



Is the Corset Diet Safe?



An hourglass figure has long been the feminine ideal, and some women—including celebs—are going to extremes to make the silhouette a reality with the so-called “corset diet,” which has adopters wearing a corset for up to 12 hours per day in the hopes of attaining a [smaller waist](#).

Corset binding sounds like something straight out of the Victorian Era, but stars like Jessica Alba and Brooke Burke have recently admitted to wearing corsets after childbirth to help snap their bodies back into shape, and according to a recent [ABC News report](#), the weight-loss method is on the rise among everyday women as well. The idea is that the corset pushes your bottom ribs up and in to make your waist appear smaller, and may actually permanently change your body’s dimensions over time. Sound super uncomfortable? Yep! But more importantly, it’s simply not safe.

“It’s just another dangerous ‘lose weight fast’ trend,” says Tiffany Sizemore-Ruiz, MD, a Florida-based internist who specializes in diet and nutrition. “It can work, but not without harm. It constricts the abdomen to the point where eating can become uncomfortable, so you won’t eat as much, which leads to weight loss.” And if painful snacking isn’t enough to scare you away, unnaturally compressing your ribs can also cause external bruising, internal bruising, acid reflux, and trouble breathing. Yikes!

The healthiest way to shrink your frame is through, you guessed it, diet and exercise (try these [weight-loss tips](#)), but if you want a quick fix for appearing slimmer, you’re much better off with shapewear. Just don’t go down a size, and save the Spanx for special occasions. Restrictive clothing can put pressure on your abdomen and cause digestive issues, as well. “I don’t see a problem with occasionally wearing shapewear to flatten out bumps and bulges,” says Dr. Sizemore-Ruiz. “On average, two or three days a week is probably safe as long as the garment isn’t too tight.” Any undergarment that makes it uncomfortable to breathe? Ditch it, pronto.

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