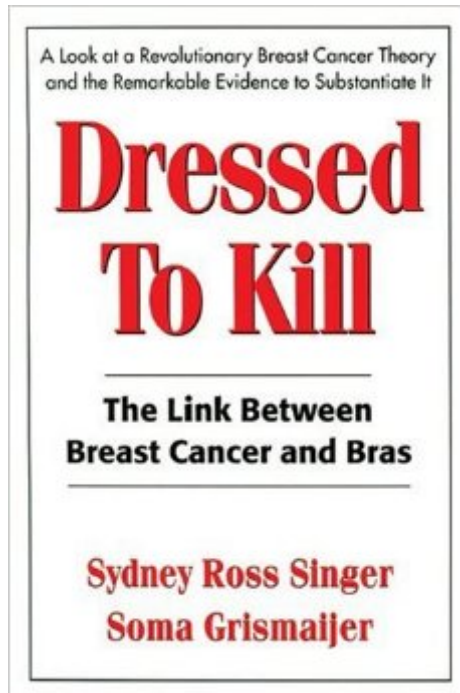


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# Dressed To Kill: The Link Between Breast Cancer And Bras



## 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 alternate Paperback edition.

## Book Information

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## Customer Reviews

I have been working as a physician, combining acupuncture and osteopathic manipulation for many

years. Stagnation is a major cause of disease in many areas of health and breast health is no exception. There is a strong negative correlation between bra wearing and breast health. Certainly in some social situations, modesty dictates that a bra be worn at certain times. But going braless when possible contributes to both breast health and firmness. Without meaning to deny the genuine discomfort of the more generously endowed women who have written in, comfort is NOT related to size. Not being able to go braless indicates a situation of restriction and stagnation in the breast. Many "large" women find that this pain goes away after a few days simply by going braless. In other cases, acupuncture and herbal therapy, and/or manual lymph drainage may be required to address the painful stagnation before going braless at home is comfortable. Of course, wearing exercise bras during exercise is appropriate for many if not most women. The double-blind study is the gold standard of western medicine, but common sense dictates that this standard is only applicable to drug therapy studies. To suggest that such a study is appropriate to assess this validity of the author's claims about breast cancer is ludicrous. How could you possibly design a study where neither the patient nor the doctor knew which patients were wearing a bra? I haven't met a woman yet who can't reliably answer the question "Are you wearing a bra?" This sort of criticism cannot possibly be motivated by legitimate questions of scientific merit, so personal issues around sexuality are the prime suspect.

It's obvious from the reviews here that this book brings out strong emotion in readers. They either see it as a life saver or are furious at the authors for suggesting a connection between wearing a bra and getting breast cancer. While I agree with the people who say the book makes sense, I'd also like to add that for me it was great to see something positive in print about going braless.

Personally, I have always hated wearing a bra and the first thing I do when I get home from work is to take off my bra. On days when I am home all day, I don't wear one. I put one on when I'm wearing clothes that would make it too obvious that there was no bra underneath if I didn't wear one, but I also heavily avoid such clothing. I do not do this because I'm trying to avoid cancer, but because bras are uncomfortable and (in my estimation) they serve no purpose. The problem for me in more than 30 years of trying to avoid wearing a bra is the many conflicting ways other people interpret my behavior. In my younger years, my husband used to call it "the no-bra look" and that always made me angry. I would reply that it is not "a look" -- I am not trying to "look" like anything, I am merely trying to be comfortable. If I sometimes "jiggle" that can be interpreted as some kind of moral evil. Why? Are breasts evil? You might think so if you consider the fuss made over Janet Jackson's breast at the 2004 Super Bowl! To other people I suppose I just look like an uneducated

slob -- after all, where do you see women without bras? In poor countries, in the pages of National Geographic magazine. Don't "civilized" women all wear bras? The authors point out that the bra is a fairly recent invention. For thousands of years of history, women got by without wearing bras.

Wow! What a great book. A mostly well-reasoned hypothesis that wearing bras leads to an increased risk of breast cancer. It is very difficult to dispute the findings of the authors' study, although as other reviewers have pointed out, their study was not as rigorous or variable-eliminating as it should have been (thus I can give this only four stars). Of course many people will discount their findings because 1) medical professionals are addicted to using drugs to cure a problem (in this case cancer) instead of finding ways to prevent the problem, 2) medical professionals are addicted to the thought that only they have the "answer" because they're "qualified", 3) pharmaceutical companies want people to "cure" themselves through medication and not through prevention or alternative treatments, because every person who gets cancer increases shareholder value, 4) the U.S. still has that bizarre puritanical unhealthy attitude toward sex that requires women to bundle up their breasts so they don't jiggle in a provocative way (do you remember the big bra thing of the 60s? The argument against going braless was a moral argument, not a scientific or aesthetic argument - "it's just plain wrong not to wear a bra") so even though that bundling is obviously unhealthy, people will still require it of their women (just like tight pants, high heels, and earth-and-human-killing hair treatments, cosmetics, and perfume), 5) the manufacturers of bras spend an awful lot of money to make sure that women think they **\*\*have\*\*** to wear a bra, because only bra-wearers increase shareholder value.

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