

FREE YOUR

breasts!

CJ Grace

Did you know that the link between bras and breast cancer is stronger than the connection between smoking and lung cancer?



Photographer Tracy Teggarden of Trade Winds Photography

I never burned my bra in the 1960s as I was too young to have had one at that time. Then I was way too inhibited to ditch the garment in the 1970s hippie era. I saw it as vital for a respectable appearance, even though I had very little to put in those AA cups. Now, as a two-time breast cancer survivor, I go bra-free all year round. I feel much more comfortable without a bra, but that's not the main reason I've given up wearing one.

WHERE DID I FIND THE BRA-CANCER EVIDENCE?

It's all because of the research I did for my second book, *My Wild Ride: How to Thrive after Breast Cancer and Infidelity*, a comic self-help memoir, complete with cartoons. I embraced my anal BBC journalist background to reference about 70 books and more than 100 articles and studies. I researched the whole gamut of both allopathic and complementary treatments. I had first heard about bras are worse than

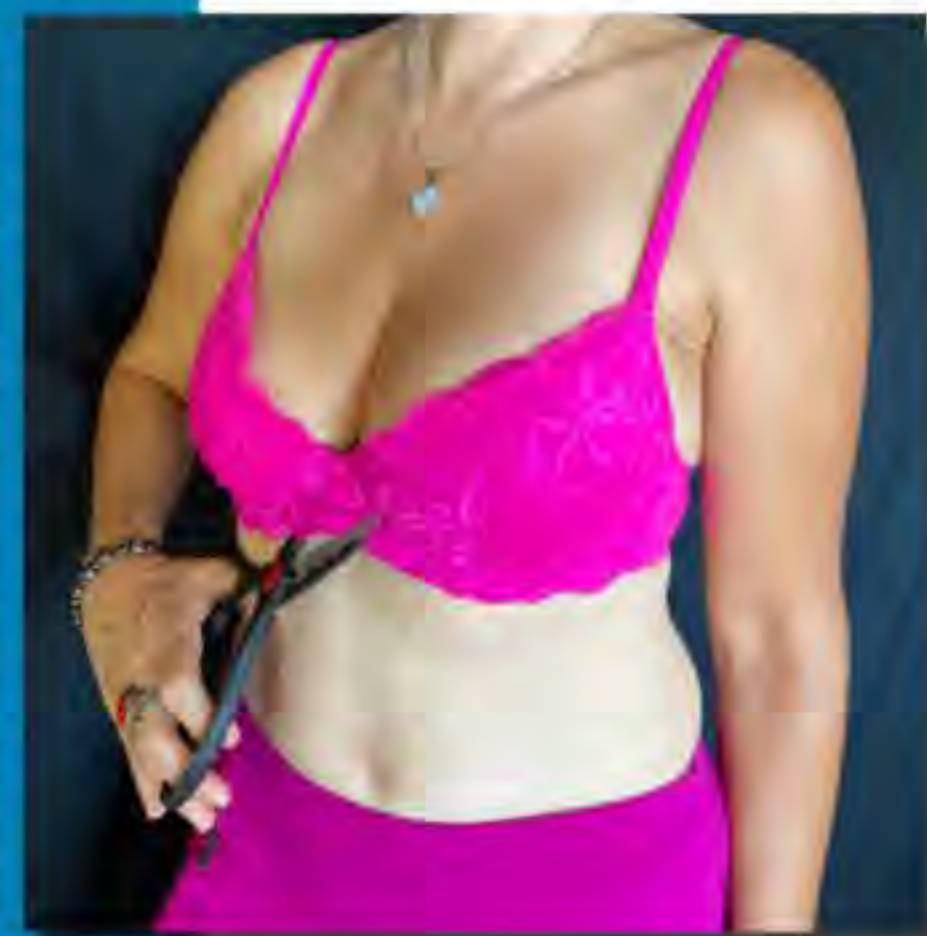
cigarettes in a documentary about alternative cancer cures. Surely not? It sounded like a pretty exaggerated claim. Yet I found compelling evidence that the link between bras and breast cancer is stronger than that between cigarettes and lung cancer. Numerous peer-reviewed studies support this. The issue was brought to light by medical anthropologist Sydney Ross Singer in a book that he and his wife, Soma Grismaijer, wrote in 1994, with the unforgettable title, *Dressed to Kill: The Link Between Breast Cancer and Bras*. The authors produced a second edition in 2018 that included more [studies supporting their hypothesis](#).

