

## What YOU think about Bravado Bras

Over the next few weeks we'll be collecting more feedback on what real women think of bravado bras and how they perform compared to other nursing bras.....

Anna bought:

Bravado 'Original' Nursing Bra

Bravado Bodysilk Seamless Bra

Bravado Microfibre Nursing Bra

Anna: I bought my first Bravado when I was nursing my third child nine years ago. I have had two more children during this time, with three years apart, but

not even between pregnancies and nursing have I ever even considered giving up my Bravados. I have become addicted to the comfort of a stretchy rib band and high quality fabrics that can be machine washed over and over again.

(And I confess: at times I've even tumble dried the Original-style ones

without disastrous effects of any kind!)

With my first two babies I used any kind of nursing bra that was available - Bravado wasn't. I think I may have tried at least five different designs without ever buying the same one twice, just moving on to find a better one next time... Well, I'm glad I did, because all of a sudden that next one was a Bravado and trying it on was a kind of revelation: a truly comfortable, not just durable, nursing bra - it was beyond belief!

For one reason or other my milk ducts get very easily blocked, and I've had mastitis with record breaking fevers and unbearable pain more times than I can remember. Using a Bravado has proved to have two advantages when it comes to that. One is it reduces the risk of getting the milk ducts blocked by pressure since the whole cup opens for nursing. The other is if you still

get in trouble (from getting cold, for example) the cups are stretchy enough to fill them up with all sorts of warming wool or fleece or whatever feels good to ease the pain.

The adjustiveness of the cups amazes me. One and the same Bravado bra can be with you through your pregnancy with all that added weight and size and still fit perfectly and a couple of months after birth that bra can be the

only piece of clothing you haven't had to change for something smaller! That same bra can even be with you through D-day when the milk kicks in! (D-day, Dolly-day: that third day after birth when you suddenly become a Dolly Parton look alike - a wig and a country costume would probably complete the illusion, only you're hardly in the mood for it, because you may find you look like Dolly but feel more like a cow than ever...)

I'm not planning to have any more children, five is enough for us, and I have just purchased four new Bravados. Transforming the bras into non-nursing ones

is the easiest thing: just cut the plastic clip bits and the nursing flap strap off and pull a matching coloured thread (I use silk embroidery yarn) through the holes where the clips were, tie a knot and hand sew it in place with a few stitches - and behold!: a perfect non nursing bra!

I have an issue with any kind of close fit over the rib cage, I feel I cannot breathe, so I could never endure a "properly fitted" bra. But the magic of the Bravado is I can simply go one rib band size up and breathe freely and still have cups that fit perfectly.

The Body Silk Seamless was new to me, and a lovely surprise! I had totally given up on ever wearing anything "ordinary-bra-like" again since I can't stand an unstretchy rib band, but this one is really so much more like an ordinary bra (especially since I cut off the clips...) and yet just as comfortable as I have grown accustomed to by wearing Original style Bravados all these years! I'm amazed and very grateful!

Sunny greetings,

Anna (Anna E. , Sweden)