



Do Waist Training/Corset's Really Work?

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Sekpe sekpe figure 8! Figure 8! Its the dream of most African women. A skinny midriff, backed up with wholesome hips and well proportioned derrière. We spend hours sucking belle to make shirt fine, so if Kim K and Jessica Alba tell us there's a magic garment that can achieve this in quick time, who wan carry last?

Personally, I swore of slimming aids 4 years ago when my girdle began constricting my ability to both eat and breathe at the same time. I went into the nearest bathroom, quietly slid of the apparel, ate till my hearts content and haven't looked back since. However, I am well aware I am no one's fitness role model, so instead I've provided a balanced view on the realities of the magic waist cinchers and you can decide!

What the celebs (+waist cincher/wrap retailers) say

Jessica Alba is famously reported to have lost her baby weight through the help of a double corset. "I wore a double corset day and night for three months," she said in a recent interview. "It was sweaty, but worth it."

Experts believe Alba most likely wore a waist-slimming wrap, like the Almighty Cincher by AMIA, which promises to trim "poochy bellies." If worn for as many as 10 hours a day, it can reportedly reduce up to four inches in the midsection, thanks to stimulating heat that literally sweats off the pounds. The concept isn't new, especially in Latin American where women bind themselves in "fajas," which are similar to corsets, but the trend is catching on in Hollywood.

Even former Playboy playmate Holly Madison allegedly used similar waist cinchers to help her achieve a smaller midsection six weeks after giving birth.

"Wearing a corset works by drawing in the stretched-out muscles (from childbirth), which provide support and stability around the core," explains **New York City-based nutritionist Franci Cohen**. "It does so while also minimizing strain on the ligaments and joints in the lower back, pelvis and glutes. By reducing stress in these areas, your body becomes more efficient at re-aligning itself back to your pre-pregnancy state."

Pre and postnatal fitness expert Leah Keller is also familiar with wearing supportive apparel to naturally help create a smaller waistline. "For centuries, cultures around the world have recognized the value of binding the post-pregnancy abdomen to facilitate the healing process," explains Keller. "Somewhere along the line, we've forgotten the wisdom of our great-grandmothers who regularly wore

girdles and corsets during the months following childbirth.”In the case of Cora Harrington, founder and chief editor of The Lingerie Addict, wearing shapewear prevents consuming too many calories — which is really the secret behind weight loss.

“Any kind of super constricting undergarment is going to compress your internal organs,” she says. “That not only makes eating larger meals uncomfortable, it also makes eating fatty meals or drinking carbonated beverages uncomfortable. It’s that change in diet, particularly if you wear one of these undergarments over a long period as Jessica Alba did, that makes the weight loss happen.”