WHY DON'T WOMEN KNOW BRAS ARE LINKED TO CANCER?

As I wrote in a [May 1, 2023 blog](#), you wouldn't think so by Googling the issue, as your search is likely to bring up only the 2014 Hutchinson Study that purports to debunk the bra-cancer link. However, that study had no control group of women who did not wear bras which would be like looking at the relationship between smoking and lung cancer without including any non-smokers to compare to the smokers. It also only included post-menopausal women, in whom the bra-cancer link was much weaker because of [survivorship bias](#). I've debated this subject with ChatGPT—in effect, [sparring with a robot about bras](#)—and ChatGPT actually made up fictitious studies to support the view that there's no link. OMG!

WHY DO BRAS CAUSE CANCER?

The *Dressed to Kill* authors do not deny that toxins in the modern environment play a major part in creating cancer in humans. However, toxins collect in fatty tissue in the body, and where do all women have fatty tissue? In the breasts. Normally waste products and toxins would be flushed out by the lymphatic system, but a bra compresses the breasts and the sides of the body near the armpits. The garment also constricts the shoulders where the straps tend to dig in and squeezes the area underneath the breast, particularly if an underwire bra is worn. All this compression, according to Singer and Grismaijer, blocks lymph flow, so the toxins stay in the breast which leads to pain, cysts and tumor growth. Bras also heat up the breast tissue, which apparently also causes cancer. [Various studies](#) show a strong relationship between the number of hours a bra is worn daily and the likelihood of breast



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cancer. Tight-fitting bras have more ill effects than looser ones. If you can see welts on your body after wearing the garment, that's telling you it's too tight. Many women tell me that it's such a relief to come home from work and take the uncomfortable thing off. Underwire bras can cause even more problems. In indigenous societies where women did not wear bras, researcher Sydney Ross Singer found that the rate of breast cancer was about the same between men and women. Wow! Let me ask you a question: How many men do you know who have had breast cancer?

FLYING BRAS!

Bashing bras has now become one of the things I'm known for. My aim is to convince women worldwide to free their breasts. There's even an [International Bra-Free Study](#) happening right now that is investigating all the benefits of giving up the garment. It's a zero-cost way of reducing the risk of breast cancer. For the past few years in my local area, every Earth Day I do a presentation on stage where [I fling a load of pink bras up in the air.](#)

LIVING BRA-FREE

I've given away clothing that's too revealing and shows my nipples too much. I have gel petals I can wear on them for the rare occasions I have to go to formal events and don't want nipples poking through the fabric of my blouse. Nevertheless, I have to ask, why is it not OK to have a bit of female nipple showing up in public when male nipples are perfectly acceptable? Some folks believe without a bra, your boobs start sagging down more and more. I've found it to be exactly the opposite, as my freed twins have become perkier and less droopy. Thus, as I'm writing

this article, I have to tell you that I am totally and utterly bra-less.

So, Diamond Beauties, what can you do? Why not try a month without wearing a bra and see how it makes you feel?

All pictures © CJ Grace

About CJ:

AFTER DISCOVERING HER HUSBAND'S INFIDELITY AND THEN GETTING CANCER, FORMER BBC JOURNALIST CJ GRACE REFUSED THE VICTIM ROLE AND KEPT HER WICKED SENSE OF HUMOR. "MY WILD RIDE: HOW TO THRIVE AFTER BREAST CANCER AND INFIDELITY" IS HER CANDID COMIC MEMOIR AND SURVIVAL GUIDE. HER BESTSELLING FIRST BOOK WAS "ADULTERER'S WIFE: HOW TO THRIVE WHETHER YOU STAY OR NOT."

WEBSITE: WWW.CJAUTHOR.COM

