

“MY BREAST ADVICE”

Along with celebrating the beginning of a new year, Resolutions are made with intentions to improve our health and weight. Many of us, however give up too early for several reasons. One reason could be that we don't see results quick enough. Ladies, if I told you I had something that could take 10 pounds off your silhouette instantly, that would be painless, without surgery, drugs, diet or exercise, would you be interested??

Have you ever thought of what you wear under your clothes can make that difference? Wearing your proper size in foundation undergarments, referring particularly to bras can make that difference. It will improve your posture and direct breast tissue to where it belongs, therefore can make you appear at least 10 pounds slimmer! Now I'm not saying diet and exercise are not necessary to achieve and maintain a healthy weight, but these things combined can get you off to a great start and you can see results instantly!!

The two most common mistakes made in purchasing bras is buying one too large in the band. Bras that have a lot of stretch feel great and comfy in the beginning, but after a few washes, loose their support and shape. The other mistake is buying the bra for that pretty sexy style over one that performs.

The breast advice to you this year is to treat yourself with a professional bra fitting and get into your correct size! Karen Kerr, Professional Fitter of “Bras Galore and More” offers free consultations at Fitting Events in and around the Grey-Bruce area. Karen stocks Custom fit Bras and are different from traditional bras and not available in department stores. They have a special banderlin that provides ultimate support underneath the breast, without under wire or boning. These bras come many sizes up to 46KK, with several styles in lace or smooth cup and also classify as at great sports bra because of its design. If one is not wanting the custom fit style, Karen carries other styles with great support as well. Karen is also a Certified Mastectomy fitter and carries Trulife Mastectomy wear which are “Made in Canada.” Breast forms are also available and can be subsidized through A.D.P. with forms provided.

The following are points to consider when selecting your next bra. Understanding why these issues may be happening with your current bra, will help you from making the same mistake and adding to the pile of bras you don't wear in that lingerie drawer.

- * Does your bra ride up your back or move around on the body?
- * Could you improve your posture?
- * Are you anticipating a weight change or have fluid retention?
- * Do you require a full cup bra or shallow cup bra?
- * Do you have rounded shoulders or have shoulder straps that fall down your arm?
- * Do you experience tension in upper back or neck pain?
- * Are your breasts uneven in size or have you had breast surgery?
- * Do you require a front closure, a bra for sports or a light leisure bra or a bra that will help you look stunning in that little black dress!

Wearing the right size bra is paramount for your breast health as well as your overall health. A properly fitted bra can also improve a women's self image and help her appear more confident. A bra that is too loose, will not support and can ride up the back and effect your posture. If you are wearing a bra that is too small in the cup with tissue spilling out the front or sides, it could interfere with breast circulation. Wearing the correct size may reduce headaches which are sometimes related to lack of bra support causing tension in the neck and shoulder area.

To have healthy breasts they need good circulation and a properly fitted bra is necessary. Having a healthy diet, getting enough sleep and exercise, limiting our alcohol consumption and steering clear of harmful chemicals in our cosmetics and household cleaners is also key in keeping our breasts healthy and can reduce your risk for breast disease and cancer.

If you would like a "Bra Make-Over" check out the Events page for dates and locations or call Karen at 1-877-267-5629.