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Case Report

Shoes, underwear and antiperspirants that contribute to a number of common women's diseases, including breast cancer

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Abstract

It suggests that footwear, underwear, and antiperspirants commonly used by women may be implicated in a number of common women's diseases, including breast cancer. At the same time, it is shown here that the effectiveness of treatment for a number of female diseases is reduced due to the ongoing effect of these factors.

Keywords: cellulite; thrombosis; mammary cancer; breast cancer; ROS

Introduction

There is no doubt that some types of women's shoes, clothing and antiperspirants come into contact with a woman's body for a long time. Therefore, it is worth discussing how such contacts can affect a woman's health.

Discussion

At present there is no doubt that wearing high-heeled shoes by women contributes to the curvature of the thoracic and lumbar spine, namely kyphosis and lordosis (Figure 1) [1].

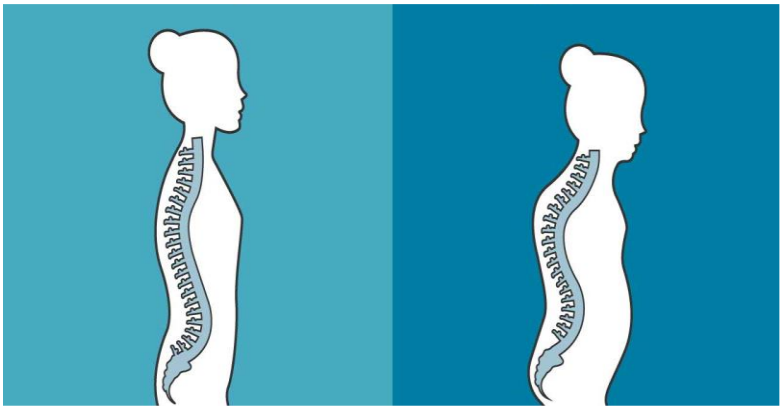

Figure 1. Left: This is what the spine usually looks like in women wearing flat shoes. Right: This is what the spine of women wearing high-heeled shoes often looks like [1].

Considering that the thoracic and lumbar spinal cord innervate numerous internal organs (Figure 2) [2], it is quite expected that both of these spinal curvatures (Figure 1, right) disrupt the normal functioning of almost all the internal organs of a woman.

