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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Shopping For The Right Bra Size

By Barney Garcia

Shopping for a bra can be a long and painful task for many women. There are many bras to choose from and many women don't know which style, and more importantly size, is right for them.

When shopping for a bra, finding the right size is vital; it is estimated that about 80% of women are wearing the wrong bra size. To make sure the bra you are buying is the correct size, watch for the following signs.

You should measure the width of your chest just below your breasts (on your ribs) before buying a bra. Take this number and add five inches to it. This will tell you what band size you should be trying on. For example, if you measure 31 inches around, you should be trying on a 36 sized bras. If your number ends up being odd, go to the next size up. If you are "plus sized", you don't have to add these five inches.

To find your correct cup size, have someone measure around the fullest part of your breasts. You should not wear a padded bra while doing this. Then take this number and subtract it from your rib measurement. This will tell you your cup size.

Negative difference – AA

1 inch – A 2 inch – B 3 inch – C 4 inch – D 5 inch – DD or E 6 inch – DDD or F 7 inch – DDDD or G

If your bra fits correctly, it should be snug around the middle, but still be able to fit one or two fingers under the band comfortably. If you can't do this, the bra is too tight. If the band comes away from your body very easily or the band rides up your back, the bra is too big. If you are wearing an under wire bra, the wire should lay flat across your chest. Whereas if you are wearing a bra with no under wire, it should separate your breasts so it doesn't look like you have one big boob. You should also look for the tightness of the bra on the breast. The breast should fill the cup perfectly. If your breast is lower than the cup, the cup is too big, but on the other hand, you don't want to be spilling out of the cup either. If your breasts are popping out on the sides, top or bottom, the bra is too small. If the band feels fine, just go up a cup size. When shopping for a bra, try raising your arms over your head– the bra

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should stay in place and not lift off of your chest. If it does this, its too big.

If you follow these tips, your next shopping trip for bras should be more enjoyable. Try on all different styles of bras to see which kind suits you best. Also, never rush while shopping for bras. Pay attention to how they look and feel to make sure you buy the perfect fit.

Barney Garcia writes about many different topics. He is a proud contributing author and invites you to his websites.

<http://www.breast-enhancement-facts.info>

and

<http://www.simply-breast-enhancement.info>

How to choose your plus size bra

By Jennifer Carter

Lingerie is one area where women can really enjoy themselves. If you wear some really glamorous or sexy lingerie, and you will feel sexy and glamorous too!

When choosing a bra, it is always advisable to get yourself measured by a specialist. In the UK, Rigby & Pella (London) or Bravissimo are THE places to visit, but you can also visit high street stores, who are often able to carry out a bra fitting.

Many plus size ladies are tempted to go for a bra which is too small, not wanting to emphasize their size. However, this often has the reverse effect by creating the "four boob" effect!

Three tips for choosing a plus size bra:–

Choose an underwired bra, for extra support and shape

Remember that the bra should enclose your breasts

The central part of the bra should sit flat against your chest

Buy a bra which is comfortable on the middle hooks, that way if you change size a little, the bra will still fit. If you find that your size changes during your monthly cycle, consider buying a different sized bra.

When choosing a bra, take along a close fitting t-shirt to see what the bra looks like in fitting clothing. Although it may be pretty, you may not want the lace pattern to show through your t-shirt. Also, this helps you see the shape that the bra gives to your breasts.

Don't worry about minimizing your breasts – make the most of them and enjoy them!

For further information on choosing plus sizes lingerie, visit

<http://plus-sizes-lingerie-store.blogspot.com>

Plus Size lingerie

This article was submitted by Jennifer Carter, creator of

<http://www.plussizesuperstore.com>

Plus Size

store

Jen enjoys shopping for lingerie and has a special interest in plus size lingerie



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