



## „How Naturists Can Fight Breast Cancer“

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Nobody knows better than naturists what it's like to run up against mainstream bias. We live in a culture where wearing clothing is not only the norm; it is also in most cases the law. You personally know that nude recreation is empowering, liberating, and healthful. You know that you feel more comfortable naked, as nature intended, than textiled.

There is one article of clothing that is particularly problematic, which women are compelled to wear. It is worn intimately close to the body, so close that it often interferes with circulation. It alters the body's shape, and when you change shape you also change function and impair health. Women are required to wear this garment from the time of puberty until death, and some actually wear it 24/7. Women become so accustomed to wearing this garment that they feel "naked" without it, as though being naked is a bad thing. Their bodies become so reliant on the garment that they feel they need it for support.

Of course, we're talking about the bra.

Bras are designed for fashion reasons alone. There is no medical reason for wearing bras. And research has shown that there are lots of medical reasons for not wearing one. In fact, most cases of breast pain and cysts are caused by wearing tight bras. There are literally tens of millions of women who suffer daily from bra-caused problems. Bras cause neck and back aches, headaches, nerve damage to the arms and hands, skin depigmentation, skin rashes and fungus, breast pain, fibrocystic breast disease, reduced melatonin secretion, indigestion, restricted breathing, reduced self-esteem, and more.

The worst thing bras cause is breast cancer. Of course, if you look up bras on the Internet, you will see lots of ads and images, and little mention of the problems they cause. There are over one million bras sold daily in the US alone, so this multi-billion dollar industry is not going to air its dirty laundry in public. There have been suspicions within the bra-manufacturing community (which is dominated by gay men, by the way), that underwire bras can cause breast cancer. But without research to prove it, there could be no liability claims, so no worries.

As with other cultural norms about clothing, fighting against the bra is a tough battle. It's not about science, or health. It's about what is perceived as acceptable by the culture. The culture uses science to justify its biases, so studies, which support the status quo are welcome and published. Meanwhile, research that challenges cultural practices is squashed and discredited.

The culture is like a person. It can be rational to deal with the facts, but it instead rationalizes the facts to support what it already wants to believe. It is opinionated, goes into denial, and can be self-destructive. And in a culture where clothing is essential, including undergarments like bras, any information that challenges the status quo is quashed.

Fortunately, truth has a way of sticking around, despite the resistance. You know naturism is good for you because it feels good. Your body is your natural guide. That's why we have feelings. Despite what the culture says, you can feel the truth. That's why naturists encourage other people to try this liberating lifestyle. They will feel the difference.

The same thing applies to bras. Women who wear bras are usually aware of the discomfort, and rip off their bra as soon as they get home. They instinctively know that the bra is uncomfortable, but as with most clothing, you get used to it. Some women no longer feel the discomfort, or even feel worse without a bra. Some swear that they need a bra for support, as though the human body was designed with a flaw that needs 20th Century lingerie to correct.

When women stop wearing bras, amazing things happen. Their breasts suddenly feel less pain. Cysts disappear, even after years of having doctors repeatedly remove the cyst fluid with a needle. Once the bra is gone, the cysts are gone, too. They discover that their breasts actually start to lift and tone, like an arm regaining strength after being held in a sling for years.

They say that they also breathe easier without a tight band around the chest. And their body image and self-esteem improve.



We discovered these reactions from women during our 25 years of dealing with the bra-cancer issue. We have been on a journey of discovery that has taken us from the jungles of Fiji, where we first realized the problems caused by tight bras, to the halls of academia, where the bra-cancer link is now being taken seriously.

So seriously, in fact, that there is intense industry resistance to this information. With billions of dollars at stake, the lingerie industry has met our research with ridicule and attacks. Now, however, there are numerous new bra designs that are allegedly better for the breast, and which are based on our research. Being bra-free has become an acceptable fashion, and celebrities from Gwyneth Paltrow to Gigi Hadid and Kendall Jenner are bra-free, and even First Lady Melania Trump has sported a bra-free look.

The Top-free and Free the Nipple movements are questioning why women need to wear bras, or wear anything over their breasts, especially if men don't have to. The fabric of society is being redesigned, literally. Health and comfort are becoming more important than conformity to clothing norms.

