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SPECIAL FITNESS EDITION



SONYA DEVILLE AND MANDY ROSE

WWE'S BEST FRIEND DUO

TALK FITNESS, DONUTS AND RELATIONSHIP RUMORS

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PLASTIC SURGERY

EXPECTATIONS v. REALITY AND THE TRUTH ABOUT BODY DYSMORPHIA

BY MELISSA LAWRENCE

The conversation surrounding women's health, appearance and overall bodies has been progressing over time while simultaneously still addressing a few bumps in the road that can't be avoided. No conversation happens perfectly, but this one usually proves to be interesting, especially when facing those somewhat awkward aspects head on. Entering this new decade has caused many of us to look back at the previous one. It also can't be ignored that many ongoing conversations throughout the past decade witnessed many shifts, having to alter in the age of social media and overall, technology.

As women, we've found ourselves in the middle of a discourse about fitness, body positivity, etc. It has proven to be difficult when considering the best way to "look" today. This is also an era where almost no one is a stranger to things like Instagram or Snapchat and their filters. While talking about health and fitness, it's also important to talk about the sometimes slightly unrealistic expectations and images we're facing. It's easy to see someone else's body on social media and to envy them without knowing the facts on how they got those results in the first place. Many A-listers, such as the Kardashians and J.Lo can afford an incredible trainer to come to their house and focus on them, but many also have procedures done. With so many celebrities keeping their plastic surgery experiences hidden, we don't get much insight on what's 'real' and what isn't. Even with insane fitness and diet plans, there are still procedures some have done to get that final boost of confidence they're looking for.

For expert insight into this world, we turned to renowned plastic surgeon Dr. Adam Rubinstein. The Miami-based doctor stands out from others in his field for his Instagram account @plasticsurgerytruths where he gives honest answers to his followers' biggest plastic surgery questions.

He says he aims to be upfront with anybody who has the desire to know more about the good and the bad of plastic surgery. Specifically, he doesn't shy away from addressing how surgery expectations can be swayed by body dysmorphia.

"Body dysmorphia is...a condition where a person's self-image from the way they view themselves is negative and out of proportion to what is actually the situation," Rubinstein said, "They feel that it's just devastating, and they're very unhappy with their appearance even though nine out of ten people would look at them and not even notice, necessarily, the little thing that's bothering them."

A subsection of body dysmorphia that he frequently focuses on is something he calls "Insta-dysmorphia," which is body dysmorphia brought on by beautifying social media filters. He says the problem has become common over the past two or three years as editing apps like Facetune and face-slimming Snapchat filters have become mainstream. "Instadysmorphia doesn't mean someone comes in and wants to look like they do when they have a certain filter put on but what it means is...they see something that they like when those filters are on," Rubinstein said. "And the reality is when the filters are off, [they are] not what they want to be."

Rubinstein took a risk by being openly objective in an industry where, quite honestly, it's easy to make a nice paycheck off of someone who especially doesn't understand the extent of what they're getting into. He says he has acquired an ability to notice 'red flags' in some patients who come to him out of body dysmorphia, Insta-dysmorphia or peer pressure versus wanting a genuine boost of confidence for a reasonable purpose. This red flag detection is so profound because within that initial consultation, it isn't about the money at all; it's about where you are mentally, what your expectations are, why they are what they are and the complete risks that come with these things.

He applauds celebrities who have decided to come out and be honest about their physical transformation and how cosmetic work has affected them mentally. For example, Kylie Jenner coming out about her lip fillers didn't necessarily stop people from wanting her lips. However, we became aware of the reality of the process. Also, in later news, rising star Summer Walker has been very open about her butt surgery while responsibly explaining that she did it because she truly felt like she didn't have one even with intense workouts and that we should do whatever works for us individually.

Rubinstein noted that, while some people may now just be realizing it, you shouldn't feel embarrassed to speak to someone about your body dysmorphia. He has opened his Instagram direct messages to any questions you may have. Hopefully in 2020, the conversation will continue to open up more surrounding not only our fitness, but how we're truly getting there.