

Why You Need A Custom Fit Bra: Your Health, Your Looks, Your Comfort!

What some prominent female physicians say about the relationship between the use of underwire bras and the risk of disease.

Dr. Christiane Northrup, M.D., Univ. of Vermont College of Medicine author of *Women's Bodies, Women's Wisdom*, (Bantam Books 2002; page 344) writes "Stop wearing an underwire bra." Too often this kind of bra cuts off circulation of both blood and lymph fluid around the breast, chest wall, and surrounding tissue. She goes on to say how important it is to "learn about your breasts" "Understand your breasts' anatomy... Gently massage your breasts at least once per month, making sure to sweep your hands up into your armpits (where the lymph nodes from the breasts drain). You might consult with a massage therapist for help in learning how to do this."

Dr. Jesse Hanley, M.D., in her book: *What Your Doctor May Not Tell You About Premenopause*, (Warner Books, 1999), Dr. Hanley encourages her patients not to wear underwire bras or even tight bras, except for special occasions because they block the lymph glands under the arms, around the breast and chest wall. "Lymph glands play an important role in draining toxins from the breast." The evidence for a connection between wearing bras and Breast Disease is certainly sufficient for further study by the medical community. Meanwhile, individual women with or without fibrocystic conditions have promising alternatives to consider.

Nina L. Diamond in her book *Purify Your Body: Natural Remedies for Detoxing from 50 Everyday Situations* recommends:

- Wear the correct bra size. Make sure it's not too tight.
- Never sleep with a bra on.
- Go braless as often as possible.
- Wear a bra less than 12 hours daily.
- Do self massage of the lymph glands under each arm, next to your breasts, at least a few times a week.

[Only Our Custom Fit Bras](#)

offer lift and superior support in over 200 Sizes.

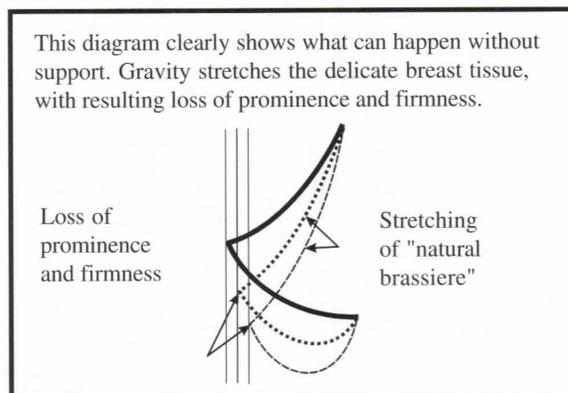
Top 10 Comfort Problems Solved! (Only With A Custom Fit Bra)

The Custom Fit bras offer Superior Support: Ultimate lift and support is achieved with the Patented Support System. A support system designed to support without bones, or underwires. Only the Custom Fit Bras offer superior support in over 200 Sizes. If you answer “yes” to any of these questions, then you will benefit from a custom fit bra.

1. Do you experience breast pain while walking, jogging or exercising?
2. Does your bust line “bounce” when you walk, or even when you are not walking?
3. Do you have to wear padded bras to give yourself a fuller look?
4. Do your bra straps dig into your shoulders leaving painful grooves?
5. Do you have a rash or other irritation under your bust, where it rests on your abdomen?
6. Does your bra ride up in the back?
7. Do the underwires poke out in front?
8. Does your cup runneth over because you can't find large cup bras in your small band size?
9. Do you feel department stores carry small, “skimpy and sexy” styled bras but not a good selection of larger functional support bras?
10. Does your underwire bra leave grooves on your rib cage? OR does your bust creep out from beneath the underwire?

Features of Our Custom Fitted Bras

- Superior Support
- No Underwires
- More band Sizes
- More cup Sizes
- Smaller Sizes
- Larger Sizes
- Prevents Sagging



And What About Your Figure?

The Bust Has NO Muscle

The muscle lies under the breast. Without the proper support during physical activity, apart from the discomfort, in time, the bust will elongate until it rests on the abdomen. It is the opinion of many medical professionals that heat build up may be a contributing factor of a variety of breast conditions.

The Custom Fit Bras Offer Lift And Support

Attempting to lift and support the bust with underwires using department store bras is a lost cause for many of us. So, we choose between our health and our looks. But you needn't sacrifice comfort for looks anymore! Each Custom Fit Bra is designed with a patented support system. This patented support system consists of a shelf like support. This "Shelf" consists of a firm fabric which lifts the bust UP, and OFF the abdomen, keeping the bust and abdomen cooler. This patented support system achieves maximum support without the use of underwires.

The Custom Fit Bras Offer The Largest Cup Sizes, In Bands 28 To 52. The larger cup sizes, available in most of our Custom Fit Bras, offer full coverage of the larger bust, and enhancement for the smaller bust. This removes the overflow, underflow, and extra lumps and bumps often associated with improperly fitting department store bras. Some fuller busted ladies need the bust lifted to allow circulation of air between the bust and the abdomen. The underwire bras, do not lift the bust off the chest wall, contributing to perspiration and heat build up.

A Bra Should Improve Your Appearance, Self Confidence And Comfort.

For clothing to fit properly, the bust line is built into dresses and other clothing, with the bust line midway between the shoulder and the elbow. Bras with underwires leaves portions of the bust resting on the rib cage and, in most cases, causes heat build up, rashes and other irritation under the bust where the breast tissue is forced to lie on the rib cage, creating a "dumped in front" matronly appearance.

Shouldn't All Of Your Breast Tissue Be In The Cup...?

Our Custom Fit Bras have special drop down cups that allow access to the lymphatic vessel massage. Thus, our bras are also ideal for nursing. These bras are a more efficient containment and support system when put on properly. Proper wear allows the breast tissue to be completely contained in the cup, rather than compressing the breast tissue onto the rib cage. To take full advantage of this feature, the wearer will Bend over, lower the cups, allow gravity to help the breast tissue enter the cup. The cups will then contain the entire bust. Insert the opposite hand through the support triangle of the bra, gently knead (don't pull) the breast tissue forward into the cup, the tissue will fill the cup, and the lymphatic vessels receive an important massage.

For More Information,
Contact Your Custom Fit Bra Distributor and Trainer:

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