That's good news for women, especially since wearing bras is a leading cause of breast disease. Becoming bra-free is a great and effective way to prevent and cure breast disease. Unfortunately, there is another fly in the ointment.

It's the cancer industry.

Cancer detection and treatment are big business. Breast cancer is a multi-billion dollar enterprise. As a result, prevention is often ignored; the money is on detection and treatment.

In a culture where bras are the norm, and breast cancer detection and treatment are extremely profitable, you can expect that there will be resistance to information about bras and breast cancer. While there are numerous studies showing bras cause cancer, these are being suppressed, ignored, or censored by the cancer industry. Instead of looking further into the bra-cancer link and doing more research, cancer experts have dismissed the link as a "myth".

It's hard to break away from cultural orthodoxy. The medical industry does not want to challenge the bra industry, or any industry. Their job is to detect and treat disease, not change the culture to prevent disease from happening in the first place. In fact, it took over 30 years for the tobacco-lung cancer link to be accepted by the medical community. In the 1950's, after research already showed this link, doctors still were used in advertisements selling cigarettes.

These same cultural factors that resist change are preventing the mainstream recognition that bras cause cancer. You would think that truth would trump all other considerations. It doesn't. And as naturists, you already know that.

Why are bras a problem for health? Bras are designed to alter breast shape, and they do this by applying constant pressure. This pressure compresses the delicate, tiny lymphatic vessels in the breasts that drain lymph fluid, which flows mostly to the armpit lymph nodes and removes bacteria, viruses, cancer cells, toxins, cellular debris, and other waste products from the breast tissue. Lymph flow is a passive process, aided by movement.

So wearing a tight bra not only constricts the drainage of lymph from the breasts, but bras also immobilize the breasts further hampering lymph flow.

The lymphatic system is more than a waste disposal system for cleansing tissues. It is also the circulatory pathway of the immune system, which is why lymph fluid travels to lymph nodes. These nodes are factories for production of white blood cells to fight infections and cancer cells that are detected as lymph percolates through. If the lymphatic system of the breasts is hampered by constrictive clothing, then the breasts become progressively toxified and the immune system cannot effectively clean up the damage. The end result is cancer.

Naturists are not new to the concept of clothing causing disease. All tight clothing is harmful, including tight jeans (which causes Tight Jeans Syndrome), neckties (which raise brain and eye pressure and can cause glaucoma), corsets (which deformed and disabled women, men and children for centuries), and tight shoes (which cause foot deformities, hammertoes, back injuries, and other foot disease). Anything tight is harmful to the health of the human body, which needs adequate circulation.

This should all seem obvious, especially to a naturist. However, when we conducted the world's first study into the link between breast cancer and bras in our 1991-93 US Bra and Breast Cancer Study, the world was shocked. We looked at nearly 5,000 women in five major cities, about half of the women having had breast cancer, and asked them about their bra wearing habits and attitudes. We discovered that the longer and tighter the bra was worn the higher the risk of breast cancer rose, to over 100 times higher for a 24/7 bra user compared to bra-free.

We announced our findings to the major US cancer organizations and women's groups, but all of them ignored us. Questioning the bra was too challenging a concept. It meant questioning body image and the promotion of bra-shaped breasts. It meant possibly having to change one's own dress habits and wardrobe. It meant

questioning all prior breast cancer research that ignored this vital lifestyle factor, like ignoring smoking when researching lung cancer. It was an embarrassment to everyone who overlooked this most obvious factor impacting women's breast health.

If you have trouble with your feet, the first and most obviously suspect should be your shoes. If you have trouble with your breasts, the bra should be top on the list of culprits. But who has the courage to challenge the bra?

We soon realized that the only way to get this information to the public would be to get our findings published in book form. Avery Publishing Group was excited about our research, and the first edition of *Dressed to Kill* was released in 1995. Soon after, we were invited to speak at a naturist conference by the late naturist visionary and founder of The Naturist Society, Lee Baxandall.

We were opposed immediately by the cancer industry, which vehemently argued that bras cannot cause cancer and that women should continue getting mammograms to detect tumors once they appear. The lingerie industry threatened my publisher with a lawsuit, which never materialized. And even feminist groups were split on the issue, fearful that this meant they would have to stop wearing bras and be exposed to perverted men. (The liberation spirit of the bra-burning 70's was long gone.)

