



HEY! - FAT FACE!

By Sarah Clark

We are constantly bombarded with the downsides to being fat. But did you know that your health could actually be improved by putting on a few pounds? Sarah Clark looks at what the tabloid press don't tell you...

"In the future, when aesthetic refinement will be more common...what an impetus will then be given to the development of personal beauty? Refined mouths and noses, rosy cheeks, sparkling eyes, plump and graceful healthy figures, now so lamentably rare, will they become as plentiful as blackberries in autumn."

So said Henry Theophilus Finck in his book 'Romantic Love and Personal Beauty' in 1887. A mere 120 years later, the U.S. scholar, who was trained as a philosopher and psychologist, would be sorely disappointed with the plight of the plump and graceful healthy figures that he idealised. Now 'plump and graceful' is 'fat and lazy' and the rosy cheeks attributed mostly to over indulging in Pinot Grigio after work. So isn't it time to redress the balance? Are there any advantages to a bit of extra padding? I thought it was time for some research into the subject...
Averagely fat people live longer
According to a survey of 1.8 million people, in Norway in the 1980s, your chances of living to 65 are actually better if you are fat. The survey found that a woman weighing between 16 and 20 stone had an 84.4% likelihood of still being around to see 65 candles on her birthday cake...while the perfect specimen of 8 stone 10 was slightly less likely to at 82.4%. OK, so it might not be a massive difference, but statistically the worst life expectancies were for ladies between 7 stone 12 and 8 stone 10 (73%) and over 20 stone (75.7%.) Anything in between and you still have an elevated chance of getting your bus pass...

Fast forward a couple of decades to 2006, and the American Heart Association reported that fatter cardiac patients are more likely to survive hospitalisation and invasive treatments than thinner ones. In an analysis of over 130,000 heart disease patients, 5.4% of normal weight patients died compared to 2.4% of the obese and 3.1% of the overweight patients. The fatter patients were actually twice as likely to survive!

Another study which appears in the Journal of the American Medical Association analysed the body-mass index (BMI) of 2.3 million adults who died in the US in 2004. The report said: "Some evidence suggests that modestly higher weights may improve survival in a number of circumstances, which may partly explain our findings regarding overweight."

It came to the conclusion that people who were overweight (although not obese) were at no higher risk of dying from heart disease or cancer whatsoever. Dr. Paul Ernsberger, of Case Western Reserve School of Medicine in Cleveland, Ohio, led a review of nearly 400 studies that was published in the Journal of Obesity and Weight Regulation in 1987 which corroborated these results. I'll let him finish.

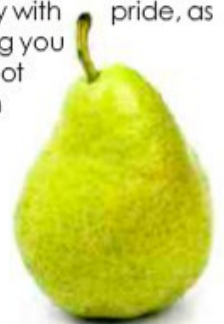
"The idea that fat strains the heart has no scientific basis," he said. "As far as I can tell, the idea comes from diet books, not scientific books. Unfortunately, some doctors read diet books."

Fat is Nature's HRT

Fat is your body's very own hormone factory. Despite the media jumping on women who are overweight and refusing them fertility treatment, it would seem that coming off the diet can actually help fertility. One experiment with 26 women who suffered from 'unexplained infertility' showed that 24 of them became pregnant after ditching the diet and gaining about eight pounds.

At the other end of the hormonal cycle, it's well known that the menopause happens later in women with some junk in their trunk than it does in their thin sisters. And when it does happen, the chances of hot flushes and some of the other horrid side effects of the menopause are reduced in larger women.

You've probably heard about weight distribution affecting your health, too. Basically, having a bootylicious backside is, repeat after me, A. Good. Thing. Even if you are at the ideal weight, and you think you're the bee's knees, if you're an apple rather than a pear shape you could still be at a higher risk of type two diabetes and cardiovascular illness than an overweight woman with a low WHR. So work that booty with pride, as it could be keeping you healthy! Last but not least...Fat women get less wrinkles!



There are clinics that charge gullible women vast sums of money to take fat from another part of their body and inject it into their face, because the lack of fat has led to wrinkles. Naturally chubby-chopped women don't have to pay surgeons to plump their faces out...and can spend all that cash on a new handbag instead. As the fat transferral only lasts around three years anyway, I'd say that staying plump and investing the money in a Chloe collectible was the way to go. So, next time your skinny friends start to bore you with tales of their diet, you've got some ammunition to fight back with!

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