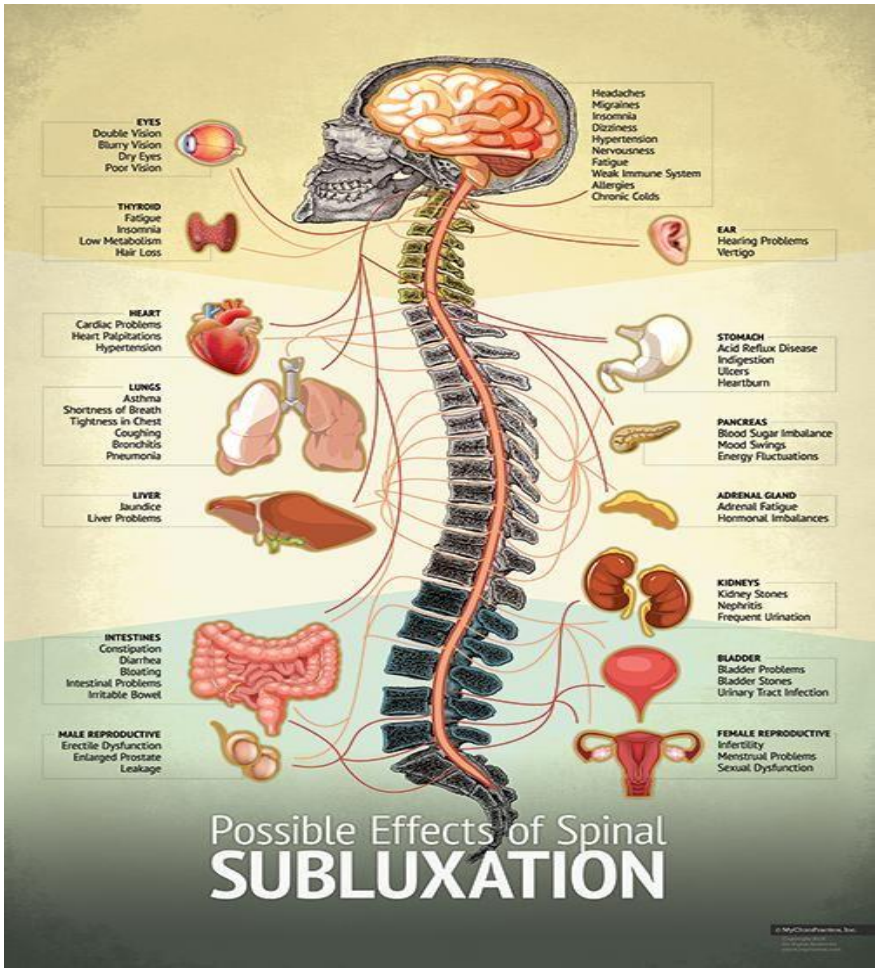

Figure 2. This diagram, in particular, shows the location of the vertebral nerves, as well as the organs that they innervate. Apparently, this diagram gives a complete picture of the consequences of such spinal curvatures as kyphosis and lordosis [3].

Note: the effect of kyphosis and lordosis on women's health is obviously comparable to the effect of subluxations of the corresponding parts of the spine.

But this is not all the consequences of women wearing the shoes in question. Thus, high-heeled shoes make it difficult to naturally roll the foot from heel to toe, thereby preventing the natural contractions of the muscles of the lower leg and ankle. Consequently, the internal valves of the veins located in the lower leg and ankle do not direct blood exclusively to the heart, as is normal (Figure 3, left) [4, 5], which also contributes to blood stagnation (Figure 3, right).

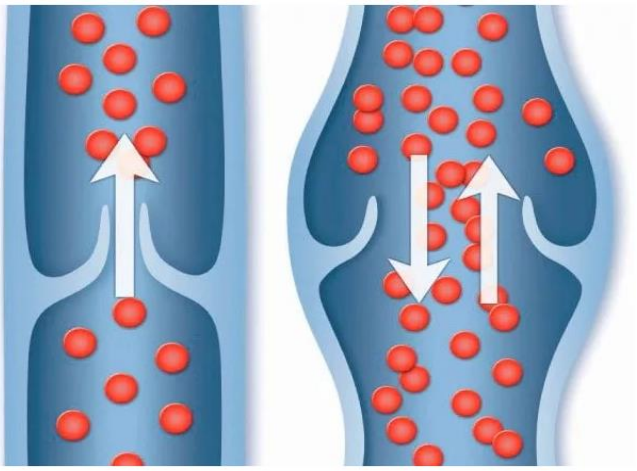

Figure 3. Left: By alternating contraction and relaxation of the muscles around the veins, the venous valves direct blood to the heart. Right: Without alternate contraction and relaxation of the muscles surrounding the veins, the venous valves are unable to direct blood to the heart.

Note: both the structure and principle of operation of lymphatic vessels are similar to venous ones: thus, the internal valves of the lymphatic vessels direct lymph to the heart also thanks to the alternate contractions and relaxations of the muscles surrounding the lymphatic vessels [6, 7].

Moreover, for the same reason, the internal valves of the lymphatic vessels, located in the lower leg and ankle, do not direct lymph to the heart, which, in turn, contributes to lymph stagnation; this statement is based on the obvious similarity in the structure and principle of action of veins and lymphatic vessels (see note to Figure 3). Thus, there is no doubt that wearing high-heeled shoes significantly impedes the natural circulation of blood and lymph. Apparently, there is also no doubt that stockings and tights also slow down the circulation of blood and lymph in women's legs, since they compress the blood and lymphatic vessels located in them. So, given that the longest blood and lymphatic vessels are located in the legs, all this suggests that the usual combination of women's high-heeled shoes with stockings or tights effectively contributes to the stagnation of blood and lymph throughout the female body. To understand the full mechanism of action of stockings and tights, it should be taken into account that their friction against the skin creates powerful electric fields that act as an ozonator [8], which generates ozone, one of the reactive oxygen species (ROS). Consequently, it is this friction that gives rise to the true cause of numerous diseases, including a number of senile diseases and cancer [9 – 12] (most likely, this same friction also contributes to thrombosis of the leg veins, obesity of the legs and cellulite of the skin of the thighs).It is worth separately noting that the above-mentioned curvatures of the spine (Figure 1, right) can cause functional dysfunction of the kidneys, genitourinary system, lower intestines and lungs (Figure 2), which are directly responsible for the removal of water from the female body. Therefore, it is not surprising that it is these curvatures that contribute to excessive hydration of the female body, which contributes not only to its swelling, but also to the occurrence of tumours, in particular malignant ones; the latter statement takes into account the fact that it is the accumulation of water, which is the main building material of cells, that precedes the proliferation of cells, including tumour cells [12 – 14]. Thus, there is enough reason to believe that the combination of high-heeled shoes with stockings or tights is unhealthy for women.