The only people who understood our work and appreciated its significance were alternative health practitioners, such as massage therapists, chiropractors, naturopathic physicians, and alternative health MD's who understood the importance of the lymphatic system and its proper circulation in maintaining health. And, of course, there was the naturist community.

For the past 25 years we have been keeping the issue alive, with one secret weapon: when women try being bra-free, their breast health dramatically and quickly improves.

However, since the mainstream cancer industry still discredits the bra-cancer theory, and actively tries to suppress it, we need to continue getting the word out. As women become bra-free, breast cancer rates will drop. Women will stop suffering from pain and cysts. Breast disease will become a rarity, as it is in bra-free cultures.

However, while being bra-free is becoming more acceptable, it is still practiced by a minority of women. We need more women to show the benefits of bra-freedom. We need women who are



not afraid of their breasts looking natural, who are comfortable with their bodies and have a health body image.

Clearly, naturist women can show the way. Who can better appreciate the problems of clothing?

And since naturism instills a healthy body image and sense of self, naturist women are not ashamed of their breasts, or of being bra-free.

### **We need naturist women to join the International Bra-Free Study.**

This long-term study will follow these women over the years to show that this group of women has the healthiest breasts in the world. These women can be the control or comparison group for all future studies on breast health and bras. Bra-free women will have little or no breast pain or cysts, and their cancer rates will be lower than that of other women, comparable to that of men.

Women who enroll in the Study will be doing the best thing they can to keep their breasts healthy and disease-free, and will be an inspiration to other women to do the same. This is how we will end the breast cancer epidemic. One woman at a time. And naturist women will lead the way.

This is also a great way to help others get past their breast phobias and promote naturism. Naturists to the rescue!

For those who would like the full story about the bra-cancer link, go to our website [www.BrasAndBreastCancer.org](http://www.BrasAndBreastCancer.org).

You may also want to read our 2018, updated, second edition of Dressed to Kill.

To join the International Bra-Free Study, go to [www.BraFreeStudy.com](http://www.BraFreeStudy.com)

*Best of All, you will be doing the most important thing for your breast health and to prevent breast cancer.*

### **The world's women need you!**

## **„Everybody will find something in the diversity of the old imperial city”**

What is actually going on with the Youth work among the European naturists? Since the German Daniela Schleicher is the new Youth responsible within ENC, movement comes back in the community. Because the 35-year-old is full of ideas and thirst for action.

For that reason she had visited, accompanied by Christoph Müller, whom many people know as chronicler of naturism, the naturist park Lobau in the Austrian capital Vienna.

Daniela and Christoph have been in talks with the local manager Karl Nowotny to prepare the ENY Spring Rally, which will take place there from 10th to 13th May 2018. Vienna is a metropolis with a rapid pulse, which many young people like to feel.

Daniela and Christopher are convinced that everybody will find something in the diversity of the old imperial city.



Daniela and her preparation team are well aware that for a city like Vienna, three days are nearly too short. During the sightseeing the young people surely will get to know the “Third Man” in the former capital of spies as well as the imperial flair of the 19th century.

The cosiness of the naturist area in the Lobau will do the rest to know each other and to experience oneself as a community.

## **Info Focus April**

**Deadline to remit articles: 20<sup>th</sup> March 2018**  
**Release of Focus latest: 05<sup>th</sup> April 2018**

## „Swimming Gala in Andalo, Italy“



Over the weekend of 20th - 22nd October 2017, 23 members of the Paris Naturist Association (Association des Naturistes de Paris) headed to Andalo in Italy for the 46th INF-FNI Naturist Swimming Gala. On location, we met up with 15 friends who had come from other regions of France and over the weekend new friendships were made with naturists from numerous other countries.

The welcome we received from the Italian organisers and from the INF-FNI made us feel a part of the international naturist family. The two dinners held on the Friday and Saturday nights were truly communal events and I made a point of working the room to meet fellow naturists from far and wide, in spite of certain language barriers. I found that Italy boasts a vibrant and energetic naturist community, dotted with clubs and resorts from north to south.

The Gala itself was a huge success and I congratulate the 20 members of the organisation committee. Bringing together over 300 naturists in a remote ski station is no small feat. The AcqualN wellness and aquatic centre was the perfect venue, with its 25m pool for the competition and a myriad of spas, saunas and steam rooms to relax in.

