

# **The Culture Condom: How To Prevent Contagious Breast Cancer**

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Recently, scientists have been pondering whether cancers can be transmitted from one person to another by the spread of cancer cells. Some cancers, such as cervical cancer, are transmissible via a virus, in this case the Human Papillomavirus. But can cancer cells themselves cause cancer in another person? Cancer cells have been shown to be transmitted in the wild in Tansmanian devils, dogs, and soft shell clams.<sup>1</sup>

Could this happen in humans? Can cancer be contagious?

Actually, some cancers are contagious, but not by cellular or viral transfer. There is a more insidious and common mechanism by which cancer is contagious. It has to do with the transmission of culture from one person to another.

Diseases such as cancer are often caused by culturally instilled attitudes and behaviors that pass from person to person, and which lead to disease. These harmful cultural influences I propose calling “culturogens”.

In the case of breast cancer, for example, the primary culturogen is the wearing of bras for long hours each day. The purpose of the bra, as defined by the culture, is to lift and shape the breasts into a unnatural position. This reshaping of the breast tissue by the bra requires constant pressure, which is provided by elastic and wire construction. The effect is a culturally more acceptable breast shape, but the cost is impaired

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<sup>1</sup> <http://www.nytimes.com/2016/02/23/science/scientists-ponder-the-prospect-of-contagious-cancer.html>

circulation, particularly of the easily compressed lymphatic system. This lymph- stasis results in fluid and toxin accumulation in chronically, mildly edematous breasts, ultimately causing cysts, pain and cancer.

In cultures where there are bras, there is a relatively high rate of breast disease, including cancer. Bra- free cultures have very low breast disease rates. In fact, from the findings of our 1991-93 Bra and Breast Cancer Study of nearly 5,000 US women, about half of whom had had breast cancer <sup>2</sup>, bra-free women have about the same incidence of breast cancer as men, while the tighter and longer a bra is worn the higher the incidence rises, to over 100 times higher for a 24/7 bra user compared to bra-free.

Of course, given the financial investment of bra manufacturers in keeping women wearing their products, this information has been resisted. It has also been resisted by the cancer detection and treatment industry, which considers “prevention” to be early detection and treatment of tumors, or genetic testing followed by prophylactic mastectomies.

Breast cancer is a multi-billion dollar business annually. Mammograms, surgery, chemotherapy, and reconstructive surgery are expensive and profitable. And in the US alone, one million bras are sold daily, making lingerie a multi-billion dollar business, as well.

Clearly, telling women to remove their bras does not make as much money as telling them to remove their breasts. And since the bra industry is now partnering with the breast cancer industry to fund research, there is a conflict of interest that prevents the honest discussion of the bra-cancer link.

In fact, to prevent an honest discussion of this link, the National Cancer Institute, which has been opposing this link since it was announced in 1995, decided to fund a study by the Fred Hutchinson Cancer Research

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<sup>2</sup> See *Dressed to Kill: The Link Between Breast Cancer and Bras* (Avery/Penguin Putnam, 1995; ISCD Press 2014).

Center <sup>3</sup>. The study, done in 2014, looked at the past bra wearing habits of women over 55 who all wore bras, some of whom had breast cancer. There were no bra-free women in the study, and hence no control group, a fact ignored by the Hutchinson promotion of the information. Their finds of no link were not surprising. “We weren’t really surprised,” Chen (the study author) said. “We knew that the biological plausibility of a link between bras and breast cancer was really weak.”

The study also went against the finding of a 1991 Harvard study, which saw a 100% increase in breast cancer in bra users compared to bra-free. Chen says that study was flawed.

Chen's study was hailed by the American Cancer Society's Ted Gansler, despite its lack of a control group. “The study ... should reassure women that they can safely ignore this matter,” he wrote.

Meanwhile, a 2015 peer reviewed epidemiological study was published in the African Cancer Journal that showed a significant bra-cancer link <sup>4</sup>. Unlike the Hutchinson study, this study was ignored by the worldwide media. Also ignored was a study in China which showed sleeping in a bra increases cancer incidence.<sup>5</sup> And a recent 2016 peer reviewed study from Brazil also confirms the link.<sup>6</sup>

Through media bombardment with propaganda which call the bra-cancer link a myth and “expert” insistence that the issue does not deserve any consideration, along with fabricated studies designed to defraud the public, women have been kept in the dark as to this easy method of preventing breast cancer.

