

Beauty essay and health

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Numerous documents and articles criticize and downplay physical beauty. Credible, educated sources encouraging physical beauty are few and far between. Society fetishly discredits standards and beliefs Marilyn Monroe established. Media reporters emphasize Marilyn wore a size 16. By today's standards, a size 16 is obese. These reports fail to inform audiences a size 16 at that time is comparable to a size 3 today.

Healthwarnings accompany hair bleaching, tanning, and weight control. Political influences attempt to change opinions regarding physical beauty.

Political correctness regarding physical beauty standards controls words used by the media. Words used by the media have no impact on reality. Looks do matter. Physical attractiveness and weight management opens realities regarding career, relationships, luck, court decisions, and better healthcare. Physical appearances determine first impressions. Vision senses override audible senses. Political influences imply obesity is socially acceptable. An overweight person gives the impression of increased risk for injuries and insurance claims in the workplace.

Before job applicants say the first words, an unchangeable opinion formed in the interviewers mind. Political correctness portrayed by media reporters or women's groups does not change perceptions of an obese person. Blonds attract more attention, therefore more customers. People seeking potential dates or marriage partners gives priority to their identity, not research. Individuals are perceived by the appearance of his or her mate. Personal priorities determine individual opinions of physical beauty. Contradiction describing physical beauty is everywhere.

Career objectives, goals of attracting certain marriage partners, and other life decisions determine which research and statistics regarding physical attractiveness are accepted. External physical appearances visually display personal lifestyle choices. People who prioritize excellent or improved health disregard research stating extra body weight is healthier than being thin. Proportionate weight results from selecting healthy food choices and participation in effective cardio exercise. People walking around with 12% body fat and visible muscles live a significantly different lifestyle than someone weighing 115 pounds.

Athletic people avoid restaurants, eat clean foods, and organize his or her life around exercise and proper nutrition. Someone concerned with weight management and general health keeps his or her calories low and exercises moderately. Athletic lifestyles are too intense for ordinary individuals with average goals. Friends are selected or rejected based on their visible lifestyles. A person's weight is an advertisement of daily living habits. Society views weight as a measure of physical appearance. Body image acceptance is often translated as a measure of self-esteem, happiness, and self-worth.

People wishing to change his or her weight desire to change their priorities. Anorexia nervosa inevitably shows up every time physical appearance is mentioned. Anorexia nervosa is a mental illness. Physical appearance plays very little part in anorexia. People obsessively refusing to eat are acting out a fear relevant to obesity from his or her past. Perhaps someone remembered from childhood developed a drug problem. Weight gain triggered the drug problem. Depriving the physical body of food has nothing in common with dieting down to 95 or 100 pounds.

The media and psychologists attempt to associate the two behaviors. They have nothing in common. Media, psychologists, and investigative reporters imply eating disorders is a desire to become thin. Society pushes theories implying thinness is unattractive. Physicians and dieticians emphasize weight is determined by genes and hereditary. These findings are to discourage eating disorders. Verbally, this logic may be accepted. In actual behavior, the idea is rejected. A self confident person remains unchanged by outside influences.

Self confidence encourages behavior resulting in pleasant physical appearance. No one obtains above average looks by accident. Extremely attractive people stir up negative emotions from others. “ Beauty draws as much hostility as it does desire. Other women hate you. If you are not available or interested, men hate you too. Beauty makes other people who are insecure about their own looks resentful, which erects a barrier that can be difficult to bridge” (Shriver, 2006). Beautiful women constantly receive make-up tips, suggestions to change their hair or fashion advice.

Secure people ignore such suggestions. Self esteem is hardly affected by advice, insults and any media program. Fitness industries would close. Society’s opinions are ever changing regarding perception of physical beauty. Changeable opinions are verbal. Reactions physically attractive people receive remain focused. Reactions to physical attractiveness are never planned. Gentlemen offering their seat to an attractive lady, smiles, heads turning, stares, insults, envy, and unplanned facial expressions are true constant perceptions of physical beauty.

Marilyn Monroe symbolizes beauty. Extremist groups continuously seek ways to alter the perception of Marilyn Monroe's physical characteristics. Research attempts to alter behavior emphasizing health risks. Health scares do not change actual behavior. The reality to change what is accepted as physical beauty never changes. Notes; Lionel, Shriver, (8/16/2006) The Curse of Beauty, Daily Manuel. <http://search.ebscohost.com/login.aspx?direct=true&db=nfh&AN=21963650&site=ehost-live>