We seized the opportunity to visit the region, most notably Bolzano and Verona, where we filled our stomachs and our bags with local produce. For the host region, this type of sports meeting injects money into the local economy. For naturists, it's an event that brings us together and allows us to make solid ties. We left Andalo with our cases full of souvenirs and our heads full of happy memories.

The French are anxious to welcome you next year in Le Havre and I hope in Paris in 2019!

Laurent Luft  
President of the Paris Naturist Association

**ASSOCIATION DES NATURISTES DE PARIS**  
[www.naturistes-paris.fr](http://www.naturistes-paris.fr)  
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Near the Alps, at 25 km from the center of Turin, 20 minutes from the airport Caselle. Caravans, plots for Recreation Vehicles and tents, completely equipped bungalows, caravans with chalet. Pool, solarium, jacuzzi and sauna. Clubhouse restaurant, petanque, mini-tennis, table tennis, Volleyball. Mountain bike circuits and trails in the Park Mandria

**Sights:** Venaria Royal Palace and Park, St. Michele Abbey, Rivoli Castle, Mole Antonelliana, Egyptian Museum, Piazza S. Carlo, Basilica of Superga.

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# „BN-Nudefest 2018 Invitation“



Nudefest is the United Kingdoms biggest annual naturist festival and is held over seven days on a campsite in the heart of the South West featuring activities, sport, music and entertainment for everyone.

Nudefest 2018 runs from Tuesday 11th July until Monday 16th July.

Nudefest is a colourful, lively and vibrant naturist festival held at Thorney Lakes in Somerset. The festival site is part of a large farm with fishing lakes and pitches for all classes of camping. Once a year British Naturism take up residency and host its flagship naturist event offering its members the chance to enjoy 24/7 nudity for the entire week across the whole Nudefest site.

There's plenty to do all day, every day. Days typically begin at around 08:30am with running, exercise classes and yoga. After a hearty breakfast at the festival café why not sign up for one of the many craft sessions such as paint a flag or bag, life drawing or one of the many other workshop sessions?

Alternatively channel your inner performer on the pop-up music stage which encourages members to do their own thing. Other activities include some very British events from an Afternoon Tea Party to Morris dancing, horse-drawn cart rides, boat trips, barn dancing, fishing contests and shooting to name just a few. On the morning of Saturday 14th July there will be the ever popular 5/10K Naked Run around the festival site followed by a Nudefest Special 'Jeux sans Frontières' in the Event arena.

After all the daytime fun and games sit down and relax over dinner with friends and recharge your batteries in readiness for a full evening of dancing, singing and general merrymaking at the bar until late. The nightly entertainment features top flight bands, discos with UV body painting and quizzes.

Nudefest climaxes on Saturday night when the incredible Mothership lands in the main marquee. Prepare to be transported to an alien sci-fi world by an intergalactic extravaganza of interactive music, lights, lasers, story telling and dancing from another dimension. A never to be forgotten experience that's quite literally out of this world!

Coming back down to earth, the Nudefest site is split into four separate camping areas and in the middle will be a large events area, faced by

a crescent of marquees and tents where you can buy local meals and produce plus a bar serving alcoholic drinks and snacks. You never know, the ice cream van may even put in an appearance.

To burn off the calories head to the sports area at the end of the Events arena where people can play pétanque or enjoy friendly/family games.

There's still much more in the pipeline, so put the dates in your diary now and don't miss out!

For further details and booking contact [www.bn.org.uk/Nudefest](http://www.bn.org.uk/Nudefest) or contact the organisers on [info@nudefest.co.uk](mailto:info@nudefest.co.uk)

Members of the INF-FNI and affiliated Federations are eligible for a discount and people can easily reach the festival via the ferry port at Plymouth or by flying into Bristol Airport and from either, catching the 'Falcon' bus to Taunton (for more detailed travel arrangements contact the organisers).

European members and visitors will be given a very warm welcome.

Nigel und Rachel

**NUDE FEST 2018**

**MON 8th - MON 16th JULY 2018**  
Thorney Lakes  
Caravan and Camping Park  
Muchelney, Langport,  
Somerset TA10 0DW

7 days of 24 hour nudity  
= 5/10K fun runs  
= Workshops, bands & entertainment

Limited availability. Book online at:  
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