Here, apparently, it should be added that orthopedic corsets used to correct spinal curvatures, including lordosis and kyphosis [15], compress the subcutaneous vessels no less than stockings and tights. In this regard, the use of such corsets seems problematic. In any case, such use is undoubtedly counterproductive if a woman continues to wear high-heeled shoes. There is also no doubt that a woman's continued use of antiperspirant while doctors are trying to treat her breast cancer also seems counterproductive. This is because antiperspirants block the secretion of sweat under the arms, thereby increasing the pressure in the lateral group lymph nodes (Figure 4, top left), at least.

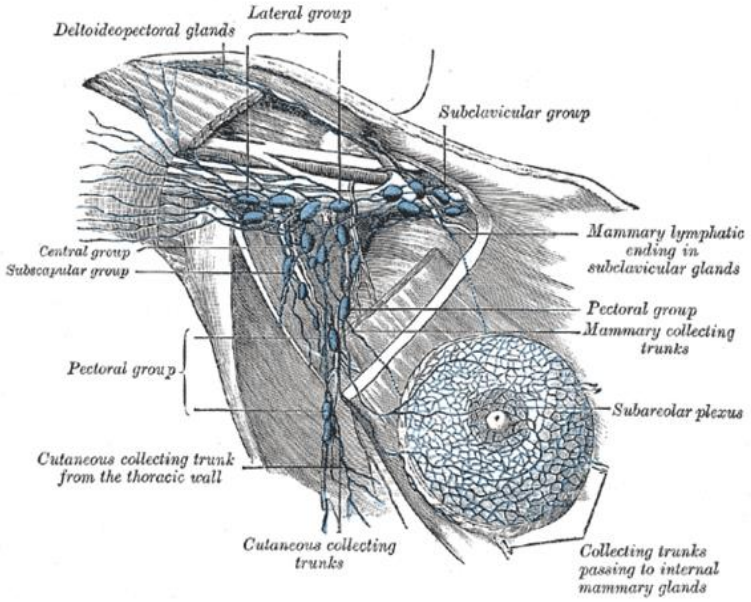

Figure 4. This is a diagram of the part of the lymphatic system that is located around the female breast.

Thus, it is antiperspirants that reproduce in the female breast the conditions that usually accompany any inflammation, when the lymph nodes actively produce leukocytes. In addition, there is no doubt that it is antiperspirants that contribute to excessive hydration of the mammary gland, creating in it the conditions necessary for the appearance and development of tumours [10 – 14]. Thus, it seems likely that antiperspirants themselves may cause breast cancer or, at a minimum, create the preconditions for the occurrence of leukaemia. In any case, all these considerations help explain the direct correlation over time between the production of the most effective antiperspirants and the incidence of breast cancer.

However, the contribution to the development of breast cancer from bras that women wear in an attempt to counteract the breast sagging that typically accompanies kyphosis cannot be ignored (Figure 1, right). In particular, it is worth paying attention to the metal arms that modern bras are equipped with and which put pressure on the sub mammary lymph nodes (Figure 4, bottom right), thereby increasing lymphatic pressure in them.

Thus, everything suggests that it is the combination of modern antiperspirants with modern bras that effectively blocks the drainage of lymph in the mammary gland, in particular its outflow, and thereby contributes to the occurrence of the most common form of female cancer [16, 17].

Conclusion

There is probably no doubt now that underwear, shoes and antiperspirants that come into direct contact with a woman's body can negatively impact women's health. There is also no doubt that the persistence of this negative

influence reduces the effectiveness of treatment for a number of typically female diseases.

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