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**...
Better Breast Health – for Life!™

Chapter 5. Lifestyle Factors

**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.**

**The Lymphatic System Detoxifies the Breasts**

While we reply 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.

**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

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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
reported wearing underwire bras for 50 years. Her thermal images indicate 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**

There are growing concerns over the accumulative effects of electrical pollution. 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.

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.”

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.

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:

- 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. Also consider Ladies, Ditch the Bra.

**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
• Consider removing the underwires from your bras, or if plastic, their vertical portions.
• Never put your cellphone in your bra (or in a pocket, holster, etc.) Keep cell phones away from the body.
• Consider reducing the amount of time you wear a bra.
• Consider the video Pumping Your Pecs to stimulate lymph flow out of the breasts.
• Consider the video 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 my 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. Dump your lymphatic system into the pot (toilet).
Our mission at The Thermogram Center is, in part, to empower clients with preventive education. Many underlying causes of cancer are manageable. We hope to be a part of your efforts to secure a healthier tomorrow. Learn the mitigation techniques to help you and your loved ones, pets included, to reduce the risk of cancer. Be the Cure. Support Prevention.

by Tirza Derflinger

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i http://www.mnwelldir.org/docs/misc/electrical_pollution.htm
iii Grismaijer D. Dressed to kill: the link between breast cancer and bras, 1995.