

Waist Training: 5 Risks of This Celebrity Fashion

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"Waist training". You gave "like" the selfie your favorite celebrity in the gym after working out with her corset on, sharing with the world is training to reduce the size of your waist. The hashtag #WaistTraining has over 253,000 images on Instagram. Brands are paying them to celebrities to promote your corset and offer their followers a discount. Mania is serious! Before you place your order and you enter the discount code, you know really what can be the result of this practice?

Dr. Caroline Cederquist, author of *The MD Factor* and co-founder of *BistroMD*, told us some things you should know before wear the corset:

1. First, you should consult your doctor to discuss possible problems and risks that can come with the use of a brace for several hours.
2. Corsets can be restrictive in the internal organs, including the lungs. When a corset is too tight, you can hurt your internal organs such as the kidneys, liver or spleen.
3. When using a corset for a period of time, your back muscles can weaken and torso as they become dependent on the brace for support.
4. Corsets can cause discomfort or injury when misused or when the size is very small.

Franci Cohen, a nutritionist and trainer fitness in New York, adds: "If the corset is very tight, small capillaries can burst, leaving red / purple marks under the skin." This is the question: if you want to transform your body, best way to do this is with eating healthy foods and exercising regularly. The advice is to make lifestyle changes, not temporary changes that may cause a risk of injury and health.

