



If you have questions or a topic you would like to suggest please contact me:

Karen Dorland

**June Events:**

**Please contact me if you would like to attend.**

**Open House**

with Sheri Andrunyk.

June 1st, 11:30 to 5:00 pm

**Bradford WINGS**

June 5 @ One Red Chair.

1pm to 2:30pm

**Ron Korb**

in concert.

June 14, Sharon Hope Church.



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# Konnecting with Karen

Image Connections

June 2008

## 85% of women are wearing the wrong bra, are you?

If you can answer yes to any of these common problems, then you need to be correctly fitted for a new bra:

- Straps that fall
- Breasts that spill over the cups
- Wires that pinch
- Back fat that squeezes over the mid-back strap
- Breast tissue giving an underarm bulge
- Back ache
- Indentations on shoulders from straps

You have been wearing the same bra size you wore 5 years ago

Thanks to Oprah many were awakened to the fact that the majority of women wear the wrong size bra.

With so much focus on breast cancer, more emphasis has been put on breast examination and the importance of wearing correct supportive bras for better breast health.

For those of you who are concerned with anti-aging -did you ever stop to consider the effect poor breast support has on your throat and face tissue?

Wearing a **good** bra with proper fit may alleviate some of

these problems:

- Gravity pulls the bust down and also pulls on the throat and face tissue.
- Poorly fitting bras displace the breast tissue pushing it under the arm or over the chest wall.
- Underwire bras impede lymphatic drainage and interfere with breast health.
- Padded bras retain heat and may even liquefy the fatty breast tissue.
- Stretchy straps give virtually no support and allow the breasts to sag in a short time.
- Large busted women experience back pain and poor circulation in arms and hands due to the indentations and weight on the shoulders from the straps.

Sports bras hold tissue firm by squeezing the breasts and flattening them.

"Ouch!" Your breasts appreciate support by being held in place and in a natural position.

Underwire bras only shape the cup they are not support for the breast itself. They can cause bruising and impede circulation

and drainage.

Here is a "rule of thumb" test for you. Bend your arm at the elbow 90degrees, bringing your hand across the front of you. Your breast should sit about midway between your shoulder and your elbow.

Saggy breasts age you and add weight to your overall look.

I highly recommend the **Jeunique Healthy Bra**, that I wear faithfully. My posture has improved, my tops fit better, my blouses don't gape, my shoulder straps don't hurt me and I love how the bra holds me in place when I exercise.

Workshops or one to one consultations and fittings can be arranged.

**Call 905-775-7486 for your personal appointment or e-mail:**

imageconnections@look.ca

Please check out the website:

[www.jeuniquecanada.com](http://www.jeuniquecanada.com)

**Treat your bra as the good friend it is: hard to find, supportive, always lifts you up, never lets you down or leaves you hanging and is always close to your heart.**