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<sup>3</sup> <https://www.fredhutch.org/en/news/center-news/2014/09/Bras-dont-cause-breast-cancer-hutch-study.html>

<sup>4</sup> <http://link.springer.com/article/10.1007%2Fs12558-014-0358-1>

<sup>5</sup> <http://www.ncbi.nlm.nih.gov/pubmed/19620080>

<sup>6</sup> <http://www.omicsonline.org/open-access/wearing-a-tight-bra-for-many-hours-a-day-is-associated-with-increasedrisk-of-breast-cancer-aot-1000105.php?aid=72034>

The point is not only that bras are the cause of breast disease. It's also that there are institutional and personal barriers to realizing that bras are the cause of breast disease.

We have the “micro”-culturogen that causes breast cancer, which is when women themselves decide to wear a bra. Women decide to wear bras because of “macro”-culturogens of established fashion trends, industry investment in perpetuating harmful products, and medical profiteering.

Breast cancer is a culturogenic disease caused by culturogens passed from parent to child (through the “training bra” rite of passage), from person to person (through peer pressure to look a certain way), and from industry to consumer (through a nonstop barrage of commercials, images, and other cultural messages that define fashion). These culturogens are contagious, as ideas and feelings are contagious.

We live in a human see, human do world, and when we see things that are bad for us we do them anyway. For most people, it's more important to belong, than to be healthy.

Fortunately, women can avoid contagion by breast cancer culturogens by simply saying no to bras. We do not have to accept cultural norms and dysfunctions in our own lives. Of course, women could also have said no to corsets, which constricted women to the point of disability, disfigurement and death for centuries. They could also have said no to foot binding, which lasted in China for centuries, resulting in decayed and deformed feet. Women in modern culture still bind their feet in tight, high-heeled shoes, resulting in foot disease, hip displacement, falls, and more. Women, in short, seem to historically put up with fashion abuse.

But they don't have to. And in each generation there are women who simply say no, and reap the benefits of greater health. It is possible to avoid contagion of these micro-culturogens, so long as nobody is forcing you to wear these garments.

Of course, there will still be cultural coercion. We cannot stop industries from trying to brainwash us into using their products. We cannot make

the profit-oriented medical business care more for people and less for profits. But we can turn off their messages and stop following their lead.

What we need is some sort of culture condom that protects us from contagious culturogens. It would be like a culture-brain barrier, preventing disease-producing thoughts, attitudes behaviors and institutions from taking over our lives.

Here's how to create your own culture condom:

1. Turn off all forms of media and immerse yourself in a natural setting for at least 3 weeks. No cellphone, computer, or newspaper. Listen to your own voice for a change.
2. Stop taking any drugs, alcohol, or stimulants, all of which alter your mind. This includes caffeine, nicotine, beer, wine, marijuana, and music (which is also a drug). Do this for one month, to let your body feel a new "normal". You can then add your drugs and other mind and mood altering substances back one at a time, if you like, to see how they affect you. Control these mind altering substances, instead of letting them control you.
3. Question authority. The culture really doesn't care about you, so be aware that everything that is being told to you may be a scam, and probably is.
4. Don't blindly follow others. Ditch friends who make you do stupid and self-destructive things. And if your family has health problems, realize that you may get the same problems if you act like the rest of your family.
5. Avoid contact with culturogens that are likely to be contagious. Just as you shouldn't have sex with someone who is diseased, even

with a condom, you shouldn't be screwing around with bad cultural influences.

6. As with sex, sometimes abstinence is best until you are sure. Avoid early cultural entanglements until you are ready to “marry” the culture that turns you on. Wait until you are sure that you want to be part of a culture before you open your culture-brain barrier and buy in.
7. Never go to a social gathering without your culture condom. 20 minutes of social connection can get you a lifetime of regret.

Be on guard against contagious culturogens. Don't leave home without your culture condom.

And if you are a woman who wants to prevent breast cancer, try getting rid of your bra. Your breasts will thank you.