org](http://www.selfstudycenter.org)) found that 60% of women who did not wear bras had a lower rate of breast cancer than those who did? In 1995, 4600 women were studied by Singer and Grismaijer, and it was found that the more hours the women wore a bra, the higher the rate of Breast Cancer. In 2000, by using an instrument called a

thermograph, British breast surgeons showed how bra's cause heating of the breast. The worst type of bras to wear are the ones with metal under-wire. The metal accumulates static electricity, so it's like a line of electrical charge going across the chest. Our bodies run by their own electrical flow, so the metal wire bra causes a stressor on our bodies.

### Suggestions:

- See if camisoles work for you
- Always be bra-free at home
- When you wear or buy, be sure they are wire-free. All major lines have them-- Playtex, Haynes, Bali, Gap, etc.

FYI ladies: If you wear a bra to prevent drooping, research has shown that wearing bras can actually increasing sagging!

Yours for health naturally,

**Dr B**

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