

## Fashion/Celebrity DIET

### 'Fashion engineering' – Are the fashion models ready to face the future?

The fashion industry demands its models to be in specific body shape. The models spend a lot of time and energy trying to stay slim. They try to maintain a minimum body weight, or slightly lower at times. Being thin in it is not evil. The problem is the obsession and pressure to live up to such image, resulting in damage to health and self-worth.

The health implications of being thin and neglecting your diet can result into:

Nutritional deficiencies

Hormonal imbalances

Dull skin, hair, eyes

Poor appetite

Weakened immune system

Infertility

Models have a specific schedule of workouts, beauty regime and time with their personal trainers. Due to this their health takes a backstage. The beauty of skin, hair, nails etc is a direct manifestation of their internal health. It is essential to get proper nutrients through a well balanced diet.

### Diet for the Bride/Groom:

When we talk of the nutrition for the professional exertion in models/celebrities, weddings are also the occasion that strains the nerves. Therefore bride's nutrition couple of months before her marriage cannot be ignored. The Bride and groom should be well-nurtured and pampered for their D-Day. From tiring shopping, unending lists of work to be done, the last day exertion of attending guests to the series of rituals, there are so many activities that the diet of the bride takes the backseat. Though bride takes

usual cosmetic pre-bridal package, the inner beauty gets hidden due to the strain in preparations for last two months. Few symptoms are: -

Weakness/lack of energy

Nausea/Indigestion/Frequent Headache

Tiredness of face

Drooping/puffy Eyes

Dull Skin

Improper body language

Therefore, we take an initiative to prepare the bride/groom and their skin, hair and body to look perfect. So, the “Celebrity of The Day” can stay cheerful, full of energy and glowing on the wedding day.

We will give nutrition and for your body, your best on you step to an milestone of



the right a balanced diet so you can look the day when important your life.

By:-

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